

1 in 20 is hungry



Working Together So No One Goes Hungry

e are proud to be part of a Food Assistance Network consisting of two food banks working collaboratively with over 100 community programs supporting 36,000 people in Waterloo Region. In 2012 the Province of Ontario announced there would be significant changes to discretionary benefit allocation. This meant a significant impact on our Network. Although The Food Bank does not receive any of this funding, these budget cuts will decrease the amount of funding received by several food hamper programs in Waterloo Region that distribute food to clients receiving Ontario Works or Ontario Disability Support benefits.

The Food Bank helped establish a working group of the affected agencies to work with Region of Waterloo Social Services staff. This group determined the short and long term impact of the funding cuts and advocated for additional support

from Regional Council to bridge the gap. The group met with and informed council about the needs in our community, the work being done by the Food Assistance Network and the importance of Regional support.

On January 16, 2013, Regional Council approved additional funding to supplement the provincial dollars allocated to our community. This means vital supports will be maintained, allowing the Food Assistance Network to continue to address food insecurity and to look for more efficient and cost effective ways to deliver services.

Special thanks to the working committee of John Neufeld (House of Friendship), Pat Singleton (Cambridge Self Help Food Bank), Don Harloff (Woolwich Community Services), Rick Sheasby (Salvation Army), Trisha Robinson (Wilmot Family Resource Centre) and Wendi Campbell (The Food



Bank of Waterloo Region) for their work & support of this innovative and progressive charitable food distribution system.

Support from our donors & community partners has allowed us to build this \$12 million food system that meets the needs of our community, nourishes our neighbours and maintains the health of our community. Thank you!

Michael Dye, President of the Board

Michael Depe

Manphele

Wendi Campbell, Executive Director

Board of Directors 2012-2013

President: Michael Dye Vice-President: Tim Ellis Treasurer: Carol Leaman

Youth on Board: Anjola Tunde-Ojo

Directors:

Jim Beretta Christopher Corrigan Beth Cotter Robert S. Grant Mark Guibert Michael McCauley Rusty J. McLay Angela Moisse Tasos Stathopoulos

Executive Director: Wendi Campbell

Our Mission

Through community partnerships, we obtain and distribute emergency food from our neighbours for our neighbours.



Our Vision

To channel our community's energy so no one goes hungry.



Our Partners

Working with 79 food programs The Food Bank was able to provide 3.4 million lbs of food to 28,200 men, women and children through community meals, food hampers, shelters and residential programs in Waterloo Region. Our community, corporate partners, other members of the Food Assistance Network, the Ontario Association of Food Banks and Food Banks Canada all play roles in ensuring no one goes hungry.

Member Agencies

Anna Kaljas Residence

Anselma House - Womens' Crisis Services (2)

Argus Residence

Brain Injury Association (2)

Community Ministry

Conestoga College (2)

Country Hills Missionary Church

Emmanuel United Church

Family Counselling Centre of Cambridge and

North Dumfries

Glencairn Mennonite Brethren Church -

Glencairn Bridges Centre

Historic St. Paul's Lutheran Church

House of Friendship (12)

International Gospel Centre

Kinbridge Community Association

Kitchener Church of God

KW Counselling STEAM Program

KW Multicultural Centre

KW Open Bible Pentecostal Church of God

Lang

Lutherwood - Betty Thompson Youth Centre

- Safe Haven

Marillac Place (2)

Morningstar Family Ministries

Mosaic Counselling & Family Services (4)

Multiple Sclerosis Society

New Dawn School

Nutrition for Learning

Out of the Cold (6)

Pioneer Park Church of God

R.O.O.F (2)

Ray of Hope (2)

S.H.O.W. (Supportive Housing of Waterloo)

Salvation Army Family Services

St. Aloysius Catholic Church

St. Vincent de Paul (14)

The Working Centre – St. John's Kitchen

University of Waterloo FEDS Food Bank

Wilmot Family Resource Centre

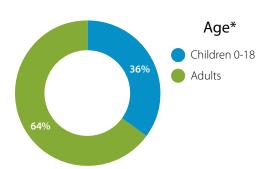
WLU Student Food Bank

Woolwich Community Services

YWCA (2)

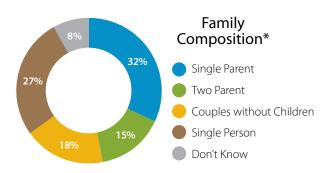
Caring for Our Neighbours 28,200 served

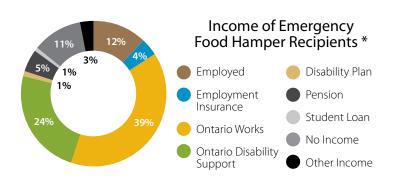
Hunger Count



"The Food Bank is the glue that keeps the community together."

April O'Neil, Community Development Worker, Mosaic Counselling and Family Services



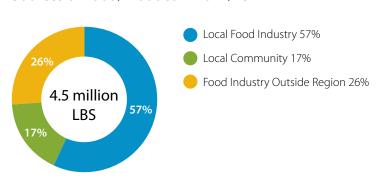


^{*} Statistics from the March 2013 Hunger Count, a snapshot of food assistance participants in Waterloo Region collected annually for Food Banks Canada.

compassion

Delivering Nourishment

Sources of Food/Product in 2012/13



"The women, children and staff are very appreciative that I can custom create a food box for each family as they prepare to move on. In June, an estimated \$2450 worth of donations was received from the Food Bank to help offset our food costs."

Lorie Yantzi, Food and Nutrition Coordinator, Anselma House Women's Crisis Services of Waterloo Region

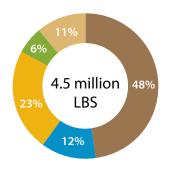


Food Bank Distribution Services has opened up a wider variety of nutritional products for the families we help. Together we're making a difference.

Brenda LeClair, Chatham Outreach for Hunger



Types of Food Acquired and Distributed



- Non-perishable (e.g. peanut butter, cereal, canned meats) 48%
- Chilled Misc. (e.g. milk, fruit, juice) 12%
- Chilled Produce 23%
- Frozen Meat 6%
- Frozen Misc. (e.g. frozen vegetables, flatbreads) 11%



The National Food Sharing System provided 330,687 lbs of food to The Food Bank of Waterloo Region, 263,777 lbs acquired by Food Banks Canada and 66,910 lbs acquired by the Ontario Association of Food Banks. Our Food Bank Distribution Services (FBDS) added another 376,476 lbs to our local inventory.

Income statement for the year ended June 30, 2013*

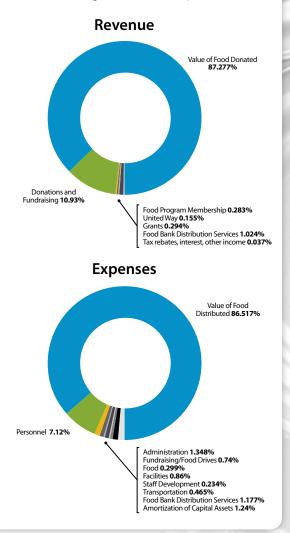
Income

Donations and Fundraising	\$ 1,408,877
Food Program Membership	36,493
United Way	20,000
Grants	37,947
Food Bank Distribution Services	131,959
Sales tax rebates, interest, other income	4,760
Total	1,640,036

Expenditures

Personnel	864,098
Administration	163,628
Fundraising/Food Drives	89,851
Food	36,267
Facilities	104,352
Professional Development & Agency Relations	28,353
Transportation	56,471
Food Bank Distribution Services	142,889
Amortization of Capital Assets	150,432
Total	1,636,341

In the past year The Food Bank acquired 4.5 million pounds of food and distributed 4.2 million pounds of food. If we would value this food at \$2.50 per pound, the food would be the largest revenue and expense source**.



Excess of Income over Expense

accountability

3.695

^{*} An audited financial report is available upon request.

^{**} Research commissioned by Food Banks Canada determined \$2.50 per pound as a universal measure for the value of food donations.

Volunteers Cast a Beautiful Shadow

The commitment of our volunteers is essential to The Food Bank achieving its mission. In 2012, 2,415 volunteers donated 23,055 hours of service. A record number of 22 volunteers received recognition for 5 years of service at the Volunteer Breakfast. Forty-five other volunteers were acknowledged that day including Edna Jenkins who has been helping The Food Bank for 20 years.

Volunteer roles include:

- Transportation of food donations and supplies
- Preparation of perishable and non-perishable food for agency distribution
- Forklift operation, building maintenance
- Quality control of food and non-food products
- Ambassadors as members of the speakers' bureau, special event team, donor assistance
- Youth education leaders, including high school students leading the "Hungry?" activity in elementary classrooms



There is no greater feeling than helping another member of my community whether it be personally or indirectly.

Andrew Huber, Youth Volunteer of the Year

2,415 volunteers and 23,055 hours of service



Volunteering makes me feel wonderful. I love working with the staff and volunteers and it brings me great pleasure to know that people in my community will benefit from the work we do.

Pat Wilson, Volunteer of the Year





@MeghanFurmanCTV tweeted: One family donated over 600 lbs of food today and asked to remain anonymous. @FoodBankWatReg #StuffABus @CTVKitchener

In the Community

The Food Bank organizes events such as Canstruction, DIG IN and the Golf Tournament each year. These events are successful at raising food, funds and awareness of hunger thanks to our generous and receptive community. Altogether these 3 events raised \$51,000 and 71,500 lbs plus additional food and funds for our partners in food assistance and received impressive attention from local media and social media avenues.

Third party events in the community raised \$104,000 and 51,300 lbs of food last year. Their success is the result of people who choose to give their time and talents or involve their companies

and their staff beyond doing food drives. For example, Stuff A Bus has raised 194,000 lbs and \$90,000 over 19 years because of the commitment of Kool FM, KFUN, CTV and Grand River Transit. The Wolle family have ensured their staff, and clients' families enjoy a special movie experience at the annual Royal LePage Wolle Realty Christmas Classic and have raised 19,000 lbs and \$66,000 over 19 years. The Waterloo Potters Workshop has raised over \$212,000 for The Food Bank in the last 15 years with their Empty Bowls and, like the Wolle Family and the folks at Bell Media and Grand River Transit, they continue to evaluate and explore ways to make their event better ...so no one goes hungry.

@LaurierNews tweeted: Online bidding opens today for a bowl created by actor @ColmFeore in support of Empty Bowls & @FoodBankWatReg! #SoNoOneGoesHungry



Fresh Approaches



Helping our community eat healthier and be healthier

The Fresh Approaches project began with the expansion of the freezer and building a new cooler thanks to a Capacity Building Grant from Kraft Canada and Food Banks Canada. This increased our capacity to accept, store and distribute fresh fruits and vegetables to our agency partners in Waterloo Region.





Lunch Crunch, a program provided by Woolwich Community Services, uses the fresh foods from The Food Bank and the local community to provide nutritious lunches to school children. Since January, 3068 school lunches have been provided to 35 families for their 79 children.

The Paulander Project serves a neighbourhood supported by Mosaic Counselling and Family Services. Low income and new Canadian families can be found in greater numbers in this neighbourhood than in many other parts of the Region. These residents need access to healthy food. The Food Bank took the opportunity to pilot a Fresh Approach to service. Food Bank volunteers deliver fresh, nutritious food to the Paulander Community Centre for families. Each week 30 to 45 families are given bags of fresh produce, helping approximately 200 individuals. Approximately 60% of the recipients are under the age of 18 years. The food distribution day encourages social interaction as neighbours meet neighbours, share recipes and discuss other resources in the community. This pilot plus Woolwich Community Services' Lunch Crunch program are two examples of how Fresh Approaches make our community stronger.



The Paulander Project has created a space to access healthy food, neighbours and conversation as well as leadership opportunities for volunteers. Everyone helps bring the fresh fruit and vegetables from the truck - it's a very connecting experience and shows how entwined food and community really are.







By providing healthy lunches based on Canada's Food Guide we're helping children in Woolwich and North Wellesley to attend school ready to learn because they aren't worried about being hungry.

Don Harloff, Executive Director of Woolwich Community Services





Food Bank Distribution Services (FBDS) – an initiative of The Food Bank of Waterloo Region

The essential role of food banks is to source safe, nutritious food. FBDS was established in 2002 to effectively access large donations of high quality perishable and non-perishable food from the food industry. The concept is simple. By working collaboratively with 35 food banks throughout Southwestern Ontario through FBDS, companies with potential to donate are identified. The Food Bank of Waterloo Region is able to transport and house large donations with refrigerated trucks, professional drivers and ample storage, including a 15,700 foot³ freezer and 4300 foot³ cooler. The food is re-distributed through FBDS to programs in Southwestern Ontario including Waterloo Region.

Everyone wins. Manufacturers can better manage close-coded products and The Food Bank of Waterloo Region safely stores and distributes the food as smaller organizations need it. Locally, we receive 20% of the product. All participating food banks receive a greater variety of nutritious product in greater quantity than would otherwise be available.



We have a small space—we're really thankful for how the program expands what we can do.

Norma Grainger, Blessings Community Store, Zurich

Collaboration

Staff

Executive Director

Administrative Assistant Taryn Martin

Community Engagement Coordinator Jennifer Tello

Community Partnerships Manager Ruth Friendship-Keller

Database Administrator Angela McCall

Director of Food Program OperationsKim Anderson

Donor Relations Manager Gwenanne Jorgenson

Food Assistance Network Coordinato Katherine MacDuff

Food Procurement Manager Peter McGuire

Manager of Administration Nancy van Amstel

Operations Manager Michelle Broege

Volunteer Coordinator Rose Tanvi

Warehouse Associates/Driver: Mohammad Ahmadpouri Terry Herlick Michael Kuch

Thousands of Pounds of Support

Food Industry Supporters

Alternative Processing Systems

AZ Liquidators BFG Canada Ltd.

BLM Transport Group

Bonduelle North America - Ingersoll Bonduelle North America - Strathrov

Brubacher Farm Cargill Canada Celadon

Chudleigh's Colonial Cookies

Compusense Inc. Conestoga Cold Storage

Conestoga Meat Packers Dairy Farmers of Ontario

DanVin Inc. E.D. Smith

Engro Foods Canada Ltd. Erb Cold Storage Erb Transport Limited Erinvale Food Sales Inc. FooDelicious Inc. General Mills

Grand River Foods

Herrle's Country Farm Market

JD Sweid Foods J.M. Schneider Inc. Kernels Popcorn Keybrand Foods Inc. Kraft Canada

Loblaw Companies East Ltd.

Lettuce Alive Moo Cow

North American Tea & Coffee Ontario Egg Producers

Orange Barn

Otter Valley Foods Inc.

P&H Milling

Patco Flat Out Bread Pfenning's Organic & More Piller's Fine Foods Inc. Red Lobster Restaurants Ronzoni Foods Canada

Schaaf Foods
Sobeys Distribution
Solis Foods

SPC Ardmona Sunrise Snacks

Ten Thousand Villages

Tetley Tea

Total Focus Foodservice Valley Springs Farm Voortman Cookies Ltd.

Food Sharing Organizations

We partner with the following organizations to acquire and share a wider variety of nutritious food for our agencies:

Company

Clifford Food Bank Food Banks Canada House of Friendship

Ontario Association of Food Banks

Salvation Army

Organization & Corporate Donors - Leaders (\$5,000 +)

Aqueduct Foundation - Mr. Helmut & Mrs. Margaret Oberlander Gary H. Attack Financial Planning Inc. Google Matching Gifts Program JK Group on behalf of RIM Give Your Way Program Waterloo & Halton Regions Elks & Royal Purple Lodge Manulife Financial (Head Office) Mersynergy Charitable Foundation North Waterloo Farmers Mutual Insurance Petker & Associates Quantex Technologies Inc. School Sisters of Notre Dame The Charitable Gift Funds Canada Foundation - Mark & Jennifer Guibert The Fregin Family Foundation @KitchCitizen tweeted: Food for the @FoodBankWatReg all loaded in the @KitchFire truck. Good job #countryhills @wrdsb



Organization & Corporate Donors - Leaders (\$5,000 +) (Continued)

The Manfred and Penny Conrad Family Foundation

The Savvas Chamberlain Family Foundation

Tim Hortons
Toyota Motor Manufacturing Canada Inc.
University of Waterloo

Anonymous - 1

Partners (\$2,500 +)

CAW TCA Social Justice Fund Conestoga-Rovers & Associates Ltd.

Delta Elevator

Distinctive Wood Products Inc.

Gina Chhatwal Trust

Home Hardware Stores Limited

IBM Canada Ltd.

Kevin J. McCann Dentistry Professional Corp.

Kissner Milling Company Ltd. Kitchener Rangers Hockey Club Kitchener Utilities

Mabel & Gordon McMillen Foundation

MarshallZehr Group Inc.

McIntyre Group Office Services Inc.

OTIP/RAEO - Ontario Teachers Insurance Plan

Pioneer Craftsmen Ltd. Russell A. Farrow Limited Samuel, Son & Co., Limited

Simpson Screen Print & Lithography Ltd.

Sobeys Inc.

Steelworkers Humanity Fund Strassburger Windows and Doors The May Court Club of Kitchener-Waterloo The McAfee , Inc. Matching Gifts Program The Waterloo Networking Company

Twins Drive In

Vancouver Foundation - Union Gas

WalterFedy

Waterloo Region District Schools

Anonymous - 1

Friends (\$1,000 +)

2228530 Ontario Inc. Able Concrete

AirBoss Rubber Compounding

ANSYS Canada Ltd.

Arif Ismaili Medicine Professional Corporation

Ball Service Group Inc.

BlackBerry

Blessed Sacrament RC Church Brick Brewing Company Limited Challenger Motor Freight Inc. Colliers International

Conestogo Electric Inc.

Congregation of the Resurrection Contract Survey Consultants Inc. Corporate Benefit Analysts Inc. Crosby Volkswagen Inc.

Crosby voncsvage

Deanco Inc.

Elby Professional Recruitment (K.W.) Inc. Elementary Teachers Federation of Ontario

Elmira Pet Products
Ernst & Young
Excalibur Crossbow Inc.
Frey's Plumbing Works Inc.

GSP Group Inc.

HIP Developments Inc.

IdeaWave Marketing Solutions Inc.

Kuntz Electroplating Inc.

Laurel Ridge Investments Limited

Libro Credit Union Local 4610 USWA District 6

Mark Eamer Professional Corporation

Mennonite Foundation of Canada - Mary Izma & Mr.

& Mrs. Rick Martin Mercedes Corporation Miller Thomson LLP

MSGR. Stephen Foerster Council No. 6024

Natural Resource Solutions Inc. Novocol Pharmaceutical Division Optimist Club of Country Hills Pano Cap (Canada) Limited Performance Initiatives Inc. Pier Structural Engineering Corp.

Realtors Care Foundation

Ronald Pace Medicine Professional Corporation

Royal LePage Wolle Realty

Rubinoff Family Charitable Foundation

Sandra Wismer Medical Professional Corporation

Schiedel Construction Incorporated Second Foundation Consulting Inc.

Select Transportation (A Division of 988055 Ontario

Limited

Septimatech Group Inc. St. Jacobs Printery Ltd.

St. Vincent de Paul - Our Lady of Lourdes

Conference

Stanley Park Baptist Church TD Waterhouse Private Client Group TechHi Consultants Limited The Pampered Chef Ltd. (Canada)

Transfreight Inc.
Trovo Resources Inc.
Walmart Canada Corp.
Waterloo Lions Club, Bingo Acct.
Waterloo North Hydro

Waterloo North Hydro Wildeboer Dellelce LLP Wilfrid Laurier University

Your Neighbourhood Credit Union

Friends (\$10 - \$999) - 461 Organizations & Corporations



I donate locally because this is my community. Specifically I donate to The Food Bank because I know people who have had to use The Food Bank. I see many job losses in our area and think about who could be next. I have so much and cannot help but contribute to the welfare of others. In times such as these, we all have to help one another. There is always some way to help others. In a way, I guess it is an obligation to me.

Carolyn M., donor





Food Drive Supporters (Food & Cash Collections Combined)

Leaders (5,000 lbs +)

Allianz Global Assistance Bluevale Collegiate Institute CANS 2012 Conestoga-Rovers & Associates Ltd. Golden Triangle Sikh Association Home Hardware Stores Limited Manulife Financial Roadtrek Motorhomes Inc. Royal Highland Fusiliers of Canada

Partners (2,500 lbs +)

AGFA HealthCare Inc.
Bend All Automotive Inc.
Brock Solutions Inc.
Cameron Heights Collegiate Institute
Centre for International Governance
Innovation
Conestoga College
Dillon Consulting Ltd.

Free The Children
Google
Huron Heights Secondary School
Kitchener Rangers Hockey Club
Kitchener Soccer Club
McAfee Inc.
MCAP Service Corporation
Miovision Technologies

MTE Consultants Inc.
Muslim Association of Canada
Pioneer Craftsmen Ltd.
Royal LePage Wolle Realty
RWDI
Santa's Choice
Sir John A. MacDonald Secondary School
St. David Catholic Secondary School

St. Mary's High School Stantec Consulting Ltd. University of Waterloo WalterFedy Waterloo Region District Schools Westheights Community Church Wilfrid Laurier University

Friends (1,000 lbs +)

1st Lexington Beavers, Scouts 2228530 Ontario Inc. 24th Kitchener Scout Group ABCO Custom Manufacturing Inc. All Saints Anglican Church Alpine Public School Baden Public School **BDO Canada LLP** Bell Canada - Riverbend Employees Brigadoon Public School Christie Digital Systems Cineplex Digital Solutions City of Waterloo Communitech Corporation of the City of Kitchener Country Hills Public School Curves For Women - Doon Village Rd. Dengunn Management Inc. Eastwood Collegiate Institute Edna Staebler School Empire Public School Equitable Life Lighthouse Club

Everest College Execulink Telecom Inc. First Christian Reformed Church of Kitchener Inc. First Response Restorations Foxboro Green Glen Witmer Grand River Collegiate Institute Greystone Design Group Inc. J.F. Carmichael Public School Jamin' for Hunger Keller Williams Realty Kitchener Hockey Kitchener Junior Panthers Major Mosquito Tier 2 K-W Apartment Building Food Drive KW Mustang Club Lackner Woods Public School Laurelwood Public School Laurentian Hills Christian School LVM Maplesoft

MasterMind LP Mount Zion Evangelical Lutheran Church Navtech Inc New Apostolic Church North Waterloo Farmers Mutual Insurance Company Northlake Woods Public School Open Text Corporation OTICON OTIP/RAEO - Ontario Teachers Insurance Plan Parkminster United Church Quarry Integrated Communications Inc. Oueen Elizabeth Public School Qwalify Inc. Raytheon Systems Canada Limited Re/Max Twin City Reformation Lutheran Church Scherer Chevrolet Buick GMC Scholar's Hall Septimatech Group Inc. Sheppard Public School

St. Jerome's University St. John's Kilmarnock School St. John's Lutheran Church St. Nicholas Catholic School St. Peter's Evangelical Lutheran Church St. Stephen's Lutheran Church Stanley Park Senior Public School Strongco Equipment Sun Life Assurance Company of Canada Syngenta Canada Inc. Techtown Cafe Transfreight Inc. Trinity Village Care Centre W. T. Townshend Public School Waterloo Collegiate Institute Waterloo Pentecostal Assembly Waterloo Regional Police Service Westheights Public School Westvale Public School

Friends (750 lbs +)

27th Kitchener Girl Guides Abraham Erb Public School Aerotek AMEC Environment & Infrastructure Avondale Carollers BlackBerry Bridgeport Public School
Business Development Bank of Canada
Canadian Tire Store (Ottawa Street)
CAW Local 1451 Retired Workers Chapter
Christ Lutheran Church
Christ The King United Church of Canada

Christian Fellowship School Courtland Avenue Senior Public School Crestview Public School Driftwood Park Public School Eastforest Homes Elizabeth Ziegler Public School Enflick, Inc.
Erb & Erb Insurance Brokers Limited
Giant Tiger - Greenbrook Dr.
Giffen LLP Lawyers
HomeLife Power Realty Inc.
Howard Robertson Public School

Friends (750 lbs +) (Continued)

Intelligent Mechatronic Systems Inc. Labstat International Inc. Lear Corporation Canada Limited Lester B. Pearson Public School Lexington Animal Hospital Lincoln Road Chapel Lions Club of Kitchener McClurkin Ahier & Company LLP MHBC Planning Millen Woods Public School New Apostolic Church - Kingsdale New Vision Family Health Team Ontarra Farms
Paul Davis Systems
Rockway Mennonite Church
St. Jacobs Mennonite Church
St. Philips Lutheran Church
Sunshine Montessori School

Waterloo Organization of Disc Sports Inc. Westmount Public School Williamsburg Public School

Friends (Less than 750 lbs) - 653 Food Drive and Cash Collections Combined

Gifts in Kind (Gifts of \$500 and over)

AML Communications Inc.
Beertown Public House
Celadon
Challenger Motor Freight
City of Kitchener
City of Waterloo
Conestoga Mall
Crosby Volkswagen Inc.
del Dente
Donovan Insurance Brokers

Elmira Insurance Brokers
Fandy Photography
Fresh Pepper Communications
Gemcast Manufacturing Inc.
Grand River Transit
Kara Smart Foods
Kitchener Rangers Hockey Club
Loblaws Companies East Ltd.
Mumby Insurance Brokers Inc.
Piller's Fine Foods Inc.

Purolator Courier Ltd.
R. J. Trucks
Robert Langen Gallery, Wilfrid Laurier
University
Rosemarie Startek
Sobeys Inc.
Space At Hand
TA Appliances
The Clay & Glass
Transfreight Inc.

WalterFedy
Waterloo Potters Workshop
Waterloo Region Museum
WestJet
Westmount Signs and Digital Imaging
Woodside Industrial Centre
Xerox Canada
Zehrs Conestoga Mall

Great care was taken to ensure the accuracy of these lists. If you discover an error or omission please accept our apology and call us to correct it at 519-743-5576.



Engaging Support

Public Events (raising over \$1,500 or over 1500lbs)

Canstruction

Corus Feeds Kids (The Beat, Dave FM, Your Neighbourhood Credit Union, Harveys)

DIG IN

Empty Bowls (Waterloo Potters Workshop, The Clay & Glass)

Extra Helping Food Drive (Zehrs, Real Canadian Superstore, no frills and ValuMart)

Greek Food Festival (St Peter's and Paul's Greek Orthodox Church)

Grillefest (City of Kitchener)

Iron Chef (Nick & Nat's, Uptown 21)

Music and Movies in the Park (The Beat Goes On and Princess Cinema)

Oktoberfest Family Breakfast (96.5 CHYM FM & 570 News)

Onkel Hans Food Drive (K-W Oktoberfest Inc.)

Ribfest and Craft Beer Show (Impact Events Group Inc.)

Santa Claus Parade (Lions Club of Kitchener)

Stuff A Bus (105.3 KOOL FM/99.5 KFUN, CTV, Grand River Transit)

Tim Hortons Food Drive

Trick or Eat (Wilfrid Laurier University and University of Waterloo)

Uptown Waterloo Comedy Festival

Waterloo County Steam Thresher's Reunion



Our Media Partners





















Elmira Independent faith FM 94.3

FM 98.5 CKWR Kitchener Citizen New Hamburg Independent Waterloo Chronicle Woolwich Observer



Thank you for the exceptional support.

Corporate Leaders

- Allianz Global Assistance
- Miovision Technologies

School Leaders

Bluevale Collegiate Institute

Places of Worship

- Golden Triangle Sikh Association
- School Sisters of Notre Dame

Organizations

• Waterloo and Halton Regions Elks and Royal Purple Lodge

Food Industry Supporters

Otter Valley Foods Inc.

New Corporate Food Donor

Solis

The Outstanding Community Participation Leaders

Royal Highland Fusiliers of Canada

MILESTONE AWARDS (5 years)

- Royal LePage Wolle Realty
- Erb International Inc.
- KOOL FM 105.3/99.5 KFUN, CTV, Grand River Transit
- WalterFedy

President's Award

• Loblaw Companies East Ltd.



As we fill the buses with food assistance each year we are also filling them with memories of friends and co-workers who have made this community stronger over the past 20 years.

Jay Nijhuis, Promotions & Marketing Manager, KOOL FM 105.3/99.5 KFUN, Stuff A Bus Planning Committee Chair



Food: A Basic Need. A Moral Right.

"A friend of mine fell on hard times and needed the support of The Food Bank to make ends meet. Now that she's back on her feet, she donates a non-perishable item (or several) every time she shops. Her story reinforced for me the critical role The Food Bank plays in our community. Food is such a basic need and one many of us likely take for granted."

Mike F food bank donor

Why Is There Still A Need?

There is an increasing realization that each one of us is one job, one relationship breakdown, mental health crisis, death in a family or health crisis away from needing a food hamper. We are increasingly aware of the complexities & failures of a broken social assistance system. Frances Lankin & Munir A. Sheikh, Commissioners for the Review of Social Assistance in Ontario stated, "The system is broken. It doesn't help people back to work and it is leaving some who can't work in abject poverty."

Our Community's Answer: We may not be able to eliminate poverty – but we can work in partnership to educate, break down barriers and find solutions. We will start with food – a basic need, a moral right – ensuring our community is fed while longer term solutions are being figured out. Thanks to this community's social awareness we continue to work as a Network – to connect those in need to programs & services – places to eat, places to learn, places to get support, places to grow. These community development supports in our Region tackle the root causes of poverty.

For every story we hear of a family who accesses a food hamper there is another story of one who is overcoming the hurdles of a challenging time, thankful and grateful for community support that changes lives. Thank you for helping create more happy endings for our neighbours' stories.





The Food Bank of Waterloo Region 50 Alpine Court Kitchener, ON N2E 2M7

Tel: 519.743.5576 Fax: 519.743.8965

E-mail: info@thefoodbank.ca Twitter: FoodBankWatReg

Facebook: The-Food-Bank-Waterloo-Region

Proud affiliate member of:



Proud member of:







Printing support by:

