



community food centres
CANADA good food is just the beginning

**POWERING UP
COMMUNITIES
THROUGH FOOD**

.....
2017 ANNUAL REPORT



WITH
GOOD FOOD

AT THE CENTRE
OF OUR COMMUNITIES,

WE'RE POWERFUL

WHAT IT MEANS TO BE FOOD INSECURE

Before Carolyn started coming to the Dartmouth North Community Food Centre, she felt alone.

At 62, she was out of work and trying to make ends meet on social assistance. She grew up in a household with lots of kids in a community where everyone knew each other's names. Now, she found herself living in a small apartment in Halifax, struggling to buy the healthy food she needed. She felt isolated.

This isn't just happening to Carolyn. It's happening to millions of Canadians who struggle with poverty and food insecurity. After they've paid for rent and transportation, there's little if any income left to afford food, or participate in society in the ways many Canadians take for granted. It has lasting negative effects on their physical and mental health, and on the fabric of our communities.

We can no longer afford to ignore soaring rates of poverty, food insecurity, and poor health.

WE NEED TO CHANGE COURSE.



WE USE FOOD AS A TOOL TO EMPOWER COMMUNITIES

We're working in more than 120 communities across Canada to create and support vibrant and dignified spaces where people can access healthy food, build food skills and confidence, make new friends, and take action on the issues that affect their lives.



INVEST

Build Community Food Centres

Create welcoming spaces that bring people together to grow, cook, share, and advocate for good food

Fund community food programs

Provide grants that get kids cooking, and support people living on low incomes to make long-term changes to improve their health

Develop new, innovative programs

Identify and test new ways to make healthy food accessible and meet unique needs of our communities



EMPOWER

Support organizations to succeed and lead

Support more than 140 Good Food Organizations to offer empowering food programs based on shared Good Food Principles

Act as a knowledge exchange hub

Provide trainings and resources to share knowledge and spark change across the community food sector

Host a national conference

Bring together partner organizations from across the country to connect, learn, and share at our annual Food Summit



ADVOCATE

Educate and engage

Create opportunities for Canadians to learn about issues of poverty, food insecurity, and poor health and find out how they can help effect change

Speak out

Develop policy positions on issues related to food, poverty and health, and contribute to national policy processes

Support and mobilize

Provide resources to Community Food Centres so they can offer civic engagement programs, and empower community members to take action on local and national issues

HIGHLIGHTS

OF THE PAST YEAR

Thanks to the generosity and commitment of donors and supporters, we provided more than \$3 million in funding to Community Food Centres and grantees in 2017, bringing the total since 2012 to more than \$10.5 million. It means more Canadians have access to the healthy food and support they need, and a place to get involved in their communities.

INVESTING IN WHAT MATTERS

4 new Community Food Centre partnerships took root in B.C., Quebec, and New Brunswick, bringing the total to

12

People in **21 communities** are setting goals to improve their health through

FOODFIT,

a program that supports people on low incomes to make lasting changes to their diet and lifestyle

More children and youth are developing healthy food skills and behaviours thanks

to 4 new Child and Youth Innovation grants, bringing the total number of programs supported to date to

13



We're working in partnership with **3 Indigenous communities** to address challenges of food insecurity, poor health and isolation through programs tailored to meet their needs

DRIVING COMMUNITIES FORWARD



More low-income families will access the healthy food they need to thrive through a new Ontario **pilot program offering fruit and vegetable subsidies** at affordable produce markets

38 new organizations are working to offer **high-quality and empowering community food programs** as members of our Good Food Organizations program, now

140

members strong

PUSHING FOR SYSTEMIC CHANGE



Through **300+ media stories and op-eds, deputations, and submissions**, we and our partners spoke out on the issues of poverty, food insecurity, and poor health, and how our partners are creating change

MORE THAN

20,000

CANADIANS



participated in events, talks, conferences, and webinars, joining conversations about health, equity, and how we can mobilize to build a country where everyone has dignified access to healthy food

WHAT IT MEANS: HEALTHIER, MORE CONNECTED CANADIANS



It's my second home. I don't have relatives I can rely on. Walking in here, everyone is friendly, welcomes you. I've never seen another place like it.

— PROGRAM PARTICIPANT AT THE LOCAL COMMUNITY FOOD CENTRE, STRATFORD, ON.



When you build a place for good food in a community, you build a home away from home.

The average Community Food Centre participant visits their centre eight times each month. That number tells us a lot. It tells us that at a Community Food Centre, people are finding more than just food—they're finding support, companionship, and a community. People feel comfortable there, so they go back again, and again. To meet friends, to try cooking a new recipe, to volunteer, to help their neighbours.

Thanks in part to this support, their health is improving. Research shows that people who feel more connected to their communities have lower rates of anxiety and depression, and higher rates of self-esteem. 69% of program participants at Community Food Centres have noticed improvements to their health since coming to the centre—a number that can be attributed not only to having better access to healthy food and eating more fruits and vegetables, but to the sense of belonging they feel when they're digging into a great meal among friends.

88% say their CFC provides an **important source of healthy food**

77% have made **healthy changes to their diet**

56% have noticed **improvements to their mental health**

95% **feel they belong** to a community at their CFC

47% are more **engaged in taking action** on community issues

This information is based on results from our 2017 Annual Program Survey. From August to October 2017, we interviewed 532 adult program participants at seven Community Food Centres—Dartmouth North, Hamilton, NorWest Co-op, Regent Park, The Alex, The Local, and The Table. Those surveyed were participants from across three program areas: food access, food skills, and education and engagement.

TOGETHER, WE'RE POWERING UP COMMUNITIES THROUGH FOOD

JULIE'S STORY

When Julie first found The Alex Community Food Centre, she wasn't looking for someone to give her food—there were lots of places like that around her Calgary home. She wanted a place that gave her choice.

At the time, she was on maternity leave, struggling with postpartum depression, and her partner had lost his job. The family of four was trying to survive on Julie's EI maternity benefits, but it wasn't enough to make ends meet. They had to ask for help. But Julie had trouble finding food programs that resonated with her as a mother of two looking to feed her family healthy food.

She heard that The Alex offered free classes where people could cook and eat together. She joined the International Avenue Kitchen program, got to know her fellow participants, and began to feel at home. She also got to know the staff, who wanted to know what she was interested in and if she'd like to help out.



“ The ability to offer to do something in return helps you maintain a sense of **dignity and respect** when you need to ask for help. ”

“When people are dealing with food insecurity, they want opportunities to give back—not just take,” says Julie. “The ability to offer to do something in return helps you maintain a sense of dignity and respect when you need to ask for help.”

Julie's worn many hats as a volunteer—from helping to shape the concept of a Fresh Food Market to cleaning up after meals. And she's not alone. 44% of program participants contribute their skills and leadership as volunteers. CFCs strive to eliminate barriers to participant volunteerism, and to create opportunities for people to pitch in in the ways that make sense for them.

“At The Alex, people can give back on their terms. There are no expectations or obligations placed on you when you volunteer. You might only be able to help out for one day, or one meal, and it's great.”

DONORS: FUELLING SOCIAL CHANGE

Ron MacFeeters believed in the importance of having a voice. He was the kind of man who wrote letters to newspaper editors and taught his children about their right to vote.

He was also known to give his grandchildren cash on milestone birthdays—but it wasn't for their piggy banks. It was so they could donate it.

In his 80s, Ron set up the MacFeeters Family Fund with his wife, Diana. Since his passing at age 100, his daughter, Laura, and his granddaughter, Lindsay, have been carrying on the family's commitment to philanthropy.

The family connected to Community Food Centres Canada after Laura's uncle made a significant bequest to The Stop Community Food Centre, CFCC's founding partner.

"After making smaller contributions to a number of charities for years, my parents recognized the power of giving significant gifts to select organizations that aligned with their values—gifts that can have a transformative effect on their work and the impact they have in communities," explains Laura.



The MacFeeters Family Fund's focus on programs that encourage civic engagement comes from the family's understanding that communities can thrive only when everyone has the ability to have their say. "It's how we find common ground and build empathy," says Laura.

Thanks to the foresight and generosity of donors like the MacFeeters family, more Canadians living on low incomes can access programs at Community Food Centres that give them the tools to speak out and advocate on the issues that matter to them.

Because when people with lived experience of poverty become leaders in supporting each other to create local solutions, common ground becomes a launching pad for social change.



Thanks to the MacFeeters Family Fund, more low-income Canadians are **taking action on the issues that affect their lives.**



Left: *The late Ron MacFeeters of the MacFeeters Family Fund*

Top: *Regent Park CFC social justice club members campaigning for fair wages*

Above: *Peer advocates helping community members resolve issues at The Alex CFC's peer advocacy program*

THANK YOU TO OUR DONORS

The generous support of the following individuals, foundations, government agencies and businesses directly contributed to our work. Their contributions supported the development of centres, programs, events, evaluation

and other centralized leadership resources. Funders and sponsors that contributed to Community Food Centres Canada are listed for the period between January 1, 2017 and March 31, 2018 for contributions of \$1,000 or more.

\$1,000,000+

The Sprott Foundation

\$250,000 TO \$999,999

Joannah and Brian Lawson
The Lawson Foundation
Ontario Trillium Foundation
President's Choice®
Children's Charity
The Public Health Agency
of Canada

\$100,000 TO \$249,999

BMO Financial Group
Dallo Foundation
Peter Gilgan Foundation
Patrick and Barbara Keenan
Foundation
MacFeeters Family Fund at
Toronto Foundation
Maple Leaf Centre for Action
on Food Security
The Metcalf Foundation
P. & L. Odette Charitable Foundation
Weston - Seeding Stronger
Communities
The Young Fund at Hamilton
Community Foundation
and one anonymous donor

\$50,000 TO \$99,999

Ace Bakery
Government of Ontario
Manulife
McLean Smits Family Foundation
Precision Nutrition
RBC
The Gerald Schwartz & Heather
Reisman Foundation

\$20,000 TO \$49,999

Bernardin
Judy and Alan Broadbent
Brookfield Partners Foundation
Donner Canadian Foundation
Garland Canada*
Jackman Reinvents*
The MacMillan Family Foundation
Beth Malcolm
Maytree Foundation
Medavie
T.R. Meighen Family Foundation
The New Farm
Myron Pestaluky and Kelly Pronyk
The Printing House Limited
The Pulla Family
Elana Rosenfeld
The W.P. Scott
Charitable Foundation
Steve and Sally Stavro Family
Foundation
Steelworkers Humanity Fund
TD Securities Underwriting
Hope Fund

Toronto Life*
and two anonymous donors

\$10,000 TO \$19,999

Academy of Culinary Nutrition
Canadian Health Food Association
David Ceolin and Victoria Birkett
The CGOV Foundation
Valerie Elia Fund - Tides
Canada Foundation
Enbridge Gas Distributors
Michael Kelly and Marisa Mills
Sol Orwell
Erica Shuttleworth and
Michael Rothfeld
Sandra Simpson
and one anonymous donor

\$5,000 TO \$9,999

Alive Publishing Group
Christine Armstrong and
Irfhan Rawji
Sid Brodovsky and Cary Shafir
John Budreski
Choices Markets
CORE Architects
Don Cranston and Megan Hill
Creemore Springs
Crystal Homes
Erica and James Curtis
DanoneWave
The Drake Hotel
EC Consulting Inc.
Nancy and Richard Hamm
The Haynes-Connell Foundation
Patrick Higgins
IMG Canada Inc.
Taylor Irwin Family Fund at
Toronto Foundation
Michael and Deborah Kaumeyer
Robin MacAulay and Charles Gane
MadeGood Foods
McCormick Canada
Jo-Ann Minden
Neal Brothers Inc.
Pitblado Family Foundation
Jodi Pudge
Keith, Tanja and Kiera Thomason
Fund at Toronto Foundation
Yorkshire Valley Farms
and two anonymous donors

\$1,000 TO \$4,999

!XAM Diamonds
Paul Barbera
Ryan Barry
Catherine Bateman
Felice Battista
Borden Ladner Gervais Foundation
Stephen Brown and Brenda Woods
Andrea Chiamello
Connect Tech Inc.
Jolene Cook
Sarah Crawford and David Kirkwood

Janet and Douglas Davis
Joanne Dereta
DLA Piper (Canada) LLP
Catherine Donnelly Foundation
Hilary Druzman Design
Eatertainment
Doug Ewart and Judith Keene
Fluid Creative
Anne and Ron Foerster
Morghan Fortier
Andrew Frank
Martin Goldberg
GreenSpace Brands
Sara Griffiths
Scott Henshaw
Sarah and Chris Hillyer
Jamie's Italian
Brett Jubinville
Sarah and David Macdonald
Laura MacFeeters
Mad Radish
Craig Miller and Susan Meech
Nagi
Wanda Ho and Tom Pladsen
Restaurants Canada
Kenneth Rotenberg
John and Pat Saul
Linda and Bill Saul
Mark and Karuna Satov
Terroir Symposium
Susan Vardon and Kevin White
Anna-Joy Veenstra
Lucy Waverman and
Bruce MacDougall
The WB Family Foundation
Wholly Veggie
Libby Wildman
and three anonymous donors

2017 RESTAURANTS FOR CHANGE

(Restaurant donations
over \$1,000)

\$10,000 TO \$19,999

The Drake Hotel
Overbudget Inc.
Richmond Station

\$5,000 TO \$9,999

Bonterra Trattoria
Le Bremner
Garde Manger
RGERD

\$1,000 TO \$4,999

Actinolite
Agricola Street Brasserie
Alo
Atelier Restaurant
Backhouse
Bar Begonia

Baro*
Barque Smokehouse
Battery Park BeerBar & Eatery
Beast Restaurant
Beaumont Kitchen
The Berlin
Black Dog Village Pub & Bistro
Brooklyn Warehouse
The Canteen
CHARCUT Roast House
Chef Ben Kramer
Chew
Cibo
Clover food | drink
Dailo Restaurant
Drake Commissary
Drake Devonshire Inn
Drake One Fifty
Earth to Table Bread Bar Guelph
Earth to Table Bread Bar Hamilton
Eduilis
enVie A Vegan Kitchen
Farmer's Apprentice
Fat Pasha
Flock 97 Harbord Street
Isaan Der
Mallard Cottage
Mamakas Taverna
Maple Leaf Tavern
Monkland Tavern
The Nash Restaurant &
Off Cut Bar
North and Navy
NOtaBLE The Restaurant
Park
PORT
Promenade Cafe and Wine
Rose and Sons
Ruby Watchco
Scopa Neighbourhood Italian
Union Local 613

IN-KIND SUPPORT

\$50,000 TO \$99,999
Borden Ladner Gervais LLP
Corus Entertainment
The Siren Group

\$10,000 TO \$19,999

Higgins Event Rentals
Propeller Coffee Co.

\$1,000 TO \$4,999

Chef Works Canada
Core Event Staffing
Culinary Tourism Alliance
J Sutton Communications

*Indicates both financial and
in-kind donation

THANK YOU TO OUR **BOARD OF DIRECTORS**

Sandy Houston, Chair
President and CEO,
George Cedric Metcalf Charitable Foundation

Brian Lawson, Treasurer
Senior Managing Partner and Chief Financial Officer,
Brookfield Asset Management

Sandra Clarkson, Director
Acting Director,
Calgary Drop-In and Rehab Centre Society

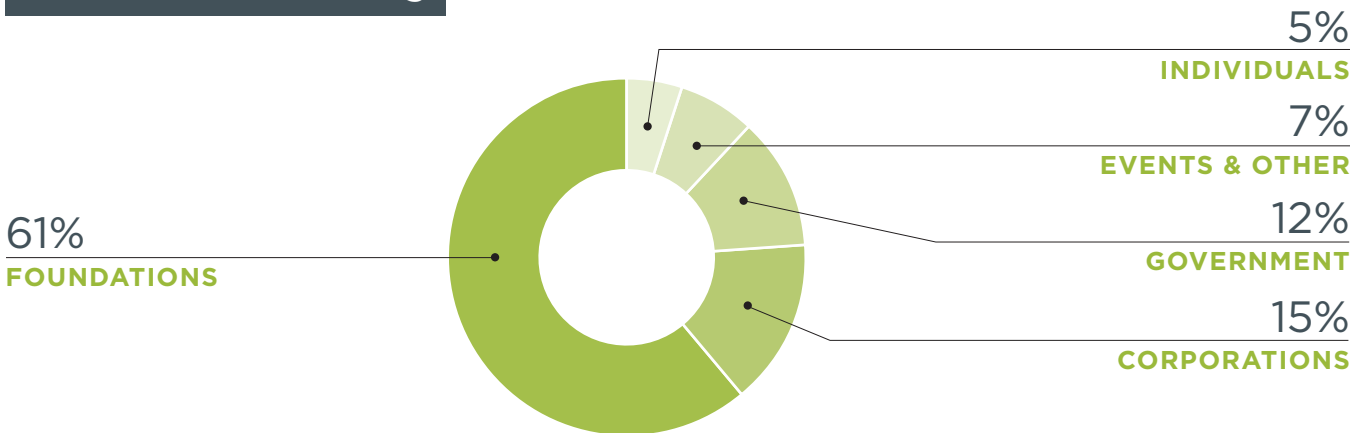
Peter Dinsdale, Director
President and CEO,
YMCA Canada

Dr. Kwame McKenzie, Director
CEO, Wellesley Institute

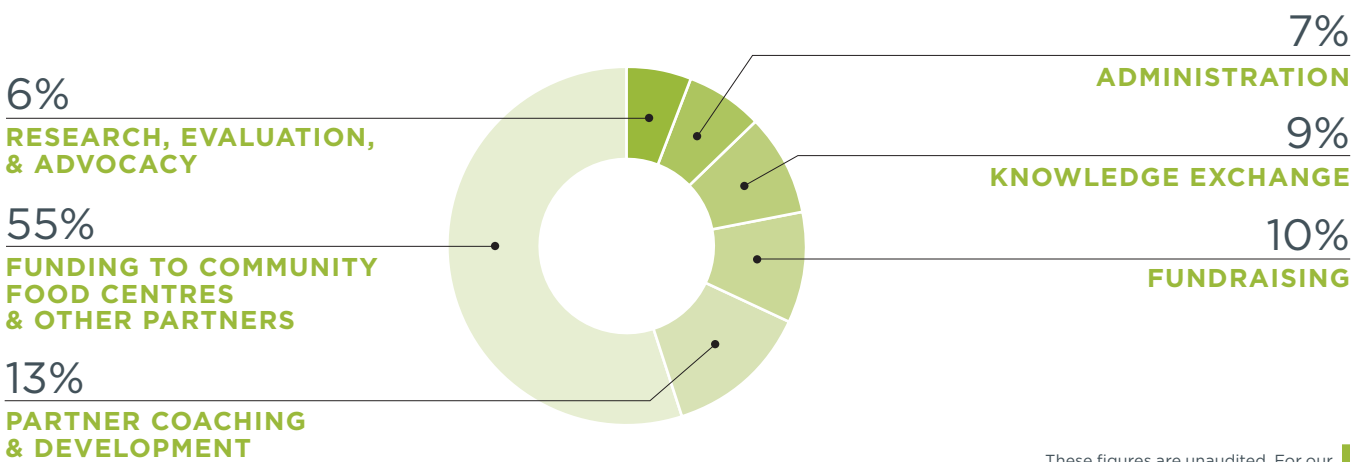
Bill Saul, Director
Past President and CEO,
Kids Help Phone

2017 REVENUES AND EXPENSES

Sources of Funding



Expenses



These figures are unaudited. For our audited financial statements, please visit our website at cfccanada.ca

PHOTO CREDITS

Cover George Qua-Enoo, courtesy of the Hamilton Community Food Centre
Page 2 George Qua-Enoo, courtesy of the Hamilton Community Food Centre
Page 5 Niki Trosky, courtesy of NorWest Co-op Community Food Centre

Page 8 Courtesy of The Alex Community Food Centre
Page 9 (top to bottom) Rae-Ann Gammon, courtesy of the Regent Park Community Food Centre / Loree Photography, courtesy of The Alex Community Food Centre / Courtesy of Laura MacFeeters

DONATE

Make a one-time or monthly donation at www.cfccanada.ca/donate

GET INVOLVED

Find out how at www.cfccanada.ca/volunteer

JOIN THE CONVERSATION

Subscribe for updates at www.cfccanada.ca/join or find us on social media

 **@aplaceforfood**
Community Food Centres Canada



community food centres
CANADA good food is just the beginning

80 Ward St., Suite 100, Toronto ON M6H 4A6
Tel: (416) 531 8826 – cfccanada.ca – info@cfccanada.ca
Charitable # 83391 4484 RR0001