

2016 Impact Summary

The Table Community Food Centre offers **food access**, **food skills** and **education and engagement programs** in a dignified and welcoming space that brings the community together to grow, cook, share, and advocate for good food.

This Impact Summary provides a snapshot of our 2016 program data, as well as the results from our 2016 Annual Program Survey. The survey was conducted as an in-person interview with 75 adult participants from across all our programs, and helps us to better understand program impacts in the areas of increasing access to healthy food; building healthy food skills & improving physical health; improving mental health & increasing social inclusion and connection to supports; and increasing community engagement.

Food Access Programs

Community Dinners
Good Food Bank

Food Skills Programs

After School Program |
Community Kitchens including
Family Cook Ahead, Harvest
Kitchen, FoodFit, Tiny Tastes
Dads and Kids in the Kitchen |
Community Garden + Workshops

Education and Engagement Programs

Community Advocacy Office
Community Action Training
Community Action Network

Increasing access to healthy food



15,733

HEALTHY
MEALS
SERVED



3,943

FOOD
BANK
VISITS

“This was the biggest blessing a mom could have. To have a home-cooked meal and not have to clean up. When you’re overwhelmed, it’s great to know this resource is here. It’s healthy and it’s free.”



97%
of people surveyed say
The Table CFC provides an
important source of healthy food

“The Table gives me choices. If anything, it’s relief. It eliminates the food crisis.”

Building food skills & improving physical health



270

FOOD SKILLS
SESSIONS
OFFERED



2,429

POUNDS OF
FOOD
HARVESTED



73%
of people have **made healthy
changes to their diets**



53%
of people have noticed
**improvements in their physical
health**

“My weight is down, my blood pressure is down, my waist circumference is down, resting heart rate is down. Also, my blood sugar is improved.”

Improving mental health and increasing social support



662

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT



of people who use the advocacy office say their visit **helped them resolve issues** they were facing



of people have noticed **positive changes in their mental health**

“I have a healthier, happier outlook and a place to fit in. It’s very positive being here. Everybody is very supportive.”



of people feel they **belong to a community at The Table CFC**



of people have **made a new friend**

Increasing community engagement



255

COMMUNITY ACTION SESSIONS HELD



9,967

VOLUNTEER HOURS CONTRIBUTED



of people also **volunteer** in programs



of people have become **more engaged on community issues**

“I feel like I contribute...Being able to know that I can make a difference and seeing how much the community needs this program. There’s a lot of people that need food and support.”

67% of people surveyed have or have had one or more diet-related physical or mental health conditions



62% of people with one or more conditions say participating in programs has helped them better manage their condition



MOST PREVALENT CONDITIONS

- (% of all respondents)
- depression (44%)
- anxiety disorder (28%)
- high blood pressure (24%)
- high cholesterol (20%)
- heart disease (13%)
- diabetes (12%)
- cancer (12%)
- heart attack (5%)
- stroke (4%)

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The Table Community Food Centre @TheTableCFC



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