

# Together, we care.



# Food Assistance Network

**Innovative.**  
**Collaborative.**  
**Supportive.**

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 paycheck to paycheck and, when the paycheck 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



The respect and trust of our donors, volunteers, and supporters is of the utmost importance to The Food Bank. We chose to pursue a rigorous twelve-month process with Imagine Canada to confirm our excellence in five key areas: financial accountability, and transparency; board governance; fundraising; staff management; and, volunteer management. We are one of the first food banks in Canada and one of the top 100 charities to earn accreditation with Imagine Canada. This accreditation demonstrates our commitment to ensuring our community's donations of funds, food, and time are treated respectfully.

## 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.

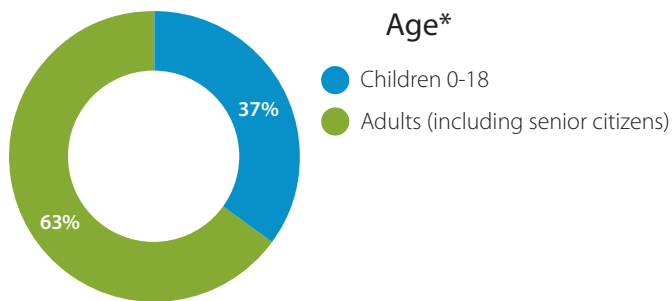
## Member Agencies

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)

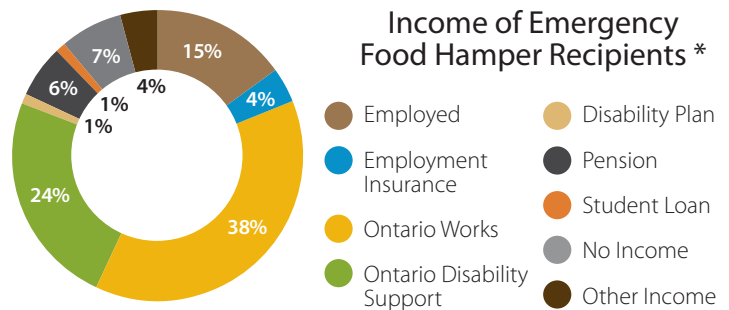
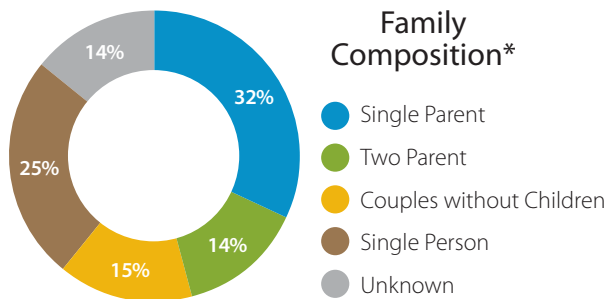
# Together, we feed neighbours every day

## Hunger Count



"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.

# commitment

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

## 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.*



# 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
<b>Total</b>	<b>1,783,956</b>

### 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
<b>Total</b>	<b>1,817,702</b>

**Excess of Income over Expense (33,746)**

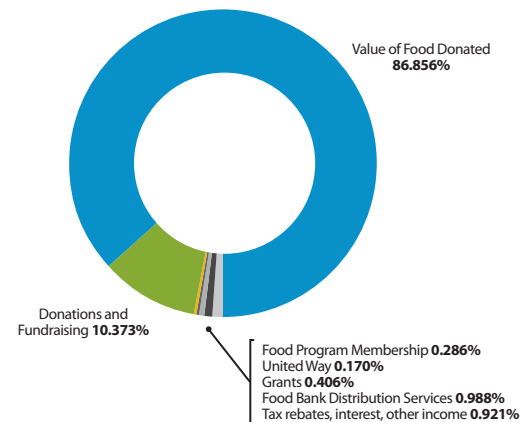
\* An audited financial report is available upon request.

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

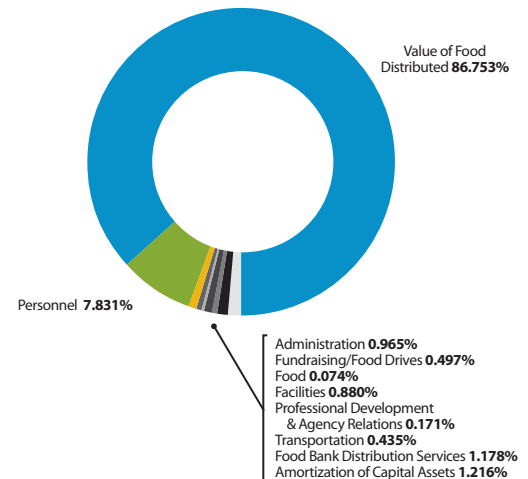
\*\*\* Sector Support funding is directed to the Food Assistance Network to increase the capacity of member agencies to deliver healthy, nutritious food services.

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\*\*.

### Revenue



### Expenses



## Dedicated Volunteers

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.

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

3,347 volunteers provided  
31,430 hours of service



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.





# 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  
FoodDelicious 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 Logistics  
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

### 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  
Conestoga 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 Carollers  
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  
Giant Tiger - Greenbrook Dr.  
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  
Westheights Public School

Westvale Public School  
Williamsburg Public School  
Wilson Avenue Public School  
Your Neighbourhood Credit Union

## 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  
Loblaw 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)

Beer. Hockey. Food(bank).  
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 (Construction)
- 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.




THE  
**FoodBank**  
OF WATERLOO REGION

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

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