

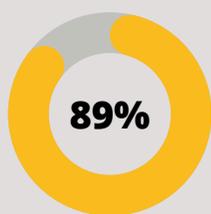


Food for Life regularly gathers feedback from Neighbours about their program satisfaction & impacts of attending

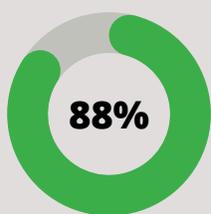
At Food for Life, fresh food is more than nourishment — it's a foundation for health, dignity, and community. We rescue high-quality surplus food and connect it with neighbours who need it most, turning good food into community and environmental impact. Through over 90 food access points across Halton and Hamilton, including Food for Life run programs and community partnerships, we expand access to fresh, nutritious food. **In Oakville, an average of 1,200 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

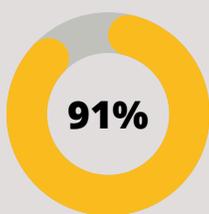
*Percent of Surveyed Oakville Neighbours who responded as either 'Very satisfied' or 'Satisfied' to the below prompts in Nov./ Dec. 2025



AMOUNT OF FOOD



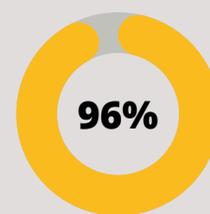
QUALITY OF FOOD



HOW FOOD IS OFFERED



ACCESSIBILITY OF PROGRAM LOCATION



OVERALL SERVICE

“Partnering with Food for Life has been transformative for our agency and the community we serve. The rescued food we receive not only fills shelves, it fills hearts ... Rescued food allows us to stretch our resources, reduce environmental waste, and offer dignity through choice.” – Halton Lighthouse Emergency Shelter, Oakville

14

Food for Life Programs in Oakville

10

Food for Life Agency Partnerships in Oakville

1,200

Households Supported Weekly in Oakville in 2025

\$68.17

Average Weekly Food Savings Reported by Oakville neighbours

830,283 lbs

Rescued Food Shared in Oakville in 2025

\$2,972,413

Value of Rescued Food Shared in Oakville in 2025

6,738

Volunteer Hours Contributed in Oakville in 2025

“This has been and still is extremely beneficial for me, since I can use my walker to get there, inside the building. Thanks so very much.” - Oakville Neighbour



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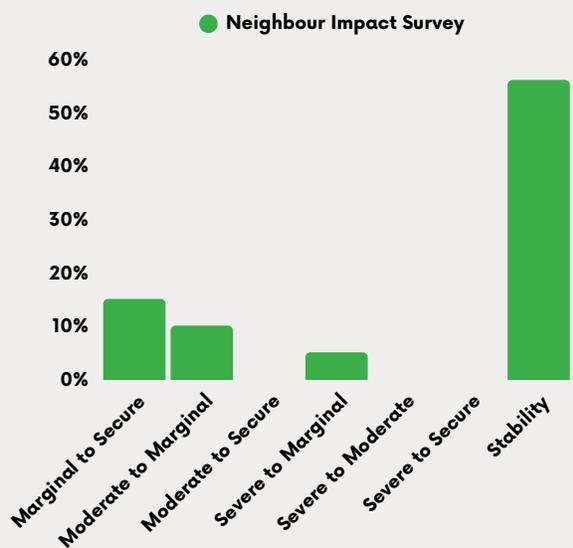


Fig. 1: Level of Food Security Improvement Food for Life Oakville Programs 2025

*Data represents household-level changes

Greater than 1 in 4 (31%) of our Oakville 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 **15%** with neighbours experiencing fewer worries about food access
- Marginal food insecurity increased by **15%** as neighbours previously experiencing severer forms of insecurity moved towards improvement
- Moderate food insecurity decreased by **10%**, reducing reliance on low-cost foods and skipping meals
- Severe food insecurity decreased by **5%**, alleviating extreme shortages and days without food
- **56%** experienced stability and avoided worsening food insecurity
- **54%** reported experiencing dietary improvements including eating more fresh foods, eating more frequently, and eating balanced meals

"We appreciate your help and support for newcomers. Thank you, Food For Life, for your continuous support and dedication to helping those in need, especially new arrivals. Your generosity truly makes a difference in our community." - Oakville Neighbour

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

*Percent of Surveyed Oakville 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



IMPROVED MENTAL HEALTH



ABLE TO STRETCH BUDGET



MONEY TO PURCHASE OTHER NEEDED FOOD ITEMS



IMPROVED FINANCIAL SECURITY