

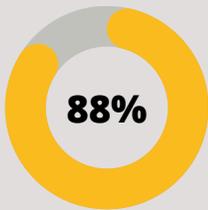


Food for Life regularly gathers feedback from Neighbours about their program satisfaction & impacts of attending

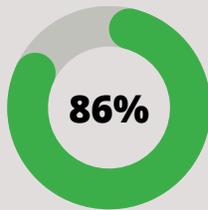
At Food for Life, fresh food is more than nourishment — it's a foundation for health, dignity, and community. We rescue high-quality surplus food and connect it with neighbours who need it most, turning good food into community and environmental impact. Through over 90 food access points across Halton and Hamilton, including Food for Life run programs and community partnerships, we expand access to fresh, nutritious food. **In Halton, an average of 3,611 households were supported each week in 2025 through programs that prioritize choice and dignity, offering fresh produce, meat and meat alternatives, and dairy.** Gathered in Food for Life's 30th year of service, the 2025 Neighbour Satisfaction and Impact survey results offer a snapshot of how our programs continue to make a difference. Neighbours report improvements in food security, health and wellbeing, financial stability, and their sense of community connection. Pairing fresh food access with welcoming, low-barrier, community-based programs helps create lasting impacts for neighbours across our communities.

### Program Satisfaction Highlights

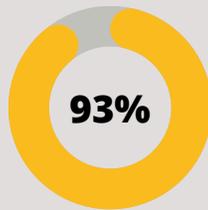
\*Percent of Surveyed Halton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in Nov./ Dec. 2025



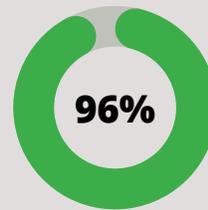
AMOUNT OF  
FOOD



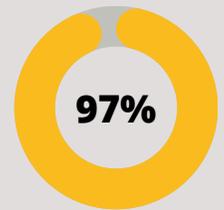
QUALITY OF  
FOOD



HOW FOOD IS  
OFFERED



ACCESSIBILITY OF  
PROGRAM  
LOCATION



OVERALL  
SERVICE

**“We truly value the opportunity Food for Life has provided to our organization and are so grateful for our partnership. Thank you for all the great work you do in our community!”**

**– Food for Life Halton Agency Partner**

**39**

Food for Life  
Programs in Halton

**42**

Food for Life Agency  
Partnerships in Halton

**3,611**

Households Supported  
Weekly in Halton in 2025

**\$73.93**

Average Weekly Food  
Savings Reported by  
Halton neighbours

**3,142,763 lbs**

Rescued Food Shared  
in Halton in 2025

**\$11,251,092**

Value of Rescued Food  
Shared in Halton in 2025

**36,198**

Volunteer Hours  
Contributed in Halton  
in 2025

**“Having access to the program has been such a relief, as it has helped us not drown under our other burdens and allowed for some much-needed breathing room.” - Halton Neighbour**



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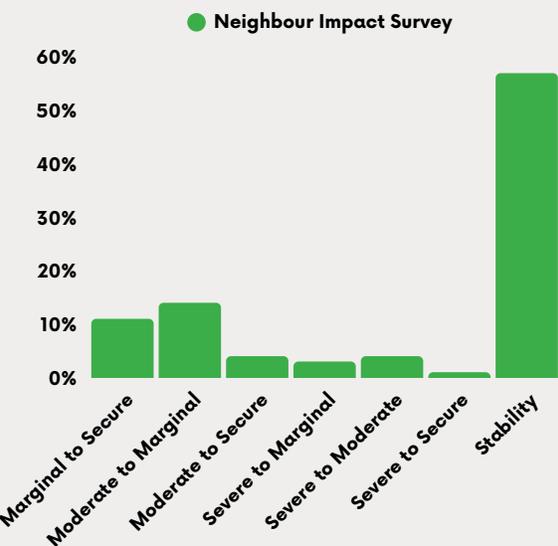


Fig. 1: Level of Food Security Improvement Food for Life Halton Programs 2025

\*Data represents household-level changes

Greater than 1 in 3 (36%) of our Halton neighbours who responded to our Neighbour Impact Survey reported improvements in their household's food security status since accessing our programs (Fig. 1)

- Food security increased by **16%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **17%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **18%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **8%**, alleviating extreme shortages and days without food
- **57%** experienced stability and avoided worsening food insecurity
- **56%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"Since we joined this program, life has become a little easier, and our children have never had to go hungry. We are sincerely thankful to Food for Life for helping us through challenging times and for bringing hope and relief to families like ours." - Halton Neighbour

### Beyond Food: Impacts on Health, Financial, and Social Wellbeing Outcomes

\*Percent of Surveyed Halton Neighbours who self-reported the following health, financial, and social wellbeing impacts in summer 2025



DECREASED STRESS



INCREASED ACCESS TO FRESH & HEALTHY FOOD



DECREASED NEED TO ACCESS ADDITIONAL FOOD PROGRAMS



POSITIVE IMPACTS TO OVERALL HEALTH



INCREASED COMMUNITY CONNECTIONS



ABLE TO STRETCH BUDGET



MONEY TO PURCHASE OTHER NEEDED FOOD ITEMS



IMPROVED FINANCIAL SECURITY