

2017 ANNUAL REPORT

#goodfoodforall



LE
THE **DÉPÔT**
centre communautaire d'alimentation
community food centre

ANCIENNEMENT DÉPÔT ALIMENTAIRE NDG
FORMERLY NDG FOOD DEPOT



“

Having a sense of belonging helps have roots in the community and breaks the isolation. When you are going through a tough time there is someone there. I live a much richer life emotionally because of the bonds that I've made. [The Depot] breaks the stigma of poverty by allowing people of different backgrounds to come together and respect each other.

”

A DEPOT PARTICIPANT

A MESSAGE FROM THE EXECUTIVE DIRECTOR

There is never a dull year at the Depot and 2017 was certainly no exception.

Not only did we move into two fantastic spaces in the heart of NDG, but we continued to innovate and improve the scope, impact and reach of our programs, culminating in the Depot being recognized as the **first community food centre in Quebec by Community Food Centres Canada**.

This recognition is yet another step in our continuous effort to question the status quo and be a positive force for our community. And we've seen the strides we've taken bear fruit:

Our new programming space on Somerled Avenue is welcoming and dignified and has further destigmatized our emergency food services. We're attracting more families than ever and most participants report having made friends through the Depot. Plus, our new commercial kitchen has greatly improved our cooking workshops and meal preparation.

Our Healthy Food Policy has allowed us to offer a standardized and nutritious emergency food basket composed of fresh ingredients and whole foods, and we've maintained these rigorous nutrition values across all our programs even as demand has grown. Most participants indicate that the Depot's programs have helped improve their overall diets in more ways than an increase in fruits and vegetables.

Our after-school cooking and nutrition activity, Boîte à Lunch, was recognized by the Maple Leaf Centre for Action on Food Security for its unique approach and excellence, and will be expanding into four other low-income neighbourhoods in Montreal. In this and all the Depot's programs, the majority of participants indicate they've learned new skills and new ways to prepare foods.

Our Ça pousse! social business nearly doubled its sales and ploughs ahead with ground-breaking garden projects - from transforming an abandoned lot on Laurier into a community garden and event space, to developing a green education certification program linked to science and math curricula in schools. Our gardens continue to be a source of physical and mental well-being for participants. In fact, 50% of people across all Depot programs report an improvement in their mental health.

Our rigorous impact evaluation process has been cited and used as an example by Centraide for other Montreal organizations to learn from and we have been diligent in using evaluation results to improve our programs and better meet the needs of our community.

And the list goes on...

This annual report highlights our approach and impacts on two key vulnerable populations in our community - youth and seniors - but in truth, there are many other groups who are equally at risk.

The effects of poverty, food insecurity and social isolation are far-reaching and severe, and impact our entire society. The Depot has seen tremendous growth in the past few years, and we could not have done it without your support, **but our work is not done**. We must forge ahead together to improve the health and well-being of our entire community and ensure everyone has a place at the table.

Thank you for your continued support in this effort.



Daniel Rotman
Executive Director

STAFF

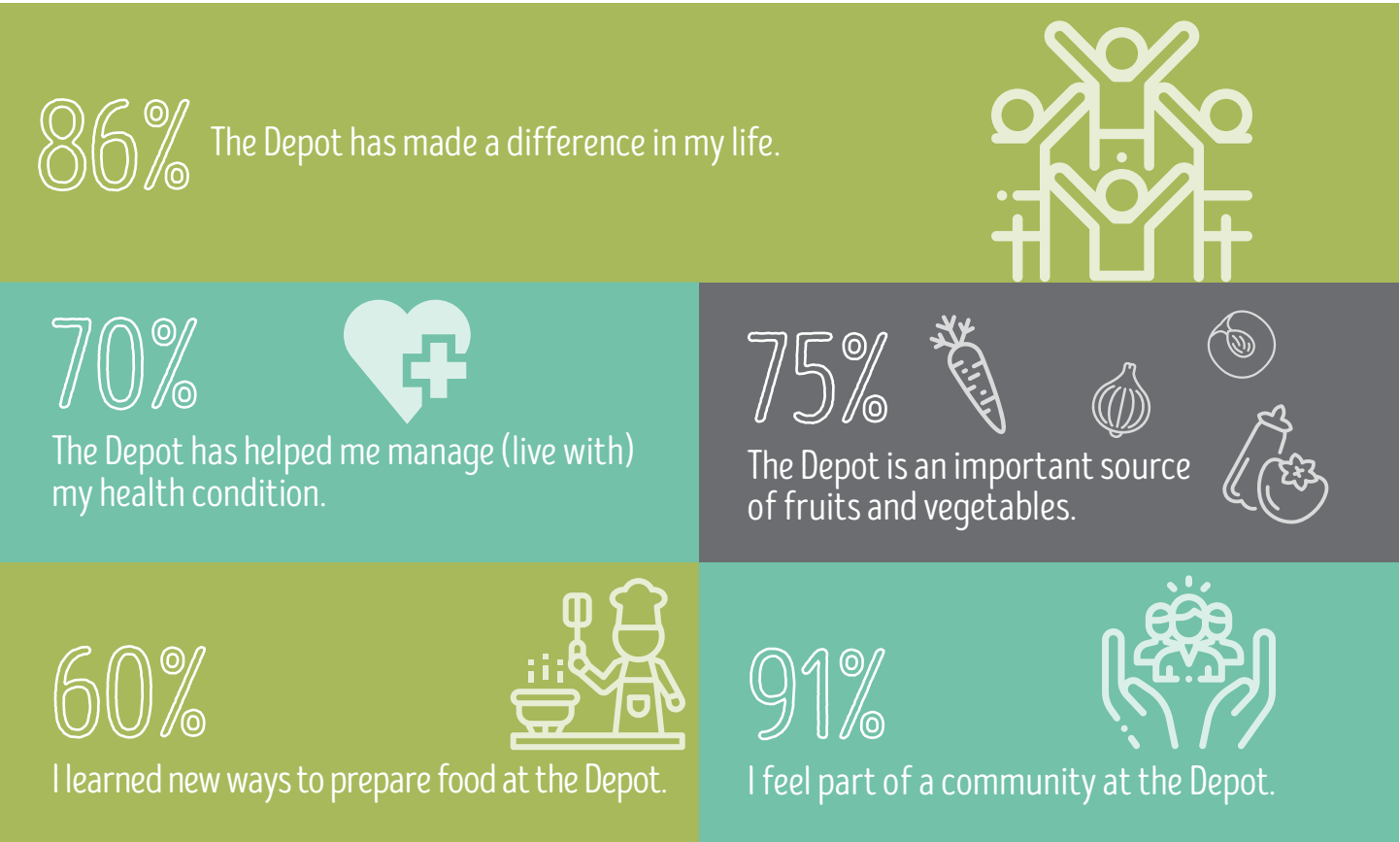
PERMANENT: JAMES BARRINGTON, NICOLAS BRAESCH, JENNIFER BRENNAN, KIM FOX, EKATERINA FRANK, BECCA FRASIER, CAITLIN HAYWARD, MARGUERITE KINFACK, JULIE KOURAKOS, THIBAUD LINÉ, KATIE MCGROARTY, SUSAN MUNRO, LAUREN POCHEREVA, DANIEL ROTMAN, DANIEL ROY, BONNIE SOUTAR

TEMPORARY AND SEASONAL: LAUREN AGHABOZORG, STEFFI AIWUSI-AIKINS, PATRICK ALAR, ERICA ANGERS, EMILY BALDERSTON, DONALD BAYNES, SLAD BIEN-AIMÉ, MELANIE BOOTH, CHRISTOPHER CHABAN, JULIE CHAFFAROD, VI-AN DANG, REBEKA DUTRA, ALIX GÉNIER, SONYA GIRARD, CLAUDIA GOLDBERG, OLIVIA KELNER, EMILY KNOX, MARIE-JOSÉ LEBLANC, LUC LOISELLE, NANCY MAINVILLE, CATHERINE MARTEL, SONIA MICHAELSEN, ALEJANDRA PEREZ, ANDREW POYNEE, MARIANA QUINTAES, EMILY SEGARAN, PAULINE SOUMET, WILLIAM TANG, GREGORY TIMOT, TAMAR WOLOFSKY, LI-FENG XIE, THE ÇA POUSSE! TEAM

THE DEPOT IN 2017



OUR IMPACT



Results taken from the Depot’s Annual Program Survey

A MESSAGE FROM THE BOARD CHAIR

From our humble beginnings as a project of the NDG Community Council, to the thriving organization we are today, the NDG Food Depot is constantly innovating.

As early as our first few years in operation, we aimed to do more than give out food baskets. Programs such as the Depot Café and Cinema Depot helped strengthen the social fabric of NDG and build community by fostering social connections between our participants.

Innovation is about bringing new and creative strategies to stubborn problems. Last year, our major challenge was to find a building that could adequately house the myriad of services and programs we now offer. Since a single space could not be identified, we opted to spread our organization across two buildings. It was not easy, but the new spaces have allowed us to greatly improve many of our key programs and our capacity to serve participants, and to accommodate our expanding team.

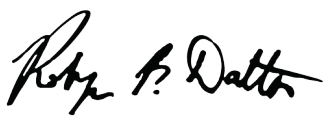
Innovation can also be disruptive, and redefine the context in which one operates or even create entirely new categories. A community food centre is a perfect example in that it's taken the prevailing approach to food insecurity, which did not consider food quality and nutrition or reduce social isolation, and turned it on its head. Community Food Centres Canada, created in 2012 to replicate the proven Community Food Centre model across Canada, has forged ahead with impressive results. Their approach is to create a welcoming place that brings people together to grow, cook, share and advocate for good food for all. There are currently eight such organizations spanning the country, with another four to be announced this year. In 2015, the NDG Food Depot joined forces with Action Communiterre and Boite à Lunch, giving us all the makings to be adopted under this innovative banner.

It is with great pride and excitement that today we celebrate our recognition as the Depot Community Food Centre, the first of such centres in Quebec!

To truly capture its impact, innovation needs to be measurable. That is why we have introduced a number of evaluation tools, including the Annual Program Survey, which allows us to hear directly from program participants, about what's working and what we can improve. We take this feedback seriously and do our best to adapt and adjust.

As we continue our search for a permanent home, we are certain that we will need to keep thinking creatively. With innovation as an integral part of our organization's DNA, I am confident that we will find solutions that will allow us to continue to positively impact the health of our community. We are eternally grateful to our supporters, our funders, our partners and all those who make the Depot the special place that it is.

None of our progress would have been possible without all of you, and we are pleased to invite you to continue this journey with us.



Robyn Dalton
Board Chair

BOARD OF DIRECTORS

ROBYN DALTON **CHAIR** • MINA LA ROCCA **VICE PRESIDENT** • PIERRE ZARIFFA **TREASURER** • LORNE GRANOFSKY **SECRETARY** • SUSAN CLARKE, ROBERT FIORI, PETER GUAY, JOHNNY HLIBCHUK, NAOMI KOGAN, RACHEL RENAUD, NATHALIE SENÉCAL, DIANE TSONOS, PHILIPPA WOOLLEY • LYNDA PORTER **IMMEDIATE PAST PRESIDENT** • DANIEL ROTMAN **EXECUTIVE DIRECTOR** 03

THE DEPOT IS NOW A COMMUNITY FOOD CENTRE

WHAT IS A COMMUNITY FOOD CENTRE?

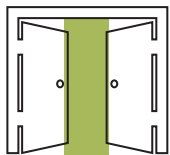
A Community Food Centre (CFC) is a welcoming space where people come together to grow, cook, share and advocate for good food. CFCs provide people with emergency access to high-quality food in a dignified setting that doesn't compromise their self-worth. People learn cooking and gardening skills, and kids get their hands dirty in the garden and kitchen in ways that expand their tastebuds and help them make healthier food choices. Community members find their voices on the issues that matter to them, and people find friends and support. CFCs offer multifaceted, integrated and responsive programming in a shared space where food builds health, hope, skills and community.



Watch the video presenting
Community Food Centre Canada here:
<https://youtu.be/BVxvDZKBH60>



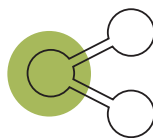
WHAT SETS A COMMUNITY FOOD CENTRE APART ?



Improve people's ability to **access healthy food** in a dignified way



Increase **healthy food knowledge**, skills, and behaviours



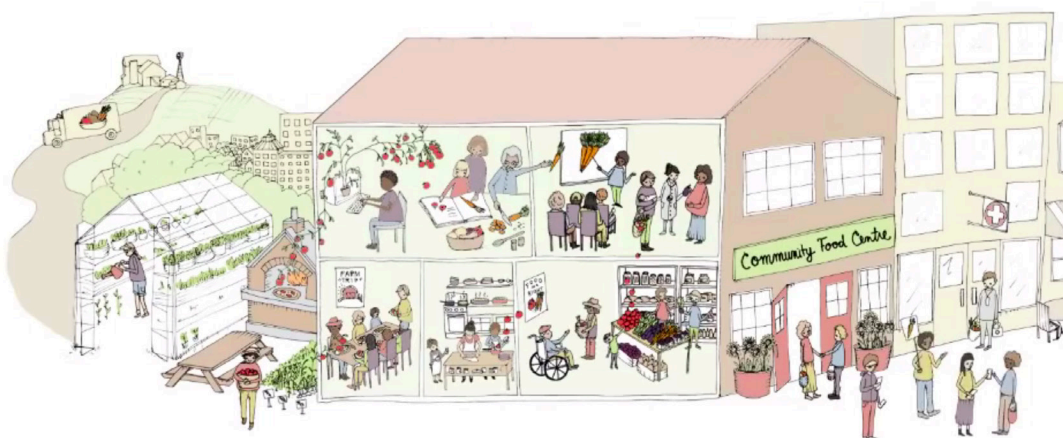
Decrease social isolation and increase people's **connection to supports**



Create opportunities for people to take **action on the issues** that affect their lives



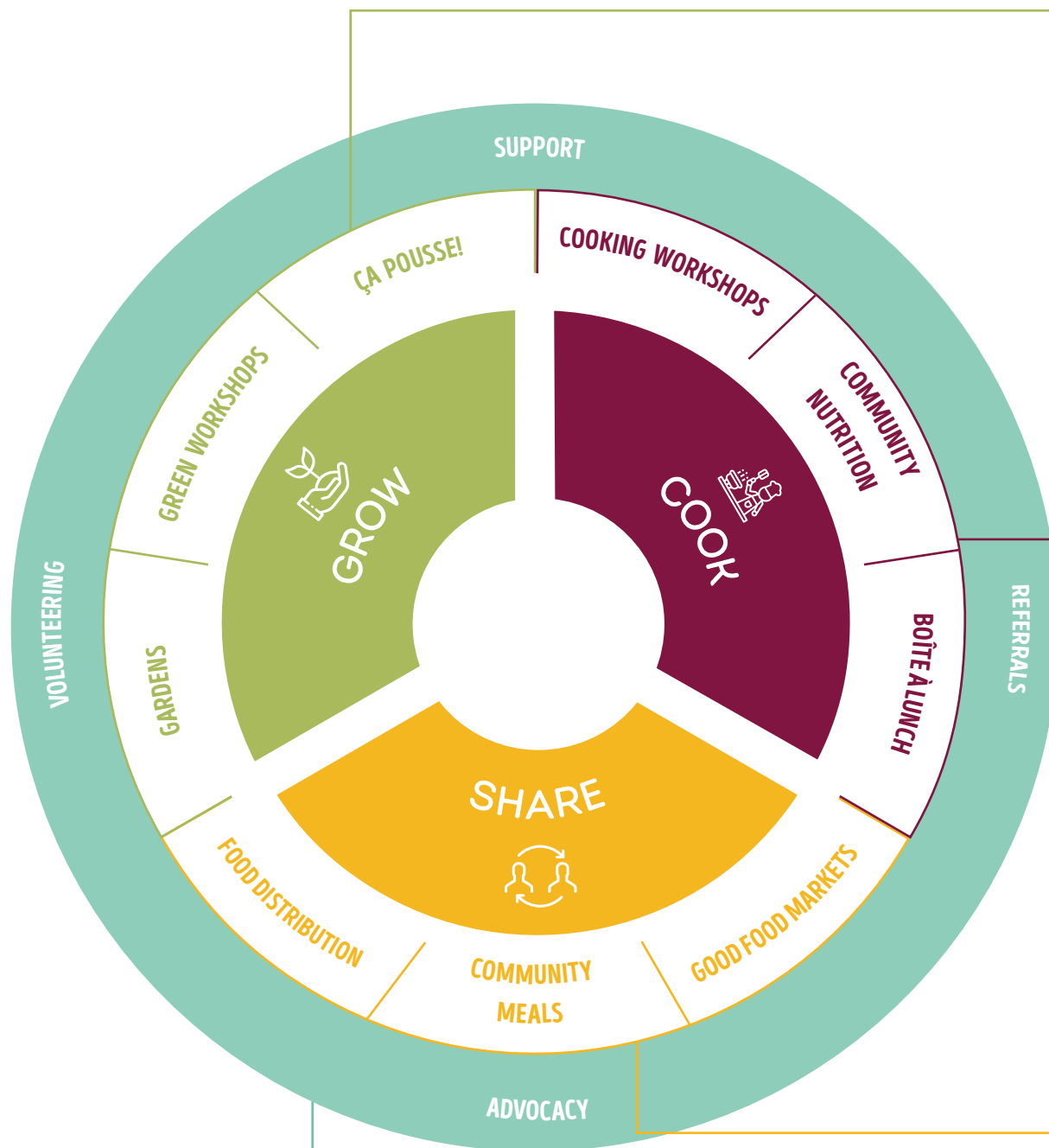
Empower people to be **volunteers and leaders**



Watch the full video of **Community Food Centres Canada** gets animated! here: <https://youtu.be/VvjiXlFHC10>

OUR SERVICES AND ACTIVITIES

Here is an overview of the services and activities offered by the Depot in 2017.



RESOURCES

We create inclusive social spaces where our community has access to a variety of programs, resources and individual support.

RESOURCES

A resources kiosk to access additional programs and individual support and follow-ups for new participants.



780 REFERRALS

BOOMER CAFÉ

A weekly drop-in social program for older adults offering a range of wellness activities and a shared meal.



75 PARTICIPANTS

ADVOCACY SERIES

Series of events and workshops that address issues affecting our participants.



PEOPLE RECEIVED
51 SUPPORT FILING THEIR
INCOME TAX

VOLUNTEERING

Our dynamic volunteer program offers a variety of ways to learn skills while contributing positively to the community.



1096 VOLUNTEERS
15,875 VOLUNTEER HOURS



The Depot's garden programs use urban agriculture to increase the community's access to fresh fruits and vegetables and to facilitate learning, skill-building and social exchange.

GARDENS

Collective Gardens

Grow and share produce with community members.

Community Gardens

We manage the borough's individual garden plots.

Production Garden

We grow food to sell at our market.

Incubator Gardens

Learning plots for participants ready to take on their own gardens.

GREEN WORKSHOPS

Tips to improve health and productivity of your garden.



130
COLLECTIVE
GARDENERS



150\$+
OF PRODUCE
PER GARDENER



6
INCUBATOR
PLOTS



120+
VARIETIES OF
VEGETABLES & HERBS



6
COLLECTIVE
GARDENS

ÇA POUSSE!

Ça Pousse! is a social economy project that delivers workshops and custom construction of educational, therapeutic and recreational gardens to schools, hospitals, seniors' residences and other institutions in Montreal.



53
GARDEN
PROJECTS



300
WORKSHOPS



COOK

The Depot offers free, hands-on healthy cooking and nutrition activities in our kitchens, schools, community centres and low-income senior homes to increase knowledge, skills, networks and confidence in fun and interactive ways.

COOKING WORKSHOPS

Intergenerational Meals

Cook and share a meal with neighbourhood seniors.

Cultural Cooking

Prepare and enjoy a traditional meal from other countries.

Collective Creations

Cook and share new dishes.

Summer Picnics

Prepare and enjoy a meal using seasonal fruits and vegetables.

My Healthy Family

Hands-on workshop series for parents and kids to share tips and ideas for making healthy lunch boxes.

COMMUNITY NUTRITION

We provide nutrition education, cooking tips, recipes and workshops to our community.



1207
WORKSHOP
PARTICIPANTS



135
WORKSHOPS



18 PARTICIPANT
CO-FACILITATORS



5062
MEALS SERVED

BOÎTE À LUNCH

Boîte à Lunch is a fun, hands-on after-school program where teens and youth develop cooking skills, learn about healthy eating, and make their own lunches and meals.



1956
MEALS



14 NDG
SCHOOLS



253
YOUTH



97
RECIPES



172
WORKSHOPS



SHARE

Our diverse programs make it easier for participants to eat fresh healthy food of their choosing in a dignified manner and serves as a gateway to additional social and supportive programs.

FOOD DISTRIBUTION

Emergency Food Baskets

A free balanced basket of groceries twice a month with fresh and staple food options.

Healthy Snack Program

Healthy snacks distributed in our baskets, to community centres and summer camps.

COMMUNITY MEALS

Free delicious and nutritious meals served twice a week.



83,495
HEALTHY SNACKS
DISTRIBUTED
TO KIDS



400
FREE HEALTHY
MEALS
EACH WEEK



4504
PEOPLE
RECEIVED
EMERGENCY
BASKETS

GOOD FOOD MARKETS

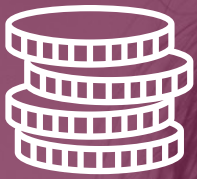
Pop-up markets of fresh, seasonal and affordable products across our community.



6
LOCAL
PRODUCERS



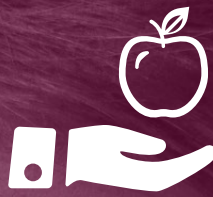
20%
OF OUR CLIENTS
ALSO ACCESS
OUR EMERGENCY
BASKETS



33%

OF CHILDREN IN NDG
LIVE IN A LOW-INCOME
HOUSEHOLD.⁽¹⁾

(VS. 16.4% IN MONTREAL ⁽²⁾)



36.5%

OF FOOD BANK BENEFICIARIES
IN MONTREAL ARE CHILDREN. ⁽³⁾



2/3

OF STUDENTS
DO NOT EAT THE
MINIMUM NUMBER OF
PORTIONS OF
FRUITS AND VEGETABLES

(RECOMMENDED BY THE
CANADA FOOD GUIDE. ⁽⁴⁾)

“

My son takes more initiative in preparing healthy meals at home from recipes and even inventing his own. I've noticed that he likes eating healthier food since participating in the Boîte à lunch program.

”

A BOÎTE À LUNCH PARENT

YOUTH PROGRAMS AT THE DEPOT

The Depot offers free hands-on programs for youth and their families to increase access to healthy foods, build confidence and skills to promote positive food habits and bring people together. We also provide a variety of ways to further develop youth's community networks and job skills through our volunteer program and youth employment opportunities.

Targeted programs:



GROW

- Children's workshop series
- Family collective garden sessions with childcare
- Gardens in 28 schools and daycares



COOK

- Boîte à Lunch after-school activities in 14 NDG schools
- My Healthy Family workshops for kids and parents
- Cooking workshops in community centres and summer camps



SHARE

- Healthy school snacks in baskets, After-school programs and summer camps



RESOURCES

- Volunteer and internship program
- Summer and seasonal jobs

“

[Ça pousse! allows students] to see concrete examples of the theories they're learning in school, which makes the material more interesting and dynamic [and] to gain a comprehensive understanding of health from environmental concerns to nutrition.

”

A TEACHER AT LES ENFANTS DU MONDE SCHOOL

92%

of Boîte à Lunch youth have repeated or have expressed the intention of repeating recipes from the program at home.

71%

of youth volunteers reported an increase in social skills and their capacity to work with a diversity of people.

86%

of teen cooking workshop participants feel more confident to prepare meals for themselves and their families.



6.1%

OF FOOD BANK
BENEFICIARIES IN
MONTREAL ARE
SENIORS. ⁽¹⁾



1/3
SENIORS IN
MONTREAL LIVES
ALONE. ⁽²⁾



SOCIAL ISOLATION IS
AS DANGEROUS AS
OBESITY, DRINKING AND
SMOKING IN TERMS OF
ADVERSE HEALTH
OUTCOMES. ⁽³⁾

“

I was staying at home sick and without money.
It made a big difference to my mental health to
come here. I was desperately lonely, angry,
depressed and coming here helped.

”

A DEPOT PARTICIPANT

SENIORS PROGRAMS

The Depot's seniors programs build opportunities for seniors to engage socially and at all levels of physical capacity around healthy food and provide access to resources and support.

Targeted programs:



GROW

- Gardens at low-income senior residences
- Therapeutic gardens at hospitals



COOK

- Intergenerational cooking workshops
- Boomer Cafe weekly drop-in program



SHARE

- Emergency food basket home deliveries
- Drop-in community meals



RESOURCES

- Support and referral services for seniors
- Well-being workshops

“

There's the sense of community, good food and a sense of empowerment. It's not a hand out. You have the power to take control of your life and your welfare. You only need a hand up.

”

A DEPOT PARTICIPANT

62%

of seniors in Depot programs living with a health condition report that involvement with the Depot has helped them manage their condition.

86%

of Boomer Cafe participants report having made new friends.

68%

of Intergenerational cooking workshop participants say that the meals gave them an opportunity to interact with people in the building and/or the community.

1. Bilan Faim 2017, Moisson Montréal

2. Centraide du Grand-Montréal

3. Julianne Holt-Lunstad, Timothy B. Smith, Mark Baker, Tyler Harris & David Stephenson. "Loneliness and Social Isolation as Risk Factors for Mortality: A Meta-Analytic Review" Perspectives on Psychological Science, 2015, Vol. 10, pp. 227-237.

THANK YOU TO OUR COMMUNITY!

A heartfelt **THANK YOU** to all our volunteers, donors, partners and supporters!

Thanks to you, thousands of our community members receive healthy food, develop their skills and build strong supportive networks. We are grateful for your generous contributions in making this work possible. Through your dedication and commitment we all realize the power of good food in building a strong, inclusive and healthy community.

Every gift, small or large, goes to support the Depot’s Food Programs. We especially wish to highlight these major gifts:

\$50,000+



\$30,000-\$49,999

Community Innovation Fund, Direction régionale de santé publique de Montréal, PME MTL

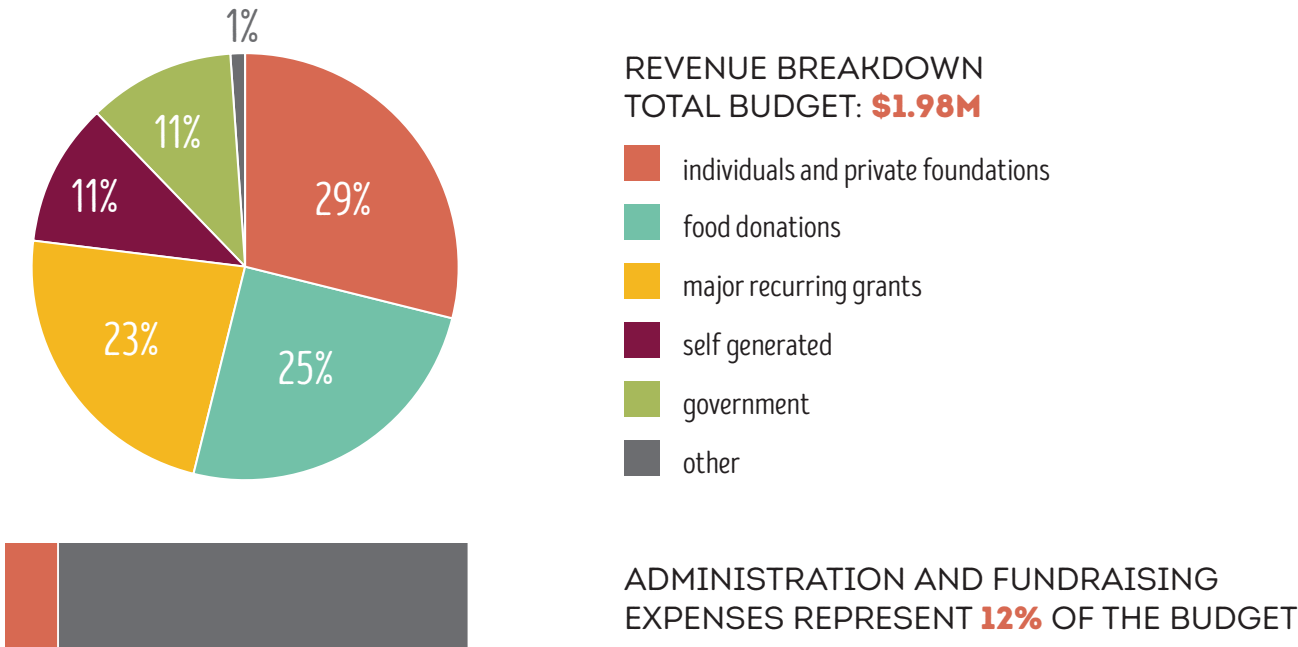
\$15,000-\$29,999

Ace Bakery, Canada Green Corps, Emploi Québec, Foundation of Greater Montreal, George Hogg Family Foundation, Sam Hornstein and Merle Wertheimer, MRUC-Uni Frais, New Horizons for Seniors, Programme de soutien aux organismes communautaires, Estate of Father Gerald A. Sinel, Zeller Family Foundation

\$5000-\$14,999

Aliments Tousain, Bust-a-Move Moving, Caisse Desjardins NDG, CP Holiday Train, Garland Canada, Scott Griffin Foundation, Hay Foundation, Ingrid Hings, Hylcan Foundation, Lindsay Memorial Foundation, The Lorne Fund, McConnell Foundation, Montreal Westward Rotary, Roasters Foundation, Service Canada Summer Jobs, Tenaquip Foundation, Office of Kathleen Weil, MNA

2017-18 FINANCIAL REPORT



GET INVOLVED!

PARTICIPATE

VOLUNTEER

DONATE
MONEY

Your dollar
goes further!

DONATE
FOOD

See our most
needed items

VISIT OUR WEBSITE FOR DETAILS
WWW.DEPOTNDG.ORG

SIGN UP FOR OUR NEWSLETTER TO STAY INFORMED



The Depot

Administrative Offices

6505 Somerled Ave., H4V 1S7
Monday - Friday: 9am - 4pm

Programming Space

6450 Somerled Ave., H4V 1S5
Open only during activities

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The Depot is proud to partner with Community Food Centres Canada.