Together, we care.

No matter where you live in Waterloo Region, people have access to nutritious food when they need it because of the Food Assistance Network. This network is made up of more than 100 community agencies and food programs. It has taken years to construct and there’s nothing like it in Ontario. At its centre, where food is acquired and distributed to the community programs, are The Food Bank of Waterloo Region and Cambridge Self-Help Food Bank.

Our community is at its best working together.
The Food Bank of Waterloo Region is proud to be working together with a network of over 100 programs to ensure appropriate and effective help is available throughout the region. This phenomenal work by agencies is guided by passionate, hard-working individuals with vast amounts of lived experience, ideas, problem-solving skills, passion, and energy.

Working together – to be better, to solve problems, to feed people.

Leading the collaborative work of the Food Assistance Network is a proud accomplishment and an essential role for The Food Bank of Waterloo Region. This past year, with the support and engagement of 56 network partners, we completed the first Food Assistance Network Strategic Plan with three overarching themes:

• clear leadership, scope, and communication processes
• new opportunities and commitment to pursue them
• requirement for programs and services to be empathetic and human-centred

We know our community is at its best working together. This is illustrated regularly by the individuals and families who share their stories of living paycheque to paycheque and, when the paycheque was gone, were helped by our local food programs and services. They were thankful for the warm, welcoming smiles of staff and volunteers. They were thankful they live in a caring community which works together so no one goes hungry. And, now they are thankful to be able to give back with gifts of food, funds, and/or time.

We are grateful for the trust and support of the community. Through your donations, we will continue to support programs and services to create a healthy, vibrant community of opportunity.

Tim Ellis, President of the Board

Wendi Campbell, Executive Director

Board of Directors 2013-2014

President: Tim Ellis
Vice-President: Rusty McLay
Secretary / Treasurer: Carol Leaman
Youth on Board: Helen Yueping Hu
Executive Director: Wendi Campbell, MBA

Directors:
Jim Beretta
Christopher Corrigan
Beth Cotter
Bob Grant

Mark Guibert
Mike McCauley
Angela Moisse
Tasos Stathopoulos
“Many of our guests spend most of their income on rent and need a nutritious meal. We are very grateful to The Food Bank for enabling us to provide this critical service.”

Lou G., Stirling Out of the Cold

Our Partners

The Food Bank of Waterloo Region is committed to working with more than 80 member agencies and local food programs, other food banks, and food industry partners to acquire and distribute safe, nutritious food for children, seniors, individuals, and families in need.

Member Agencies

Anna Kaljas Residence
Anselma House
- Womens’ Crisis Services (2 programs)
Argus Residence
Community Ministry
Conestoga College (2 programs)
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 (11 programs)
Kinbridge Community Association
Kitchener Church of God
KW Counselling (4 programs)
KW Multicultural Centre
KW Open Bible Pentecostal Church of God
Langs
Lutherwood - Betty Thompson Youth Centre
- Safe Haven
Marillac Place (2 programs)
Morningstar Family Ministries
Carizon Family and Community Services
(5 programs)
Multiple Sclerosis Society
Nutrition for Learning
Out of the Cold (7 programs)
Pioneer Park Church of God
R.O.O.F (2 programs)
Ray of Hope (2 programs)
S.H.O.W. (Supportive Housing of Waterloo)
Salvation Army Family Services
St. Aloysius Catholic Church
St. Vincent de Paul (14 programs)
The Working Centre - St. John’s Kitchen
Traverse Independence (2 programs)
University of Waterloo FEDS Food Bank
Wilmot Family Resource Centre
Wilfrid Laurier University Student Food Bank
Woolwich Community Services
YWCA (2 programs)
Together, we feed neighbours every day

Hunger Count

Age*
- Children 0-18: 37%
- Adults (including senior citizens): 63%

Family Composition*
- Single Parent: 14%
- Two Parent: 32%
- Couples without Children: 25%
- Single Person: 15%
- Unknown: 14%

Income of Emergency Food Hamper Recipients *
- Employed: 6%
- Employment Insurance: 7%
- Ontario Works: 1%
- Ontario Disability Support: 15%
- Disability Plan: 24%
- Pension: 38%
- Student Loan: 4%
- No Income: 4%
- Other Income: 4%

“My mother used to need the food bank when I was a child. I like that I can give back now and know I am helping families just like mine was helped.”

Samantha Y., online donor

* Statistics from the March 2014 Hunger Count, a snapshot of food assistance participants in Waterloo Region collected annually for Food Banks Canada.
Where the food came from

- Community Donations: 725,592 lbs
- Food Industry*: 1,669,336 lbs
- Food Purchase: 7,001 lbs
- Food Sharing Partners*: 125,126 lbs
- Perishable Food Program: 2,188,255 lbs

Where the food was shared

- Food Hampers: 2,506,680 lbs
- Community Outreach: 240,005 lbs
- Meal Programs: 267,868 lbs
- Shelter & Residential Programs: 214,150 lbs
- Schools: 8,238 lbs
- Food Banks Outside of Waterloo Region*: 1,358,271 lbs
- Waste, Recycled, Composted: 78,372 lbs
- Animal Shelters: 88,107 lbs

"Generous donations to The Food Bank ensure that Argus Residence can help homeless youth to not only survive, but to thrive."

Holli Norman, Program Manager, Argus Residence for Young People

*Food Bank Distribution Services (FBDS), operated by The Food Bank of Waterloo Region, works collaboratively with 31 food banks in Southwestern Ontario to source large donations of high quality perishable and non-perishable food from the food industry. The food is re-distributed through FBDS programs in Southwestern Ontario, including Waterloo Region, resulting in a larger variety and quantity of nutritious product for all participants.

27,596 hungry neighbours. 4.7 million lbs of nourishing food.
accountability

Income statement for the year ended June 30, 2014*

Income
Donations and Fundraising $1,407,808
Food Program Membership 38,884
United Way*** 23,050
Grants 55,047
Food Bank Distribution Services 134,130
Sales tax rebates, interest, other income 125,037
Total 1,783,956

Expenditures
Personnel 1,074,509
Administration 132,462
Fundraising/Food Drives 68,165
Food 10,209
Facilities 120,705
Professional Development & Agency Relations 23,487
Transportation 59,667
Food Bank Distribution Services 161,598
Amortization of Capital Assets 166,900
Total 1,817,702

Excess of Income over Expense (33,746)

In the past year The Food Bank acquired and distributed 4.7 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**.

* An audited financial report is available upon request.
** Research commissioned by Food Banks Canada determined $2.50 per pound as a national measure for the value of food donations.
*** Sector Support funding is directed to the Food Assistance Network to increase the capacity of member agencies to deliver healthy, nutritious food services.
As a result of incredible volunteer efforts:

- Over 100 sorting groups gained hands-on experience and a better understanding of the role of The Food Bank in our community.
- We were able to provide 26,500 lbs of food to member agencies each week for their hampers, community meals and at residential and shelter programs.
- Hundreds of youth understand that hunger isn't only a problem in far-away countries. It’s happening right here in one of the most prosperous communities in Canada.

AND volunteers helped to raise **715,772 lbs** of food and **$404,248** through food drives and special events in Waterloo Region.

I support The Food Bank of Waterloo Region because it is a great example of our community working together. As a new father I am even more aware of how important it is to set an example and to help where I can.

Justin Lavoie, five- year food bank volunteer pin recipient and Associate Vice President Colliers International Waterloo Region.

The Food Bank is fortunate to have many volunteers choosing to serve year-after-year. This year, 73 volunteers were recognized with hours and years of service awards, in addition to the following awards:

- **Youth of the Year:** Steve Lisak
- **Group of the Year:** Stantec
- **Volunteer of the Year:** Mark Warner
- **Nelson Jarvis Award:** Christopher Corrigan, Robert Grant & Angela Moisse
Together, we acquire nutritious food

Food Industry Supporters

Advanced Dairy Systems Ltd.
Alternative Processing Systems
Associated Brands/North American Tea & Coffee
BLM Transport Group
Bonduelle Foods North America - Ingersoll
Bonduelle Foods North America - Strathroy
Brubacher Farm
Cargill Canada
Celadon
Chill Fresh Produce
Chudleigh’s
Colonial Cookies
Conestoga Cold Storage
Conestoga Meat Packers
DanVin Inc.
E & E McLaughlin Ltd.
E.D. Smith & Son Ltd.
Engro Foods Canada Ltd.
Erb Cold Storage
Erb Transport Limited
Erinvale Food Sales
Flanagan Sales & Distribution
Food Basics - Highland
FooDelicious Inc.
Grand River Foods
Green Mountain Coffee Roasters
Herrle’s Country Farm Market
Hershey Canada Inc.
Home Hardware Stores Ltd.
J.M. Schneider Inc.
Jones Feed Mills
K & K Liquidators
Kara’s Smart Foods
Keybrand Foods Inc.
Kraft Canada
Loblaw Companies East Ltd.
Lettuce Alive
Liberty Freezers
Mainstream Logistcs
Manitoulin Transport
Maple Leaf Eastern Distribution Centre
Moo Cow
Nestle Waters Canada
No Frills
Nothing But Nature Inc.
Ontario Egg Producers
Otter Valley Foods Inc.
Pfenning’s Organic Vegetable Farm
Piller’s Fine Foods Inc.
Ronzoni Foods Canada
Sobeys Bridgeport
Sobeys Distribution
Sobeys Highland
Sobeys Ira Needles
Solis Foods
Sunray Snacks
Sysco Foods
Target Canada - Conestoga Mall
Target Canada - Laurentian Power Centre
The Orange Barn
Tim Hortons
Toby’s Food Toronto
Total Focus Foodservice
Upper Canada Food Group
ViSalus Canada
Voortman Cookies Ltd.
Walmart - Bridgeport
Walmart - St. Jacobs
Walmart - The Boardwalk
Zehrs Beechwood

Food Sharing Organizations (These partners increase the variety of nutritious food we are able to share.)

Food Banks Canada
Ontario Association of Food Banks (OAFB)
Project Share Niagara

Grants & Foundations

Aqueduct Foundation – The Helmut and Margaret Oberlander Foundation
Bequest Earnings Disbursement Fund - Shantz Mennonite Church
The Fregin Family Foundation
The Landry Family Foundation
The Manfred and Penny Conrad Family Foundation
The Savvas Chamberlain Family Foundation
Gina Chhatwal Trust
Canadian Online Giving Foundation
Darden Restaurants, Inc. Foundation
Mabel & Gordon McMillen Foundation
Mersynergy Charitable Foundation
## Organization & Corporate Donors

### Leaders ($5,000 +)
- Google Matching Gifts
- Gary H. Attack Financial Planning Inc.
- Waterloo & Halton Regions Elks & Royal Purple Lodge
- Manulife Financial Canada
- MTD Products Ltd.
- North Waterloo Farmers Mutual Insurance Company
- Quantex Technologies Inc.
- School Sisters of Notre Dame
- Tanem Developments Ltd.
- The Waterloo Networking Company
- Tim Hortons
- University of Waterloo
- Wilfrid Laurier University
- Strassburger Windows and Doors
- Sun Life Financial Canada
- The Economical Insurance Group
- The May Court Club of Kitchener-Waterloo
- Toyota Motor Manufacturing Canada Inc.
- United Way of Greater Toronto
- Your Neighbourhood Credit Union
- Anonymous - 1 donor

### Partners ($2,500 +)
- Arif Ismaili Medicine Professional Corporation
- CAW TCA Social Justice Fund
- Challenger Motor Freight Inc.
- Distinctive Wood Products Inc.
- Home Hardware Stores Ltd.
- Kevin J. McCann Dentistry Professional Corp.
- Kissner Milling Company Ltd.
- Kitchener Rangers Hockey Club
- Kitchener Utilities
- MarshallZehr Group Inc.
- McIntyre Group Office Services Inc.
- OTIP/RAEO - Ontario Teachers Insurance Plan
- Performance Initiatives Inc.
- Rae & Lipskie Investment Counsel Inc.
- Russell A. Farrow Limited
- Samuel, Son & Co., Limited
- Simpson Screen Print & Lithography Ltd.
- Sobeys Inc.
- Stamm Investments Ltd.
- Steelworkers Humanity Fund
- Strassburger Windows and Doors
- Sun Life Financial Canada
- The Economical Insurance Group
- The May Court Club of Kitchener-Waterloo
- Toyota Motor Manufacturing Canada Inc.
- United Way of Greater Toronto
- Your Neighbourhood Credit Union
- Anonymous - 1 donor

### Friends ($1,000 +)
- 2228530 Ontario Inc.
- AirBoss Rubber Compounding
- All Protect Systems Inc.
- Allgreen Tree Service
- Bast Tire & Auto Service
- Bill Snyder Electric Inc.
- Blessed Sacrament RC Church
- Butler Dentistry Professional Corporation
- Conestoga Meat Packers
- Congregation of the Resurrection
- Corporate Benefit Analysts Inc.
- Cowan Insurance Group
- David P. Webb
- Dillon Consulting Ltd.
- Elementary Teachers Federation of Ontario
- Excalibur Crossbow Inc.
- FoxNet Inc.
- Frey Building Contractors
- GSP Group Inc.
- International Brotherhood of Electrical Workers
  - Local 804
  - Local 4610 USWA District 6
- Magnussen Home Furnishings Ltd.
- Mark Eamer Professional Corporation
- Our Lady of Lourdes Conference – St. Vincent de Paul
- Pano Cap (Canada) Ltd.
- Ronald Pace Medicine Professional Corporation
- Royal LePage Wolle Realty
- Saunders and Mandalfino Medicine Professional Corporation
- Select Transportation (Division of 988055 Ontario Ltd.)
- St. Agatha Church
- TechHi Consultants Ltd.
- The McAfee, Inc. Matching Gifts Program
- The Pampered Chef Ltd. (Canada)
- Unifor Local 1106
- United Way of Cambridge & North Dumfries
- Walmart Canada Corp.
- Waterloo Lions Club, Bingo Acct.
- Waterloo Region District School Board
- Anonymous - 1 donor

### Friends ($10 - $999)
- 292 organizations & corporations

> Growing up in a single parent family, our local food bank helped keep dinner on the table many times.  
> Andrea J., food bank supporter, local business owner
Food & Fund Drive Supporters (combined collections)

Leaders (5,000 lbs +)
Conestoga-Rovers & Associates Ltd.
Golden Triangle Sikh Association
Home Hardware Stores Ltd.
Kitchener Minor Hockey Association
Libro Credit Union
Manulife Financial
NCR Canada Ltd.
Royal Highland Fusiliers of Canada
Royal LePage Wolle Realty
SAP
St. Agatha Lutheran Church
The Going Home Team
- Re/Max Twin City Realty
University of Waterloo

Partners (2,500 lbs +)
BDO Canada LLP
Bluevale Collegiate Institute
Cameron Heights Collegiate Institute
CANS 2013
Combinations Sports
Conestoga College
Conestogo Electric Inc.
Eastwood Collegiate Institute
Free The Children
Grand River Collegiate Institute
Insurance Brokers Association of Waterloo Region Inc.
Intellijoint Surgical
Meyers Norris Penny LLP
Miovision Technologies
Navtech Inc.
North Waterloo Farmers Mutual Insurance Company
Open Text Corporation
Quarry Integrated Communications Inc.
Reformation Lutheran Church
Roadtrek Motorhomes Inc.
St. Mary’s High School
Stantec
Sun Life Financial Canada
Trios College of Information Technology
Westheights Community Church
Wilfrid Laurier University

Friends (1,000 lbs +)
24th Kitchener Scout Group
Activa Holdings Inc.
Allstate Insurance Agency
- Williamsburg Town Centre
Alpine Public School
AMEC Environment & Infrastructure
Avondale Carolers
Bell Canada - Riverbend Employees
BlackBerry
Brady’s Meat & Deli
Brigadoon Public School
Business Development Bank of Canada
Canadian Reload Radio
CBI Health Group
Centennial Public School
Corporate Benefit Analysts Inc.
Dillon Consulting Ltd.
Desire2Learn
Edna Staebler Public School
Elizabeth Ziegler Public School
Empire Public School
First Christian Reformed Church of Kitchener Inc.
Forest Hill United Church
Foxboro Green
Grand River Hospital
Harold Albrecht MP Constituency Office
Huron Heights Secondary School
Ismaili Volunteer Corps.
Jean Steckle Public School
John Mahood Public School
Keatsway Public School
Keller Williams Realty
Kitchener Minor Baseball Association
Kitchener Panthers Minor Pee Wee T2
Kitchener Soccer Club
K-W Apartment Building Food Drive
Laurelwood Public School
Laurentian Hills Christian School
Laurentian Senior Public School
Lester B. Pearson Public School
Lions Club of Kitchener
Magnet Forensics
Mary Johnston Public School
MCAP Service Corporation
McClurkin Ahier & Company LLP
Meadowlane Public School
MTE Consultants Inc.
OTICON
Ontario Teachers Insurance Plan
Paquette Travers & Deutschmann
Pathways to Education
Programmed Insurance Brokers/RWAM Insurance
Re/Max Twin City Realty
Rebellion Media
Rombald Inc.
RWDI
Saint Kateri School
Scholar’s Hall
Septimatech Group Inc.
Sheppard Public School
Sir John A. MacDonald Secondary School
Smithson Public School
St. John’s Lutheran Church
St. Stephen’s Lutheran Church
St. Timothy School
Sunshine Montessori School
TD Canada Trust - University Ave. E.
The Economical Insurance Group
Toyota Motor Manufacturing Canada Inc.
Transfreight Inc.
Tremaine Neighbourhood Association
W.T. Townshend Public School
WalterFedy
Waterloo Catholic District School Board
Waterloo Collegiate Institute
Waterloo Organization of Disc Sports Inc.

Friends (750 lbs +)
Aeryon Labs Inc.
AirBoss Rubber Compounding
Allianz Global Assistance
ANSYS Canada Ltd.
Athletic Club - The Boardwalk
Baden Public School
BrandAlliance
Breslau Mennonite Church
Christ Evangelical Lutheran Church of Waterloo
Columbia Forest Long Term Care Centre
Country Hills Public School
Crestview Public School
Curves For Women - Krug Street
Dundee Realty
Eastforest Homes
Edelweiss Tavern
Greystone Design Group Inc.
Household China & Gifts
Institute for Quantum Computing,
University of Waterloo
Intelligent Mechatronic Systems Inc.
J.F. Carmichael Public School
Lackner Woods Public School
Friends (750 lbs +) Continued

Lexington Animal Hospital
Maplesoft
Miss Oktoberfest Contestants Food Drive
New York Fries
Our Lady of Fatima Church
Proximity Pickers
Purolator Courier Ltd.
Quadro Engineering Corp.
Queensmount Senior Public School
Ricoh Canada - Kitchener Branch
S.T.O.P. Restaurant Supply Ltd.
St. Peter's Lutheran Church
Suddaby Public School
Syngenta Canada Inc.
Waterloo Regional Police Service
Waterloo Wellington Dufferin & Grey Building Trades Council
Westvale Public School
Westheights Public School

Friends (Less than 750 lbs) - 595 food & fund drive (combined collections)

Gifts in Kind (Gifts of $500 and over)

Baton Rouge Waterloo
Beertown Public House
Belgian Nursery
Mr. Peter Broughall
Celadon Group Inc.
Challenger Motor Freight
City of Kitchener
City of Waterloo
Conestoga Cold Storage
Conestoga Mall
Erb Transport Ltd.
Gemcast Manufacturing Inc.
Grand River Transit
Intrigue Media
Joseph & Company Inc.
Kara’s Smart Foods
Kitchener Rangers Hockey Club
Lisa McVey Photography
Loblaws Companies East Ltd.
Robert Langen Gallery, Wilfrid Laurier University
Rosemarie Startek
Sobeys Inc.
Space at Hand
The Clay & Glass
PODS
Purolator Courier Ltd.
Mr. J. Noel Staunton and Mrs. Colleen Staunton
R.J. Trucks
St. George Hall
Traces Screen Printing Ltd.
Transfreight Inc.
WalterFedy
Waterloo Potters Workshop
Westmount Signs and Digital Imaging
Wilke Movers Ltd.
Mr. Glen Witmer
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.

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

Canstruction
Corus Feeds Kids (91.5 The Beat, 107.5 Dave FM, Batista Foods Inc., Harvey’s, Noslen Foods Inc., Your Neighbourhood Credit Union)
DIG IN
Empty Bowls (Waterloo Potters Workshop, The Clay & Glass)
Extra Helping Food Drive (Zehrs, Real Canadian Superstore, no frills and valu-mart)
Greek Food Festival (St. Peter & Paul Greek Orthodox Church)
Grillefest (City of Kitchener)
Music and Movies in the Park (The Beat Goes On and Princess Cinema)
Oktoberfest Family Breakfast (96.7 CHYM FM, 570 News & 106.7 Country)
Onkel Hans Food Drive (K-W Oktoberfest Inc.)
Ribfest and Craft Beer Show (Impact Events Group Inc.)
Public Events (raising over $1,500 or over 1500 lbs) Continued

Santa Claus Parade (Lions Club of Kitchener)
Sounds of the Season (89.1 CBC Kitchener-Waterloo)
Stuff A Bus (105.3 KOOL FM & 99.5 KFUN, CTV, Grand River Transit)

Tim Hortons Food Drive
Trick or Eat (Wilfrid Laurier University, University of Waterloo)

Our Media Partners

89.1 CBC Kitchener-Waterloo
Elmira Independent

Faith FM 94.3
FM 98.5 CKWR

Kitchener Citizen
New Hamburg Independent

Waterloo Chronicle
Woolwich Observer

Community Leadership Awards 2013-14

Corporate Leadership
- Miovision Technologies
- Conestoga-Rovers & Associates Ltd.
- Home Hardware Stores Ltd.

School Leadership
- Jean Steckle Public School
- Grand River Collegiate Institute

Places of Worship Leadership
- Golden Triangle Sikh Association
- St. Agatha Lutheran Church

Community Organization Leadership
- Waterloo & Halton Regions Elks & Royal Purple Lodge
- The May Court Club of Kitchener-Waterloo

Food Industry Leadership
- Piller’s Fine Foods Inc.
- Loblaw Companies East Ltd.
- Lettuce Alive

New Food Industry Champions
- Target Laurentian Power Centre
- Target Conestoga Mall
- Jones Feed Mills

Achievement Award
- Rogers Kitchener Radio Group (Oktoberfest Breakfast)
- Conestoga Mall (Canstruction)
- North Waterloo Farmers Mutual Insurance Company
- Gary H. Attack Financial Planning
- Strassburger Windows & Doors

President’s Award
- J.M. Schneider Inc./Maple Leaf Foods
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.