“Hunger dramatically impacts the community but what truly shapes a community, is how we respond to the need. As a volunteer board member and food industry partner of The Food Bank of Waterloo Region, I see first-hand, the dedication and commitment from the staff and volunteer team at The Food Bank to ensure those in need are able to access healthy, nutritious food.”

Trevor Herrle-Braun, Chair
Executive Message

Not everyone is able to put food on the table. In Waterloo Region, more than 34,000 people are forced to make impossible choices about how to provide for their families.

Pay bills or buy groceries. Dental care or buy groceries.

The Community Food Assistance Network – anchored by two food banks in Waterloo Region – supports more than 100 programs and agencies and distributed more than 4 million pounds last year. There are many stories in our community that remind us that the work we do is a team effort.

In Waterloo’s Sunnydale neighbourhood, food brings people together. For many residents, food distribution days are an opportunity to gather with their neighbours, discover new foods, recipes and friends. Last year, 70,000 pounds of food were delivered to the program, providing nearly 55,000 meals to those in need.

At St. John’s Kitchen in Kitchener, 300 meals are served each day, to some of the most vulnerable citizens in our community.

In Victoria Hills, neighbours are supported by a Family Outreach Program, the Salvation Army Food Hamper Program and the Paulander Neighbourhood Mobile Pantry - all working together to help a vulnerable neighbourhood in our community.

There is no shame in being hungry and there is no shame in the pitfalls in life that prevent us from being able to buy our own food. Thank you for making a difference in our community and in the lives of those who are in need of food assistance. We are grateful for your continued support.

Wendi Campbell
CEO, The Food Bank of Waterloo Region

2017-2018 Board of Directors
Trevor Herrle-Braun, Chair
Daniel Gervais, Vice-Chair
Natalie Brady, Treasurer
Karen Armstrong, Director
David Brenneman, Director
Alison De Muy, Director
Jessica Stockie, Director
Darren Gilroy, Director
Nabil Fahel, Director

220 food hampers are distributed every day, with all food groups equally represented.
In the past year, The Food Bank acquired and distributed **4,523,167 pounds** of food to a network of **100+ community programs and agencies**.
In early June, we completed and unveiled our new on-site food processing facility, the Fresh Approaches Food Centre. By far the most significant project we took on this year, the space is a game-changer for the type of food we are able to access and distribute throughout our community.

In 2017, 35% of all food The Food Bank distributed was fresh, and that number is expected to grow, thanks to the addition of the new 578 square foot facility. The Fresh Approaches Food Centre improves the distribution and increases the variety, quality, and quantity of fresh food available to those in need.

Staff and volunteers are now able to safely process and re-package perishable food donations, extending their life span and freshness, in turn providing healthier and more nutritional food options to our community programs and agencies.

Some funding for the Fresh Approaches Food Centre is courtesy of the Walmart Foundation and Food Banks Canada.

A Fresh Approach to Hunger in our Community

2,065 VOLUNTEERS DONATED
24,034 HOURS ONE HOUR PROVIDES 192 MEALS
In 2017, **587,822 meals** were served by community meals programs.
In the past year, The Food Bank acquired and distributed more than 4 million pounds of food, valued at $2.60 per pound.

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Member Agencies

We work with more than 100 community programs and agencies, as part of the Community Food Assistance Network, to provide essential meals to those in need. The member agencies listed below provide a variety of services and support, such as: emergency hampers, community centres and outreach, community meals as well as shelter and residential services.

Anna Kaljas Residence
Anselma House
Argus Residence for Young People
Betty Thompson Youth Centre
Safe Haven Shelter
Carizon Family and Community Services
Community Ministry
Conestoga College – Doon, Waterloo
Emmanuel United Church
Family Counselling Centre of Cambridge & North Dumfries
Glencairn Mennonite Brethren Church – Bridges
Healing of the Seven Generations
Historic St. Paul’s Church
House of Friendship
Kinbridge Community Association
Kitchener Church of God
KW Counselling
KW Open Bible Pentecostal Church of God
KW Underhill Residential Home
Langs
Marillac Place
Nutrition for Learning
Our Place Family Resource and Early Years Centre
Out of the Cold K-W Programs
Pioneer Park Church of God
Ray of Hope Community Centre
oneROOF
Salvation Army Community & Family Services (KW)
SSVP Archangels Youth Conference Sandwich Program
Saturday Supper@Stirling
Society of Saint Vincent de Paul (SSVP)
St. Aloysius Church
Supportive Housing of Waterloo (SHOW)
The Working Centre – St. John’s Kitchen
Traverse Independence
University of Waterloo FEDS Food Bank
Wilmot Family Resource Centre
WLU Student Food Bank
Woolwich Community Services

For more information about the type of programs each member agency offers, please visit thefoodbank.ca/network

Thank You

Thank you to our premiere Food & Fund Drive sponsors:

McINTYRE
Shelter and Residential Service
The Shelter & Residential Services provides a safe, temporary place where people can stay while they work to find housing. Participants receive services to meet basic needs and help them move forward in their housing plan.

Emergency Hampers
Emergency Food Hamper programs are an emergency food assistance program for individuals and families experiencing food insecurity in our community.

Community Centres and Outreach
Community Centres & Outreach programs are community-based programs created to provide emergency food support to the local neighbourhood.

Community Meals
Community Meal programs are a free meal open to everyone in the community. These are offered throughout Waterloo Region at various locations.
The HungerCount is an annual report that provides insight into food insecurity in Waterloo Region.

Food Assistance Recipients Age

- **10%** Age 12-17
- **25%** Age 0-11
- **4%** Age 65+
- **22%** Age 18-30
- **20%** Age 31-44
- **19%** Age 45-64
**Program Visits**
- 29% 1 visit
- 14% 2 visits
- 10% 3 visits
- 24% 4-7 visits
- 23% 8+ visits

**Source of Income of Emergency Food Hamper Recipients**
- 15% Employment Income
- 3% Employment Insurance
- 32% Ontario Works (OW)
- 1% Student Loan
- 25% Ontario Disability Support Program (ODSP)
- 7% Old Age Pension
- 1% Private Disability
- 8% Other
- 8% No Income

**Family Composition**
- 51% Single People
- 19% Single Parent
- 17% Two Parent
- 6% Couple without Children
- 7% Other

**Individuals were served**
34,408 by the Community Food Assistance Network of Waterloo Region in 2017
TOGETHER, WE FEED NEIGHBOURS

1,600 COMMUNITY MEALS ARE DISTRIBUTED EVERY DAY
Food brings people together in different ways. It can drive social change, bridge cultures, create conversations and build communities.

Food plays an important role at Ray of Hope - a local organization that provides life-changing services for those struggling with crime, addiction or homelessness. The Food Bank provides food to Ray of Hope for their daily meals and Marketplace, their evening food hamper program.

Marketplace is a ground-breaking food hamper program that allows those in need the opportunity to grocery shop based on their individual and family needs. Clients are given points (based on their family size) and they use those points to shop for fresh and frozen fruits and vegetables, and a variety of non-perishable items. All items have an associated point value – fresh and frozen produce and vegetables are a lower point value to encourage healthy choices, while unhealthy snacks and treats have a higher point value. The Marketplace is an appointment-based program and runs Monday-Thursday from 6:30 p.m. – 9:30 p.m.

The food hamper program serves approximately 390 families per month, reaching nearly 900 people in our community.

Each week, Ray of Hope receives food deliveries from The Food Bank that account for 85-90% of food currently used for the Marketplace program and about 30% for the Community Meal program. In 2017, The Food Bank provided 214,539 pounds of food that helped Ray of Hope serve 66,624 meals.

“We have built a great relationship with The Food Bank,” shared Jon Hill, Donor Relation Specialist at Ray of Hope. “We know that by working together, we are able to get food to those in need.”
Nearly **40% of households** seeking food assistance are **families with children**.

**2017 Milestones**

- **640,130 pounds** of food acquired and distributed via provincial partnerships
- **1,044,513 meals**
- Received new racking in the cooler, **2 new dock levellers**
- Opened the **Fresh Approaches Food Centre**

In 2017 Food & Fund Drives raised **nearly 40%** of households seeking food assistance are **families with children**.
You don’t need a huge bank account or university degree to make a positive impact in your community; in fact, you don’t even need to be finished public school.

Kiril, a grade 5 student at Mary Johnston Public School contacted The Food Bank of Waterloo Region for help with a class project. His teacher, Mr. Kraft, asked the students to do a project on something that would help the community. Kiril took the project beyond the classroom and got the community involved.

What started as a class project wrapped up with the 11 year old collecting nearly 200 pounds of food – which will provide more than 650 meals – for those in our community needing food assistance.

“I was out with my parents and saw a homeless person on the street and I wanted to help,” said Kiril. “I was thinking about the class project and thought since it was the middle of the year The Food Bank probably wasn’t getting a lot of donations.”

Kiril put a plan together to reach out to local grocery stores for donations. “It took a lot of time to plan everything out but I had a lot of fun making my first phone call (to the grocery store to ask for support),” he said.

He was thrilled when four stores provided him with gift cards – in varying amounts – to buy and donate the most needed items.

It wasn’t until Kiril began working on his class project that he learned his parents received food assistance. “Many, many years ago, when we just arrived in Canada and were settling down, we received food from a food assistance program once or twice,” explained Kiril’s mother, Irina.

Kiril learned how important it is to always give and help those in need. “I will be more generous now and encourage others to be more generous as well,” he said.

**Kiril’s Donation Ideas:**
Host a lemonade stand, garage sale or car wash and donate the proceeds to The Food Bank of Waterloo Region.
Mission
Through community partnership, we obtain and distribute emergency food from our neighbours for our neighbours.

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

We're Social! 🌟
Follow Us @FoodBankWatReg
@FoodBankWaterlooRegion
#FeedWR
thefoodbank.ca