



The Face of Hunger in Mississauga

Annual Impact Report 2022



A collection of Indigenous artifacts is displayed on a dark surface. In the upper center, a yellow and blue beaded necklace is coiled. To its right, a dreamcatcher with a circular web and feathers is visible. In the lower left, a beaded bag or pouch is partially shown. The background is a dark, textured surface.

Land Acknowledgement

The Mississauga Food Bank acknowledges that our work takes place on the traditional land of the Mississaugas of the Credit, Anishinaabe, Haudenosaunee, Wyandot, and Huron people. We recognize the many injustices that have been brought upon the First Nations, Inuit, and Métis people in Canada. We strive to learn from and understand these injustices and bring awareness to them in our work to create a Mississauga where no one goes hungry.



A Note from Our Leadership

What a year we've had, Mississauga! With COVID-19 recovery and rising costs of living, community members like you have continued to show an outpouring of generosity.

Your support has enabled us to keep up with demand in real-time as inflation and a lack of adequate government support is leaving our low-income neighbours in poverty.

All of us see higher prices everywhere from fueling up at the pumps to filling up grocery baskets. This now means that 1 in 5 Canadians expect to need food from a community organization, like The Mississauga Food Bank, before the end of the year.¹

As long as our neighbours face food insecurity, **your continued support ensures we will be here to provide and promote access to healthy and appropriate food.**

Your support enables us to keep up with the increased need for food. This year we distributed 300% more food than when we moved into our facility in 2014 - this is why we are searching for a new building to call home as we have long outgrown our space.

In the following pages, **you will see how your support helped your neighbours this past year** - providing nutritious food, allowing them to use their limited resources for other expenses, helping with tax returns, and more. We hope you are inspired by reading about all the good that your donations are doing in Mississauga!

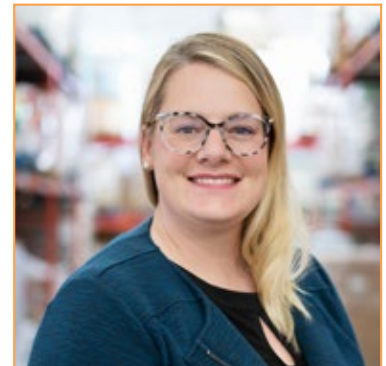
We have also provided suggestions for how you can **Advocate!** on behalf of your hungry neighbours. Read on to learn more about how you can use your voice and your vote to help create a Mississauga where no one goes hungry.



Look for this symbol to learn more about how you can advocate for your hungry neighbours!



David Estabrooks, Board Chair



Meghan Nicholls, Chief Executive Officer





Who is The Mississauga Food Bank?

The Mississauga Food Bank is the central food bank in Mississauga, leading a network of over 50 agencies that distributes food for over 5 million meals each year to vulnerable children, seniors, families, and neighbours in Mississauga.

Mission

Relieving hunger by providing and promoting access to healthy and appropriate food.

Vision

A Mississauga where no one goes hungry.

Values

Community
Collaboration
Excellence
Integrity

By supporting The Mississauga Food Bank, you are supporting neighbourhood food banks, food pantries and meal and snack programs in your community to ensure that neighbours can access nutritious food - no matter where they live in the city.

9 Neighbourhood Food Banks:

Providing 7+ days of fresh and shelf-stable food plus household items each month



21 Food Pantries:

Providing 2-3 days of food each month



24 Meal & Snack Programs:

Providing cooked food, snacks, and other food items as needed



Agency Spotlight: Sakeenah Homes

Sakeenah Homes is one of the agencies that joined The Mississauga Food Bank network this year. They run transitional shelters for those needing housing, many of whom are women and children, newcomers, or refugees.

"We recently started The People's Market to provide support for anyone facing food insecurity. Partnering with The Mississauga Food Bank has been a really good thing for our program. Our clients' quality of life is improved by offering fresh food for their families."

- Nazish Tayab, Director of Programs, Sakeenah Homes

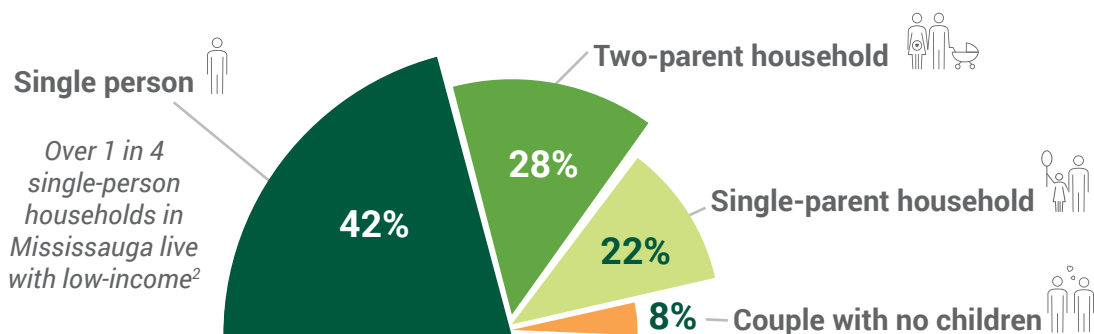


Who's Hungry in Mississauga

Thanks to your generosity, The Mississauga Food Bank was able to serve 16% more users than last year.
These numbers paint a picture of who has turned to the food bank for support.

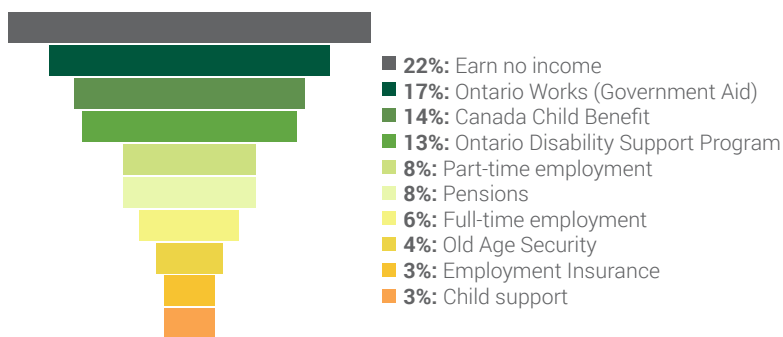


Household Composition



While families with children continue to make up the largest share of households, the number of single-person households that have to turn to a food bank continues to grow.

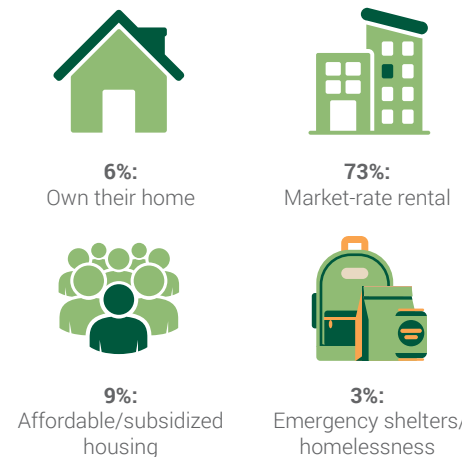
Income Sources



1 in 10 people in Mississauga are considered low-income - that's 66,740 neighbours in need.³ The average monthly income for a food bank user is \$1,531.

Living Situation

Percentages do not equal 100% as "other" is not included.



2. <https://www150.statcan.gc.ca/t1/tbl1/en/tv.action?pid=9810010601&pickMembers%5B0%5D=1.2388>, accessed August 2022.

3. <https://www12.statcan.gc.ca/census-recensement/2021/dp-pd/prof/details/page.cfm?D-GUIDlist=2021A00053521005&GENDERlist=1&HEADERlist=0&Lang=E&STATISTIClist=1&SearchText=Mississauga>, accessed August 2022.



Your Impact in Numbers

Numbers can tell us about impact, but they represent how **YOUR** support is helping neighbours in need.

Every one of these numbers tells a story of how your generosity enabled The Mississauga Food Bank to distribute even more food this year through our network.



Unique Food Bank Visits

243,194

↑ 50% from last year

Pounds of Food Distributed

5,222,247

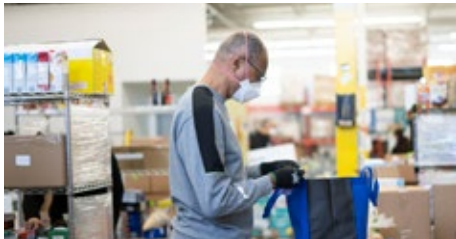
↑ 22% from last year

That's food for **5,615,319** meals!



45% of all people living in poverty in Mississauga turned to our network this year, which is almost double what we saw last year.⁴

Vulnerable neighbours come to the food bank with different needs, backgrounds and experiences. **We offer respectful and dignified support to everyone through specialized programs that you make possible.**



Food Bank 2 Home Delivery Program

Individuals served: **1,438**

Households served: **714**

Food for **556,645** meals!



ReclaimFRESH Food Rescue Program

Over **875,000 lbs** of food was rescued through our ReclaimFRESH program this year!



Fresh Fruit & Vegetable Community Market

Households served: **2,062**

Pounds of food distributed: **44,670**



Free Income Tax Clinic

Returns completed: **199**

\$1,079,019 returned to our hungry neighbours



Your Support Helps Neighbours...

Get the groceries
they can't afford.



Those who already have to stretch their paycheques or make sacrifices between basic necessities can't afford to spend more on groceries. As we continue to see the cost of groceries climb, **your continued support puts food on the tables of hungry neighbours who would otherwise go without.**

45%

of food bank users go without food
for at least one meal each month

46%

of food bank users have gone
into debt to buy food

Thanks to your support, our hungry neighbours know they always have a place to turn to when they can no longer afford groceries.

"People are friendly, respectful, they don't make me feel like I'm any less... I know this system has existed since the day I came to Canada, and never thought I would use it one day. I'm happy that it's here when I need it, and I will definitely one day pay it forward." - Allison, Food Bank User

Supporter Spotlight: Andrea

"My family is proud to be part of the Helping Hands Monthly Donor Club. Food is a basic need that everyone has a right to - people can't thrive when they are hungry! My kids like opening the mail from the food bank to see how they are helping other kids in our community."

- Andrea, Monthly Donor



Advocate!: Fight to improve Ontario's Social Assistance programs

30% of food bank users in Mississauga rely on social assistance as their main source of income. With a single person receiving a maximum of only \$733 through Ontario Works (OW) or \$1,169 through the Ontario Disability Support Program (ODSP) per month, social assistance rates have not kept up with rising inflation and do not cover the true costs of food, clothing, rent, and other basic necessities.

This is legislated poverty. Contact your Member of Provincial Parliament and ask them to prioritize increasing social assistance rates to the \$2,000/month benchmark set by CERB and tying future increases to inflation.



Your Support Helps Neighbours...

Eat their
fruit and veggies.



It is vital to provide not only food to neighbours in need but food that is healthy and nutritious and includes items like fresh fruit and vegetables. **Your donations enable us to help increase their access to fresh food.** Modelled after a traditional farmer's market, our Community Market allows neighbours in high priority neighbourhoods to 'shop' for the free, fresh produce they need.



Our ReclaimFRESH Food Rescue Program works with farmers, wholesalers, producers, and grocery stores to rehome surplus fresh food.

This year, you enabled us to build vital partnerships with Ontario farmers, who provide large quantities of surplus, high-quality, fresh food every week.



Viable food thrown away each year in
Canada: almost 2.3M tonnes⁵

Your Support Helps Neighbours... Make the meals they enjoy.



Celia, her husband, and daughter recently moved to Mississauga as refugees and had to make ends meet as newcomers.

"The difference between The Mississauga Food Bank and other food banks is that I can select the things that I can cook in the Mexican style, or in the style that we most like in our family."

- Celia, Food Bank User

click button to watch
Celia's story

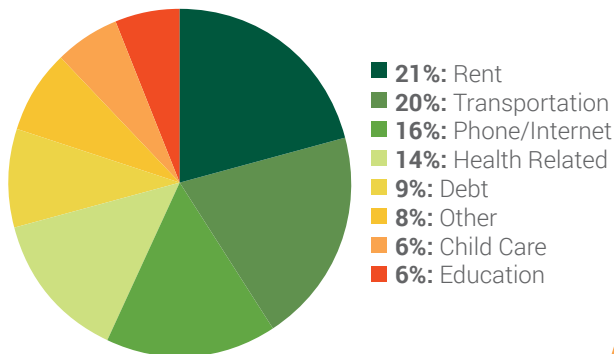


Your Support Helps Neighbours...

Afford their
living expenses.

When you support The Mississauga Food Bank, you are providing much more than food. You are making sure that neighbours in need can pay their rent, afford transportation to get to work, pay for medication, and much more.

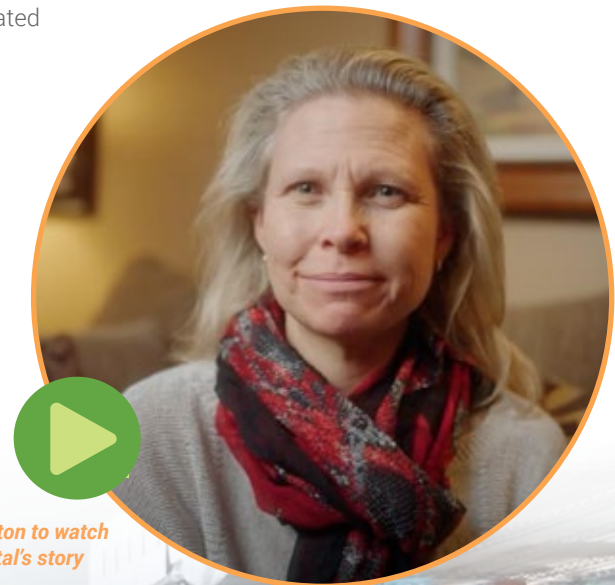
Each day, food bank users face the difficult choice of what to give up in order to cover necessities. We asked where they direct the money they save by using the food bank and here's what they said:



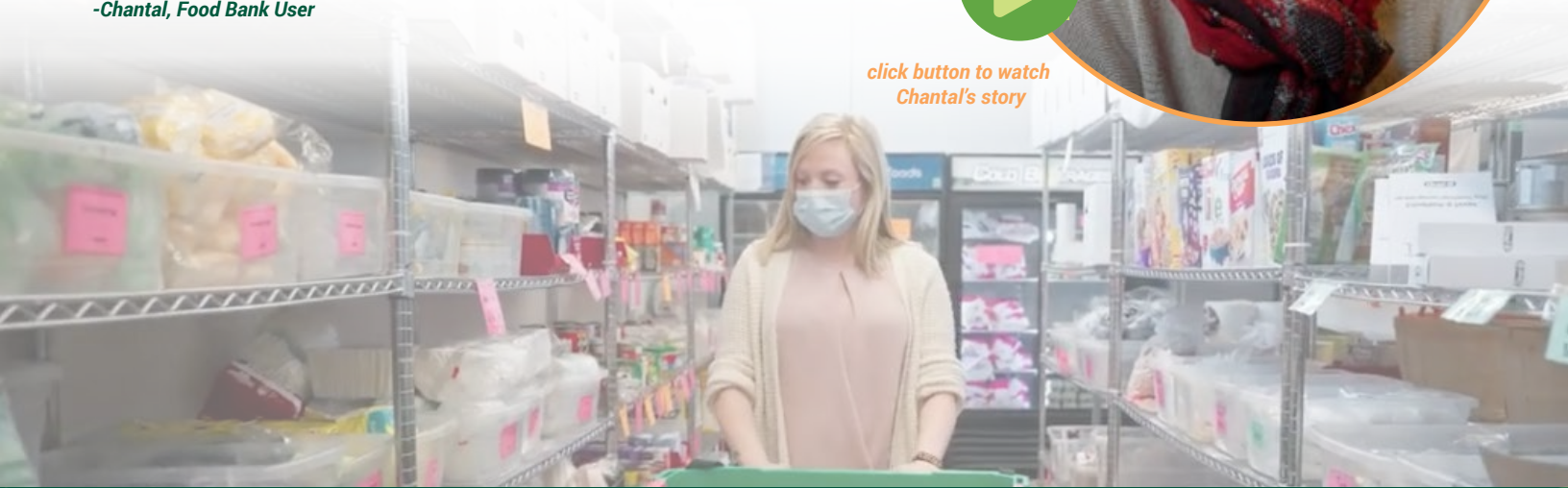
Chantal is a single mom who turned to her local neighbourhood food bank when she was struggling financially.

"To the donors, I want to say thank you. You are tremendously helping and food is so important. It's so important over anything else."

-Chantal, Food Bank User



click button to watch
Chantal's story



Advocate!:

 Fight for adequate investment in affordable housing

3 out of 4 food bank users say affordable housing would most significantly change their quality of life.

In the last two years, the waitlist for affordable housing in Peel nearly doubled to 28,227 people.⁶

Use your voice and your vote to tell elected officials to create and repair more social and supportive housing units, and expand protections for low-income renters.



Food Bank 2 H ME

Your Support Helps Neighbours...

Get the groceries they need
when they can't leave their home.



The Food Bank 2 Home Delivery Program brings custom food orders directly to neighbours who are homebound due to long-term illness, physical disability, or other barriers. **Your support and our team of dedicated volunteers make it all possible!**

Cynthia is a senior citizen who suffers from rheumatoid arthritis and uses a walker. She was overjoyed when she started receiving deliveries. She told us:

"You have impacted my life in numerous ways, it means so much to me. I am able to eat more food and not be hungry." -Cynthia, Food Bank User

Your Support Helps Neighbours...

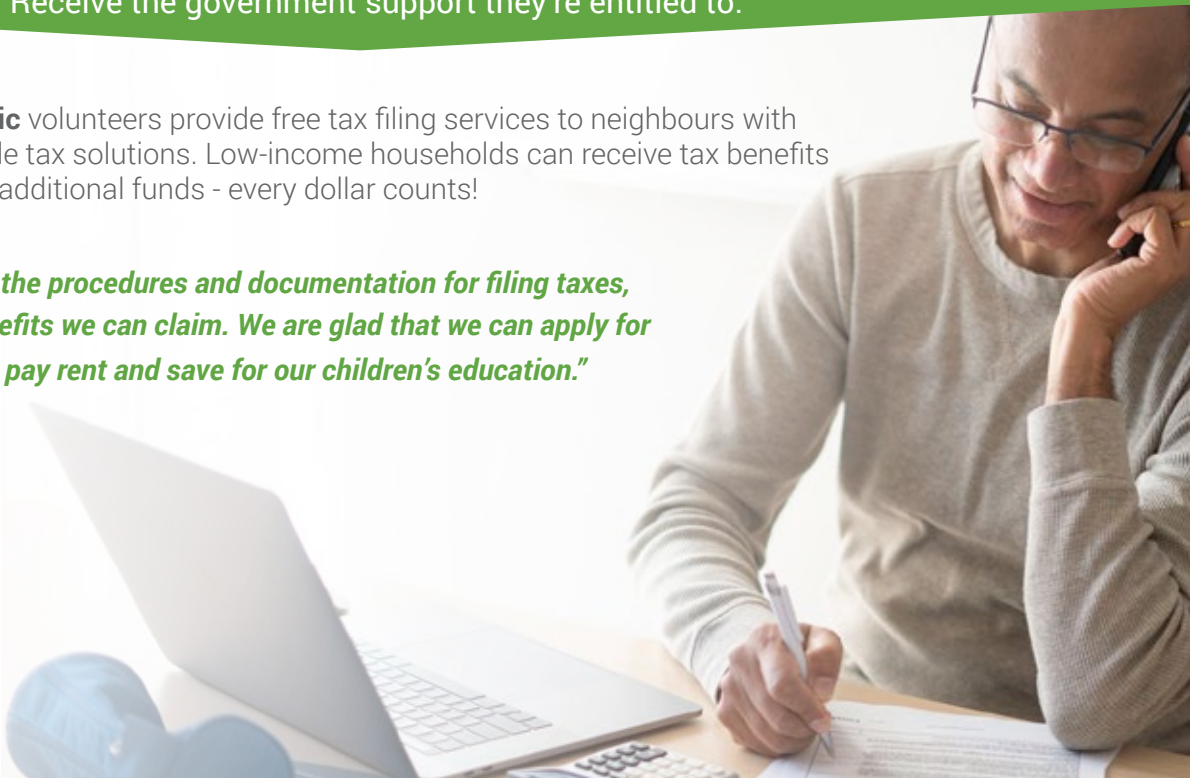
Receive the government support they're entitled to.

Our **Income Tax Filing Clinic** volunteers provide free tax filing services to neighbours with modest incomes and simple tax solutions. Low-income households can receive tax benefits that provide much-needed additional funds - every dollar counts!

"The tax clinic explained all the procedures and documentation for filing taxes, and what expenses and benefits we can claim. We are glad that we can apply for [benefits] which will help us pay rent and save for our children's education."

-Food Bank User and Tax Clinic Client

Program made possible thanks to:



Advocate!: Build a stronger workforce

Workers need access to stable employment that provides a living wage and at least 5 paid sick days, and government assistance programs should not be slashed when folks gain employment in minimum wage jobs.

Encourage your workplace and local businesses to become certified Living Wage Employers, going beyond minimum wage. This change starts when we demand more for our community from our local government and businesses. **Learn more at www.ontariolivingwage.ca.**



Volunteers: The Heart of The Mississauga Food Bank

Volunteers make feeding hungry neighbours possible by choosing to dedicate their time to give back and help their community. To our volunteers - **you inspire us with your energy and passion to help neighbours in need**, keep our programs, office and warehouse running, and so much more. We couldn't do this without your commitment!

1,905
Volunteers



*(That's the equivalent of driving
across Canada 183 times!)*

30,864
Hours

Volunteer Spotlight: Gia and Sam

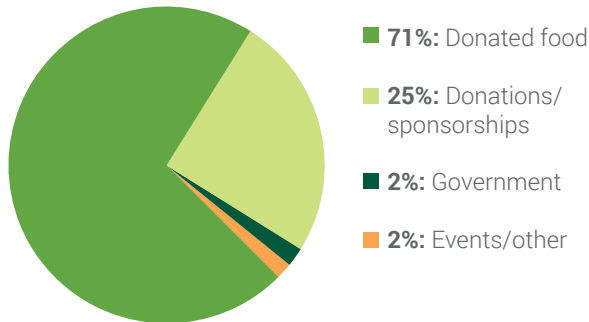
"Food should not be a privilege, it's a right that everyone should have. You never know when your situation can change so it's amazing that the food bank provides an option for people that need it." -Gia and Sam, Weekly Volunteers



Thank You for Your Generosity

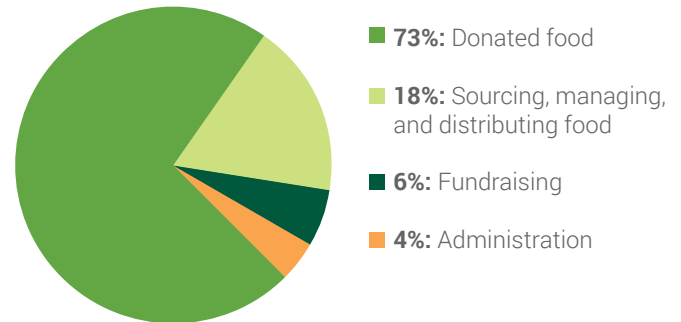
Donations & Income

\$20,204,655



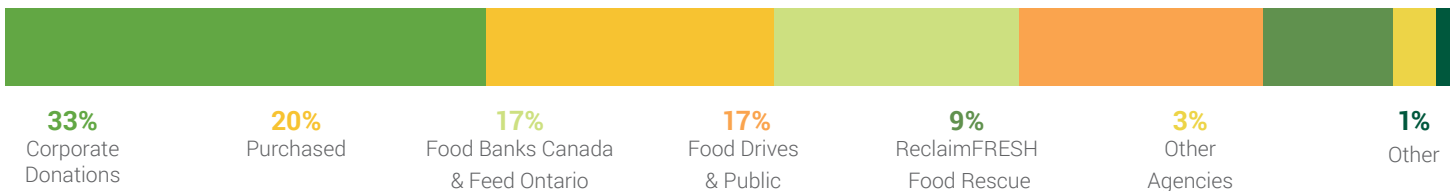
Expenses

\$19,749,506



Income and expenses include 4,457,774 pounds of donated food and household products valued at \$3.21/pound. This value has been determined by Nielsen MarketTrack, for 52 weeks ending March 26, 2022. Percentages are rounded, which is why they do not total 100%.

Food Sources (All 5,222,247 pounds of it!)



Supporter Spotlight: Walmart Canada

We are grateful to Walmart Canada for their commitment to strengthening their community. Thank you for helping neighbours in need through monetary gifts, donations of food, and volunteering, as well as inviting Walmart customers to join the fight against hunger by participating in Walmart's Fight Hunger Spark Change campaign.

The Mississauga Food Bank would not be able to do this work without your support. Thank you to everyone who has made this possible, with a special thank you to the funders and sponsors who have made large contributions to help hungry neighbours year after year.





Strategic Plan - Looking Forward

Your ongoing support ensures The Mississauga Food Bank can keep pace with increased demand and enables us to provide uninterrupted service to our community.

Our 2021-2024 strategic plan guided this year's efforts to provide much-needed healthy food to your hungry neighbours through the pandemic.

The areas of focus for the first year of this plan were:

1. Build Long Term Infrastructure & Efficiencies

- Grow and diversify long-term sources of revenue to ensure financial security
- Invest in strengthening and optimizing our food supply and distribution practices

2. Strengthen The Mississauga Food Bank Agency Network

- Enhance community and brand awareness
- Develop and strengthen strategic partnerships that feed more people
- Demonstrate community leadership in reducing food insecurity

We're proud to report on some of the progress we've made toward these strategies - all thanks to your support. We look forward to having you join us on this journey as we plan towards our future goals for the years ahead.

Supporter Spotlight: Region of Peel

For over 15 years, the Region of Peel Community Investment Program has provided funding to The Mississauga Food Bank that has helped feed thousands of hungry neighbours every year. We are especially grateful for their increased support since the start of the pandemic, which enables us to meet the unprecedented increase in demand. Thank you, Region of Peel, for your ongoing support!

To our supporters: Thank you for standing by your community's side and supporting The Mississauga Food Bank as we all work towards a Mississauga where no one goes hungry.

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