

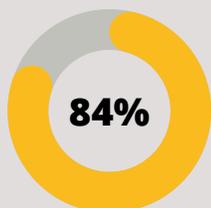


### Food for Life regularly gathers feedback from Neighbours about their program satisfaction & impacts of attending

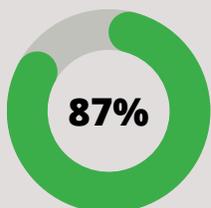
At Food for Life, fresh food is more than nourishment — it's a foundation for health, dignity, and community. We rescue high-quality surplus food and connect it with neighbours who need it most, turning good food into community and environmental impact. Through over 90 food access points across Halton and Hamilton, including Food for Life run programs and community partnerships, we expand access to fresh, nutritious food. **In Milton, an average of 576 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

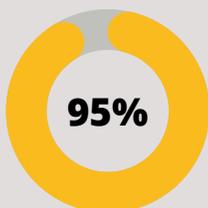
\*Percent of Surveyed Milton Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in Nov./ Dec. 2025



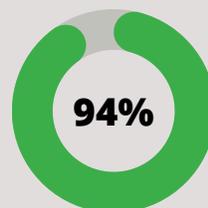
AMOUNT OF FOOD



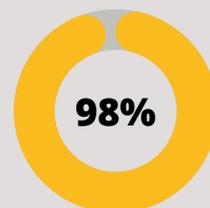
QUALITY OF FOOD



HOW FOOD IS OFFERED



ACCESSIBILITY OF PROGRAM LOCATION



OVERALL SERVICE

**"We are always grateful for being a recipient of any food donated by Food for Life. These donations are critical in insuring that our clients are maintaining healthy diets on a fixed income."**

**– Community Living North Halton Lunchbox Cafe, Milton**

**7**

Food for Life Programs in Milton

**6**

Food for Life Agency Partnerships in Milton

**576**

Households Supported Weekly in Milton in 2025

**\$68.64**

Average Weekly Food Savings Reported by Milton neighbours

**640,721 lbs**

Rescued Food Shared in Milton in 2025

**\$2,293,781**

Value of Rescued Food Shared in Milton in 2025

**6,438**

Volunteer Hours Contributed in Milton in 2025

**"My brother and I have had to use Food for Life for years as on ODSP. The staff have always been polite and treated us just like anyone else on a shopping spree. Thank you for not making my brother and myself ashamed that we need an extra hand and all your hard work and dedication." - Milton Neighbour**



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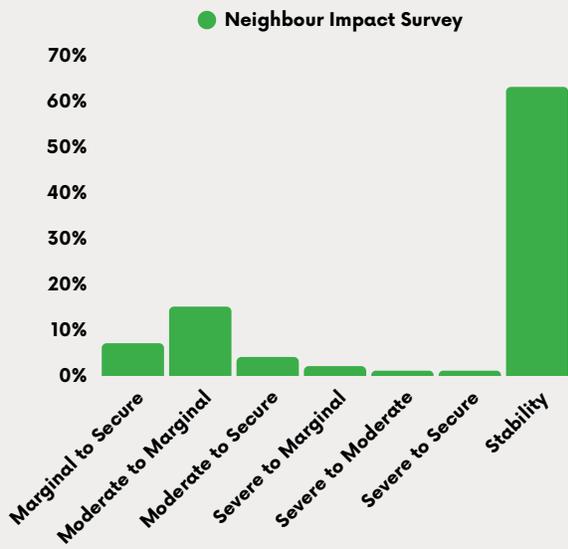


Fig. 1: Level of Food Security Improvement  
Food for Life Milton Programs  
2025

\*Data represents household-level changes

Greater than 1 in 4 (30%) of our Milton 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 **12%** 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 **19%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **4%**, alleviating extreme shortages and days without food
- **63%** experienced stability and avoided worsening food insecurity
- **52%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"I felt welcomed and safe the first time I came. I genuinely look forward to coming every week, to say hello to all the people there, that I feel like genuinely care about me and my family and our health and wellness." - Milton Neighbour

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

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



DECREASED STRESS



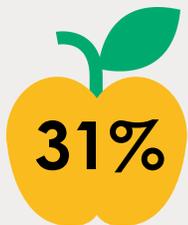
INCREASED ACCESS TO FRESH & HEALTHY FOOD



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