

2017 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 2017 program data, as well as the results from our 2017 Annual Program Survey. The survey was conducted as an in-person interview with 70 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.



Increasing access to healthy food



14,814

HEALTHY MEALS SERVED AND SENT HOME



of people surveyed say The Table CFC provides an

important source of healthy food



3,737

VISITS TO THE GOOD FOOD BANK

"It's gotten me through the last year. My husband's on disability and I got hurt so I haven't worked. But I'm getting better and going back."

"The most important difference is it certainly helps me with finances because I'm on a limited budget. Price of groceries are too high. Everything is going up and up."

Building food skills



219

FOOD SKILLS SESSIONS OFFERED



of community kitchens and gardens participants who have **gained new skills and knowledge**



1,746

POUNDS OF FOOD HARVESTED



of people have made healthy changes to their diets

"I'm learning about healthy growing, cooking, eating, keeping fit. Learning how to cook different vegetables different ways."

Increasing social support



"I had a lot of depression and low self-worth and here I've met other people who helped me realize that it wasn't my fault. Talking to others has helped me get through it."



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

"For me, it's the social aspect. Meeting people. It's a very positive and rewarding experience coming here... It's the socializing that's really nice, and contributing."



of people feel they belong to a community here

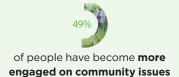


Increasing community engagement





"I have enjoyed the social aspect of meetings and learned that as a group, we have a voice and can get things done."



"I felt more empowered and confident to make decisions and go back to school."



Improving physical and

develop the skills and knowledge they need to make changes that can contribute to lasting improvements in their health.

> 56% of people have noticed positive changes in their mental health

The Table CFC is one of eight Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all, in partnership with Community Food Centres Canada.

