



Thank you.

For supporting the hungry in Halton.



ANNUAL REPORT 2008/09



Every day we bring fresh nutritious food that might otherwise not be used from food producing organizations to hungry people in Halton to help them eat and live better. - Food for Life Mission

There were five key areas of growth in 2008/09 that contributed to helping hungry individuals and families eat and live better in Halton.

Food Collection

Food for Life distributed 345,500 pounds of surplus food with a retail price per pound \$3.49. Food for Life provided 1.2 million dollars worth of surplus food to 35 agencies and 28 neighbourhood outreach programs in Halton region.

Continual Expansion of Neighbourhood Outreach Programs

Food for Life established 10 new outreach program sites for a total of 28 neighbourhood programs. Our outreach programs connect community members with weekly on-site access to fresh and healthy food within neighbourhoods. Dedicated volunteers and staff co-ordinate the programs in the specific Halton neighbourhoods. The new programs have extended our community partnerships with the following organizations: Halton Community Housing, Halton Multicultural Council, Bronte Youth Centre, Oakville Arts and Children Program, Burlington East Presbyterian Church, Canadian Mental Health Association, Birch Glen and Wellington Co-ops and the North Oakville Outreach Project.

Outreach Program Client feedback survey

The Centre for Community Based Research conducted a client feedback survey based on interviews with forty two outreach program clients. The complete survey is available at foodforlife.ca Survey highlights include the following:

- 80% of the clients stated they have improved client access to food in their neighbourhood
- 60% of clients say they talk with people either “every time”, “often”, or “usually” when they receive food. The Food for Life food distribution is more than a chance to get food; it is a community event and a chance to socialize with neighbours.
- 86% of clients were able to identify the coordinator at their Food for Life site by name which verified a strong trust relationship between clients and Outreach Program coordinator/volunteers

- 79% of clients said that their participation in Food for Life has changed their opinion of their neighbourhood and the way neighbours interact with each other. The program “has helped to create a co-operative spirit which would not have existed without the program.”

Volunteer Contributions

The Food for Life volunteers provided 8,439 hours of service to their community. The dedicated spirit of volunteerism was exemplified by over 100 volunteers collecting bread, driving our van, assisting our drivers, raising funds, providing leadership, co-ordinating and assisting outreach programs.

New Fundraising Initiative- Lunch Money Tuesday

Food for life launched **Lunch Money Tuesday** on June 2, 2009 whereby 150 volunteers asked Halton GO Train commuters to contribute their “lunch money” to Food for Life. The generosity of Halton residents allowed Food for Life to raise \$10,000 dollars for hunger relief in Halton. **Lunch Money Tuesday** will be an annual event raising both funds and awareness of hunger in Halton.

A great many individuals contributed to the growth in Food for Life operations in 2008/09. I extend appreciation to the Food for Life Co-ordinator of Operations-Sebastian de Souza, the staff at ReFresh Foods, the Board of Directors, our funders and food donors, our numerous financial supporters and the tireless efforts of our volunteers. The combination of all contributes to providing food to those who are hungry in Halton with dignity, kindness and compassion.

Regards

Charlotte Redekop-Young

Charlotte Redekop-Young
Executive Director

Community Agencies Served by Food for Life in 2008/09

Carpenter Hospice
Carey House
The Compass (food bank)
Compass Point Church
Compassion Society
Community Living Oakville
Community Youth Programs Incorporated
Eden Community Food Bank
Forestview Church without Walls – Hamilton
Good Shepherd Centre, Family Services Food Bank
Good Shepherd Centre, Women’s Services, Martha’s House
Good Shepherd Notre Dame House
Grace House Incorporated
Halton Lighthouse Emergency Shelter
Halton Women’s Place
Home Suite Hope
Kerr Street Ministries
Kingsway Blessing Centre
Lions Foundation of Canada Guide Dogs
Mary Star of the Sea Roman Catholic Church
Mission Services of Hamilton Incorporated
Mississauga Food Bank
Oak Park Moms and Tots
Oakville Youth Development Centre
Oakwood Public School
Peel Family Centre
Reach Out Centre for Kids, Aberdeen House
Reach Out Centre for Kids, My Place
St. Matthews House
St. Mary’s Food Bank
Safe Beds, Canadian Mental Health Association
Salvation Army Hamilton Kitchen
Salvation Army Oakville Community Church
Sexual Assault and Violence Intervention Service of Halton (SAVIS)
Support and Housing – Halton
Supported Training and Rehabilitation in Diverse Environments (STRIDE)
Summit Housing and Outreach Program
Wesleyan Urban Ministries Incorporated

Outreach Programs Served in 2008/09

Burlington

Aldershot Hub
Bill Shackelton Place
Brant Outreach
Don Quixote Co-op
Fassel
Halton Children’s Aid Society Outreach - Burlington
Halton Multicultural Council 1 & 2
Longmoor Seniors Outreach
Nelson Co-op 1
Nelson Co-op 2
Our Community Cares
Pinedale Seniors Outreach
Walkers Landing Outreach
Walkers Line Outreach 2
Walkers Line Outreach 3
Warrick Court Outreach
Wellington Co-op
YEP Program, Rethinking Employment, On Track

Oakville

Arts Program for Children
Birch Glen Co-op
Glen Oaks Co-op
Kerr Seniors
St. Hilda’s Church
Sheridan Woods
North Oakville Outreach Project
Wellington Outreach
YEP Program, Rethinking Employment, On Track

Milton

Halton Children’s Aid Society Outreach - Milton
YEP Program, Rethinking Employment, On Track

Acton

Braeside Outreach
Halton Children’s Aid Society Outreach – Acton Hub
YEP Program, Rethinking Employment, On Track



“Well-fed people can enhance their dignity, their health and their learning capacity. Putting resources into social programs is not expenditure. It is investment.” (Luiz Lula da Silva – President of Brazil)

Since accepting the position of Program Director for ReFresh Foods in September 2008, I have had the privilege of watching tremendous growth and community support of this new Halton food collection and distribution initiative. As the need for food increases in our food banks and front line social service agencies in Halton, so will ReFresh Foods in response. We achieved many milestones in our first year, I would like to recap just a few.

In December 2008, ReFresh Foods took possession of its new hybrid diesel electric refrigerated truck, generously donated by the Sprott Foundation. The refrigeration capability allows us to safely pick up and transport fresh produce and/or frozen food donations. Our December launch event, held at Ippolito Fruit & Produce, was attended by over 100 food partners, funders and community agencies. I would like to thank Mayor Cam Jackson, Regional and Town Councilor Jeff Knoll and Juliana Sprott for speaking at the event, and thank the Ippolito Brothers and their staff, for providing the venue to hold the launch. In February 2009, our driver, Ron Heigelsberger, was hired and now has the new truck operational 4-5 days a week. The truck’s vibrant green colour and the design of the truck was developed as an in kind donation from Insite Design and Creative of Burlington and has attracted a lot of attention.

ReFresh Foods currently has 11 member agencies that have signed membership agreements and have agreed to receive and distribute food in line with our food safety and equitable distribution guidelines. Our goal this past year was to raise over 100,000 lbs of food. With the expertise and dedication of our Manager of Corporate Food Solicitation, Michelle Huser, we met this goal and exceeded it to a total of 223,333 lbs. With our membership in the Ontario Association of Food Banks, this year in March, ReFresh Foods and our member agencies participated in the HungerCount 2009, a survey of visits to food banks and food programs by individuals and families in Halton. Results from member agency surveys and the Food For Life agencies and outreach programs, indicate that we are providing food to over 5,000 people.

Since our beginnings, ReFresh Foods has been utilizing third party warehousing for storage of the donated food. This allowed us to gain some valuable experience in terms of the amount and types of foods we could collect. Cain Express and Atlas Cold Storage work with us to ensure the safe storage and access to the food for weekly deliveries to our members.



The problems we face today, violent conflicts, destruction of nature, poverty, hunger and so on, are human-created problems which can be resolved through human effort, understanding and the development of a sense of brotherhood and sisterhood. We need to cultivate a universal responsibility for one another and the planet we share.

(14th Dalai Lama)

ReFresh Foods is currently engaged in several community collaborations that will provide better distribution of food and address the increasing need for food in Halton. With representation on the newly formed Halton Food Advisory Council we are addressing issues such as sustainable farming and the increased needs for food in our local food banks. We are also leading a group of neighbouring food banks and food distributors to collaborate on joint food solicitation. The Food Help collaborative is working towards increasing each agency's food donations and is made up of The Food Bank of Waterloo Region, The Mississauga Food Bank, Second Harvest, Daily Bread, the North York Harvest Food Bank and Feed the Need in Durham. Our third initiative is the Acton Food Network. ReFresh Foods along with Food For Life, the Acton Hub, Salvation Army Acton, Acton Food Bank, Acton Children's Aid and Links2Care are working on increasing our distribution of food to those in need in the Acton community.

I would like to take this opportunity to thank the individuals who volunteered their time on the ReFresh Foods Implementation Committee. Blair Richardson , Food For Life, Gayle Cruikshank, Halton Food For Thought, Brenda Moher , Halton Fresh Food Box, Lori Brading, Georgetown Bread Basket Food Bank, Michelle Quinn, Partnership

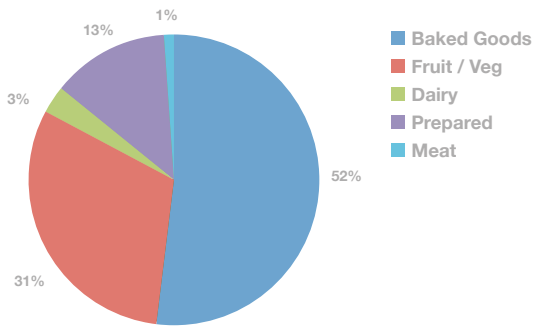
West Food Bank, Robin Garell, United Way of Oakville, and John Versluis , Halton Region. Their determination to take the idea of ReFresh Foods from the feasibility study stages to becoming fully operational is greatly appreciated. Many of those on the implementation team are now full members of the ReFresh Foods and participate on the Advisory Council. The Advisory Council is made up of one representative from each participating member and meets quarterly to provide feedback on the progress of the initiative, budgets, and to share community resources. Thank you to Lori Brading of the Georgetown Bread Basket Food Bank and Gayle Cruikshank of Halton Food For Thought, for co- chairing the Advisory Council and thank you to the Food for Life Board of Directors and my staff for making this a successful year. Of course we can't do work without the generous support of our food donors and financial contributors to ReFresh Food. As we move forward in our work we are excited about the year ahead of us. Our food target for the coming year is set at 395,000 lbs and we will continue to provide healthier, fresher food to those in need.



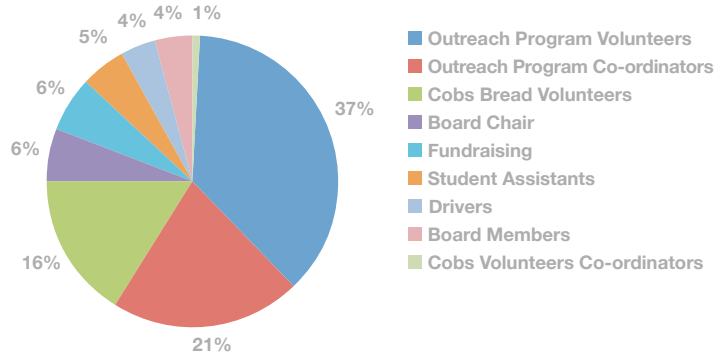
Marcus Logan
Program Director

FOOD FOR LIFE and REFRESH FOODS DATA / CHARTS

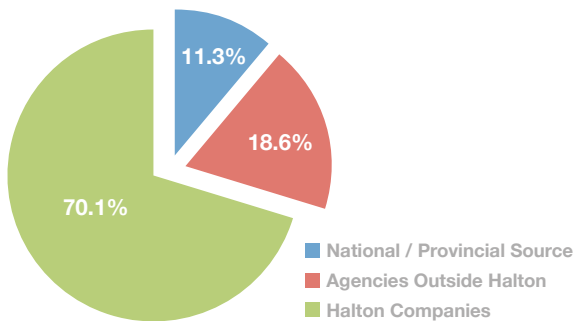
**Food for Life - 2008/09
Distribution by Total Weight**



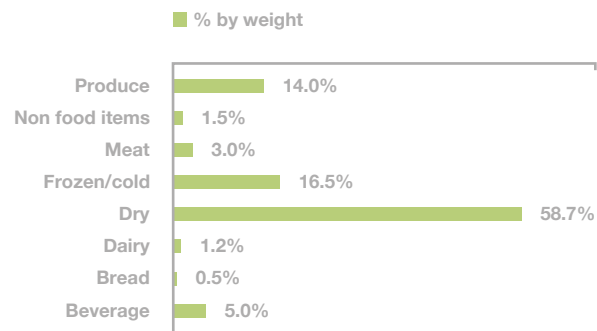
**Food for Life - 2008/09
Volunteer Hours - 8,439 volunteer hours**



ReRefresh Foods Food Source % by total Weight



ReRefresh Foods Food Category % by Weight



The HungerCount survey is the only annual national survey of food bank use in Canada. It is directed by Food Banks Canada (FBC), and in Ontario by the Ontario Association of Food Banks (OAFB). With the information the survey provides, Food Banks Canada is able to share corporate food donations fairly across the country.

Just as important, the HungerCount is critical for describing the persistent problem of hunger in Canada. It allows food banks and food bank associations to advocate at the municipal, provincial and federal levels of government for policies that will service to reduce the need for emergency food assistance.

This year, ReFresh Foods member agencies from Halton participated in the 2009 HungerCount. The following is an estimated number of users during the month of March.

MEMBER AGENCY	ADULT	CHILD	TOTAL
Kerr Street Ministries*	291	106	397
Compass Point Spanish*	113	77	190
Compassion Society*	346	267	613
Home Suite Hope*	10	6	16
Our Community Cares / Burloak*	55	75	130
Our Community Cares / Warrick*	38	58	96
Aldershot HUB*	23	41	64

REPORTED DIRECTLY TO OAFB	ADULT	CHILD	TOTAL
Partnership West	327	230	557
Georgetown Food Bank	197	131	328

NEW MEMBERS SINCE MARCH/09	ADULT	CHILD	TOTAL
Halton Recovery House	18	7	25
Hope Place Center for Women	20	0	20
B.Shackleton Outreach*	11	12	23

TOTALS	1,449	1,010	2,459
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*This agency receives food from both ReFresh Foods and Food for Life.



HUNGERCOUNT

This year, Food for Life agencies and outreach programs from Halton participated in the 2009 HungerCount survey by tracking the number of individuals who accessed food at their agency or outreach program during the month of March, 2009.

AGENCY	ADULT	CHILD	TOTAL	OUTREACH PROGRAM	ADULT	CHILD	TOTAL
Kerr Street Ministries	291	106	397	Our Community Cares / Burloak*	55	75	130
Compass Point Spanish*	113	77	190	Our Community Cares / Warrick*	38	58	96
Sexual Assault & Violence Intervention Services	21	0	21	Glen Oaks	24	16	40
Halton Womens Place	29	23	52	Walkers Line 3	21	15	36
Home Suite Hope*	10	6	16	St. Hildas	32	45	77
Multicultural Council	15	9	24	Brant Outreach	14	0	14
Stride	85	0	85	Compass Point Food Bank	51	49	100
SA - Lighthouse	43	0	43	Clearview / Sheridan Woods	18	35	53
Compassion Society*	34	267	613	Bill Shackleton Outreach*	11	12	23
Community Youth	2	8	10	2300 Walkers Outreach	24	26	50
				Children's AID Burlington	13	8	21
OUTREACH PROGRAM				Warwick Outreach	26	15	41
Kerr Seniors	89	0	89	Aldershot HUB*	23	41	64
Oak Park	15	17	32	Halton CAS	11	10	21
Glendor / Nelson	78	69	147	Braeside	17	32	49
Grace House	9	0	9	Birch Glen	190	90	280
Wellington	2	0	2				
YEPP Milton	12	2	14				
Acton CAS	21	28	49	TOTAL	1,749	1,139	2,888

*This agency receives food from both ReFresh Foods and Food for Life.



HUNGERCOUNT

The following list of community agencies and outreach programs served by Food for Life did not participate in the HungerCount survey in March 2009. The numbers below are our own estimates, based on contact with the programs. This includes community agencies and outreach programs that Food for Life began serving after the HungerCount survey in March 2009.

AGENCY	ADULT	CHILD	TOTAL	AGENCY	ADULT	CHILD	TOTAL
Don Quixote	30	15	45	Fassel Outreach	5		5
Gary Allen- On track	15		15	Peel Family Centre	40		40
The Compass	30	20	50	Carpenter House	12		12
Community Living	30		30	Church without Walls	5		5
Support & Housing	6		6	Guide Dogs	40		40
Oakwood School	10		10	Longmoor Seniors Outreach	25		25
King's Way Blessing Centre	70		70	Pinedale Seniors Outreach	30		30
St. Matthew's House	50		50	Safe Beds	12		12
Mary Star of Sea	25		25	Wellington Co-op	11	15	26
Summit House	10		10	Bronte Youth Centre	20		20
Oakville Youth Development Centre	20		20	Eden Community Food Bank	532	424	956
				Total	1028	474	1502

Reported Directly to OAFB

Mississauga Food Bank

Salvation Army Oakville

Salvation Army Hamilton – Kitchen

Good Shepherd Centre, Family Services Food Bank

Good Shepherd Centre, Women's Services, Martha's House

Good Shepherd Centre, Notre Dame House

Mission Services

CONTRIBUTORS

2008/09 Food for Life and ReFresh Foods Donors

Financial Donors

Benefactors

Ontario Trillium Foundation
The Sprott Foundation

Patrons

Halton Healthy Community Fund
Regional Municipality of Halton

Supporters

CAW Social Justice Fund
Glen Abbey United Church
Jennifer King and Bruce King
Loblaws
Kraft Foods

Contributors

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AMEC Americas
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Community Living
CN Employees' & Pensioners'
Community Fund
Monday Night at the Movies
Blair and Sharon Richardson

United Ways

United Way of Burlington & Greater
Hamilton
United Way of Halton Hills
United Way of Milton
United Way of Oakville

Donors - Corporate

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Derrick Brenninkmeyer Charitable
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GlaxoSmithKline
Integrated Market Solutions Inc
Investors Group
Jones Collombin Investment Council
Kenworth Truck Toronto
Oakville Celebration of the Arts
Ontario Credit Union Charitable
Foundation
St. Jude's Anglican Church
Whole Foods Market

Donors - Individuals

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G.A. Quinton Kuchei
Leanne Sedentopf
Sandra Stewart
Linda Sywanyk
Christine Viau
Mike Wallace

Sponsorships

Cobs Bread
Pioneer Petroleums

In Kind Donations

Electrolux
Insite Design
Marchese Health Care
Pigeon Branding + Design
David Rounthwaite
Shoppers Drug Mart

Food Donors – Food for Life

Cobs Bread
Costco (Burlington and Mississauga)
Eco Chefs (Burlington and Oakville)
Farmers Market—Oakville Place Mall
Fortino's - New Street
Goodness Me!
Little Caesar's Pizza
Metro- Hopedale Mall
Organic Garage
Red Lobster (Burlington)
Starbucks, Oakville and Burlington
Whole Foods Market
Organic Farmers Market-Oakville
Alison's Farm Market
Zarky's Fine Foods

CONTRIBUTORS

Food Donors – ReFresh Foods

Al Ferri & Sons
Agram Meats
Alison's Farm Market
Canadian Open
Chudleigh's
Canadian Tire Distribution Center
Cheese of Canada
Christies (Kraft)
Circus Chocolates
English Bay Batter
Gay Lea Foods
GreenField Organic Farms
Homestead Foods
Ippolito Fruit & Produce
Innovative Health Sciences
Kraft-Oakville
Mercedes Benz Event
Oak Run Bakery
Ready Bake Foods/Weston Bakeries
Roseland Produce
Reckitt Benkiser
R.S.S.B Farm
Reunion Island Coffee
Sobeys Distribution Center
Sun Rich Fruits
Voortmans Cookies
4 Star Dairy

2008/09 Board of Directors

Blair Richardson - Chair
Bill VandenBygaart - Vice Chair
Bryan Gallow - Treasurer
Randy Weyersberg - Secretary

Food Drives

AMEC Americas Ltd
Eaton Electric
Ford Motor Company of Canada
Eaton Electric
Glaxo Smith Kline
Great Glasses – Burl Oak Plaza
Halton District School Board
Holy Trinity Catholic Secondary School
Lorne Skuce Public School
Omron
Myers Canada Lawn and Garden
Precious People Child Care Centre
St. Aidan's Anglican Church
The Family Place
Twin Oaks Credit Union
Wosley Canada
Xltek

Midnight Madness

Food Donors:

Cobs Bread
Bite Me Twice
Fruits & Passion
Timothy's Coffee

Prize Donors:

Pioneer Petroleums
Longos
Royal Canadian Golf Association

Event Partners:

Central Baptist Church
Grace House
Insite Design
Holy Trinity Catholic High School
Knights of Columbus

Event Partners

Lunch Money Tuesday
Glen Abbey United Church
Kraft Canada
Match Marketing
Sodexo Canada
Dundee and Dundee Wealth
Management
Pro Print
Holy Trinity Catholic High School
Kings Christian Collegiate
Second Harvest

Basil Elliott
Paul Foley
Jennifer King

Audited financial statements available on website or upon request.



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