



**FOOD
BANKS**
MISSISSAUGA

ANNUAL
IMPACT
REPORT
2023

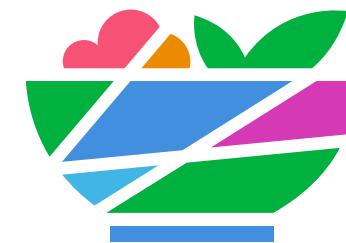


Land Acknowledgement

Food Banks Mississauga acknowledges that our work takes place on the treaty lands and territory of the Mississaugas of the Credit First Nation and the traditional territory of the Huron-Wendat and the Haudenosaunee. We are thankful to the First Peoples for their stewardship over the lands where we gather and work. We recognize the many injustices that have been brought upon the First Nations, Metis, and Inuit people in Mississauga. We strive to learn from and understand these injustices and bring awareness to them in our work to create a Mississauga where everyone is food secure.

ALLOW US TO **RE-INTRODUCE OURSELVES**

The Mississauga Food Bank is now Food Banks Mississauga! How we support our neighbours facing food insecurity has not changed, but we are ready to forge ahead under this new name that accurately reflects our work in the community.



**FOOD
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MISSISSAUGA

PAST

When we were founded in 1986 as FoodPath Interfaith Peel Association to Tackle Hunger, we were a small-scale operation meant to provide only food for those in need. In 2009, we became The Mississauga Food Bank, and a year later, we transitioned to our current hub and spoke distribution model to reach more neighbours across the city.

PRESENT

As a network leader of over 60 agency members across Mississauga that provide food to neighbours facing food insecurity, it's time for a name that reflects our leadership position and how our work (and your support!) goes beyond just one single organization. We are the hub that serves all of Mississauga through our network – thanks to you.

A NOTE FROM **OUR LEADERSHIP**

A YEAR OF CHANGE

David, Todd, and Meghan

This past year has brought about much change for our organization. To start — we are now Food Banks Mississauga! We continue to do the vital work of serving our community under this new name and leading our network of over 60 agency members to provide healthful and appropriate food to neighbours facing food insecurity across Mississauga.

In a year of major changes, we also moved in April! It was a monumental task that took our entire team's careful coordination and tireless work. As we had long outgrown our previous facility, this relocation to a 43,000 square foot facility was the only way to keep up with the urgent, increased demand across our city. **Almost 5% of the population of Mississauga now uses a food bank — 82% more than before the pandemic***. That's nearly 36,000 people in your community who are receiving emergency food to alleviate the food insecurity they face.

In the following pages, you will read about how we continue to meet this growing need head-on with innovative programs, made possible by your support. You will also hear from food bank users who have been positively impacted by your contributions.

Thank you for joining Food Banks Mississauga as we continue to work together for food security.

*compared to fiscal year 2018-2019



David Estabrooks
Outgoing Board
Chair



Todd Fisher
Incoming Board
Chair



Meghan Nicholls
Chief Executive
Officer



WHO IS FOOD BANKS MISSISSAUGA?

Food Banks Mississauga is the leading food security organization in Mississauga. We lead a network of 60+ agency members, including neighbourhood food banks, pantries, cupboards and meal and snack programs, working together to realize a food-secure Mississauga. Through our network, we provide healthy and appropriate food for almost 6 million meals each year to neighbours facing food insecurity across Mississauga.



MISSION

We lead our agency network to realize a food-secure Mississauga by providing and promoting access to healthy and appropriate food.

VISION

A Mississauga where everyone is food secure.

VALUES

- Integrity First
- Bold Mindset
- Respect for All
- Collaborative Leadership

What our Network Provides



Neighbourhood Food Banks

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



Food Pantries

2-3 days of food each month



Meal and Snack Programs

Cooked food, snacks, and other food items as needed

Strategic plan

Our strategic plan guides both our work to meet the immediate need in our community and our work towards future goals with your ongoing support.

► *Learn more about our strategic priorities to realize a food-secure Mississauga:*

foodbanksmississauga.ca/about-us

WHO IS FACING **FOOD INSECURITY** IN MISSISSAUGA?

From June 2022 to May 2023, Food Banks Mississauga served **18%** more users than the previous year, 82% more than pre-pandemic¹.

These numbers tell us more about who your generosity supports. They also paint a picture of the unique challenges our community faced this year, with new record-breaking numbers of first-time food bank users and Ukrainian newcomers.

Food bank users:



► To learn more about solutions that can help reduce poverty, see page 12



Children: **11,043** (10% increase from previous year)



1 out of every 4 food bank users receive income support through the Ontario Disability Support Program² (ODSP). The most that a single person on ODSP can receive is \$1,308/month.



16% of food bank users report that their primary income is from employment. This is on the rise as wages fail to keep up with the cost of living.



Almost **1/3** of food bank users have been in Canada for 10 years or less.



12% of food bank users this year were Ukrainian.

► See page 11 to learn more about how we are adapting our programs to meet urgent need!

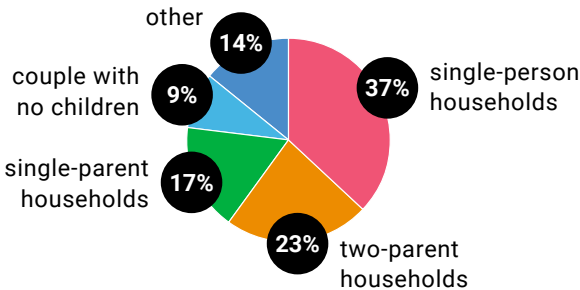
Unique food bank visits:



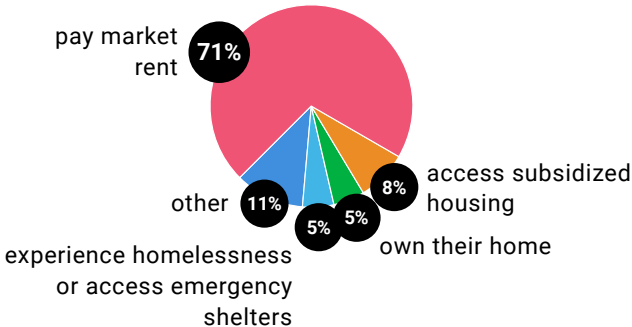
Pounds of food distributed:



MOST COMMON HOUSEHOLD COMPOSITIONS



MOST COMMON LIVING SITUATIONS



¹ Compared to fiscal year 2018-2019

² Based on responses to our annual client survey

YOUR SUPPORT AND GENEROSITY ENSURES WE CAN PROVIDE EVEN MORE FOOD TO OUR COMMUNITY WHEN THEY NEED IT MOST.

PROGRAMS YOU SUPPORTED

In addition to leading and providing food to our network of 60+ agency members, Food Banks Mississauga also operates a wide range of unique programs to ensure we meet neighbours where they need support the most.



COMMUNITY MARKET: A POP-UP FOOD BANK

Modelled after a farmer's market, our Community Market brings free, fresh fruit, vegetables and more to neighbours in high-priority neighbourhoods, giving them the opportunity to 'shop' for what they need.

Households served:

938

Pounds of food distributed:

63,327

► With your support, we expect this program to grow by 45% this year!

*name changed to protect privacy



NOOR* first heard about the Community Market from her neighbours and came every week last summer to pick out the fresh fruit and vegetables she needed. She shares how the market helps not only her but also others in her community who struggle to make ends meet.

"I would like to say that we are truly grateful... on behalf of those who have a similar voice to me. I'm really grateful to their initiatives for supporting people in need and those who are coming as newcomers and struggling. There are uncountable families, who would prefer not to go grocery shopping while considering their budget."

PROGRAMS YOU SUPPORTED



FOOD BANKS MISSISSAUGA

The Food Bank 2 Home Delivery Program brings custom food orders directly to homebound neighbours. Each order consists of fresh, frozen and shelf-stable food of the neighbour's choosing (plus personal care items!). Your support through monetary gifts and volunteering makes it all possible!

Individuals served:

1,013*

Households served:

560*

Meals from food delivered:

216,438

Food Bank 2 Home rapidly expanded at the onset of the pandemic, and this year the program re-focussed efforts to **prioritize serving neighbours who have short- or long-term illnesses, physical disabilities, or face other barriers.** We have new relationships with community health and senior service partners to reach those who are at the highest risk, and we now have room to grow!

In our new warehouse, we've optimized the shopping model for volunteers by adding grocery store shelves, two fridges and freezers, larger packing tables, and a dedicated loading door.

*this includes program clients plus emergency deliveries

*name changed to protect privacy



BILLY†, a senior who lives in subsidized housing, reflects on how support from Food Banks Mississauga is helping with his mental health.

"I make the best of the situation... At least now my basic needs are met so I don't have to worry as much. And [now] I have several ways to deal with my depression."

► *Thanks to your support, you're not only providing much-needed food to neighbours like Billy, but you also play a part in supporting their overall well-being.*

PROGRAMS YOU SUPPORTED



FOOD BANKS MISSISSAUGA

The ReclaimFRESH Food Rescue Program works with local farmers, wholesalers, producers, and grocery stores to rehome a portion of the 2.3 million tonnes of surplus edible food in Canada that is wasted each year.¹

775,000 lbs

You enabled us to rescue over 775,000 lbs of food!

Through this program, we're able to provide our agency members in all corners of Mississauga with continuous access to fresh fruit, vegetables, bread and more.

- With you by our side, we are aiming to rescue 1.22 million lbs through ReclaimFRESH this year!



AGENCY SPOTLIGHT: SEVA FOOD BANK

In addition to leading and providing food to our network of agency members, Food Banks Mississauga also provides funding and opportunities for growth. One of these is the **Agency Capacity Building Fund**, which is awarded to select agency members to enhance food bank users' experience, collect data, or purchase appropriate equipment.

"Seva Food Bank has a long-standing relationship with Food Banks Mississauga. Receiving funding from the Capacity Building Fund allowed Seva to purchase a 2-door freezer, which allows us to provide frozen, pre-made meals to the large population of Ukrainian temporary residents currently living in hotels. These individuals' only means for cooking is a microwave, so it is imperative we provide these 'heat and eat' meals, to help ease one burden from their already tumultuous lives."

- Vipin Saini, Executive Director, Seva Food Bank

¹ <https://lovefoodhatewaste.ca/about/food-waste/>

PROGRAMS YOU SUPPORTED



FOOD BANKS MISSISSAUGA

Volunteers – thank you for providing your valuable time to run an Income Tax Filing Clinic to help neighbours file their taxes! With your support, low-income households were able to receive tax benefits that provided much-needed additional funds they wouldn't have received without the resources to file their tax return.

Helping neighbours receive these funds is another way we work towards “A Mississauga Where Everyone Is Food Secure” – when folks have money in their pockets, they can afford to buy the food they need.

Returns completed:

388

Funds returned to our neighbours:

\$1,521,400

Through the hard work of our volunteers, over \$1.5 million was returned to our neighbours through refunds, benefits, and credits (almost \$500K more than last year!)



Program Partners:



PROGRAMS YOU SUPPORTED



UKRAINIAN SUPPORT PROGRAM

Your support met a new urgent need this year with agility and innovation. When Ukrainian temporary residents arrive in Canada, they are housed in hotels for their first two weeks and are not provided with food or immediate access to financial support. Many turned to Food Banks Mississauga, often walking upwards of an hour each way to access a food bank.

In collaboration with Peel Multicultural Council and Achev, we now bring food directly to these newcomers where they need it most, with a focus on food they can prepare in hotels and shelters with limited kitchen appliances.

347

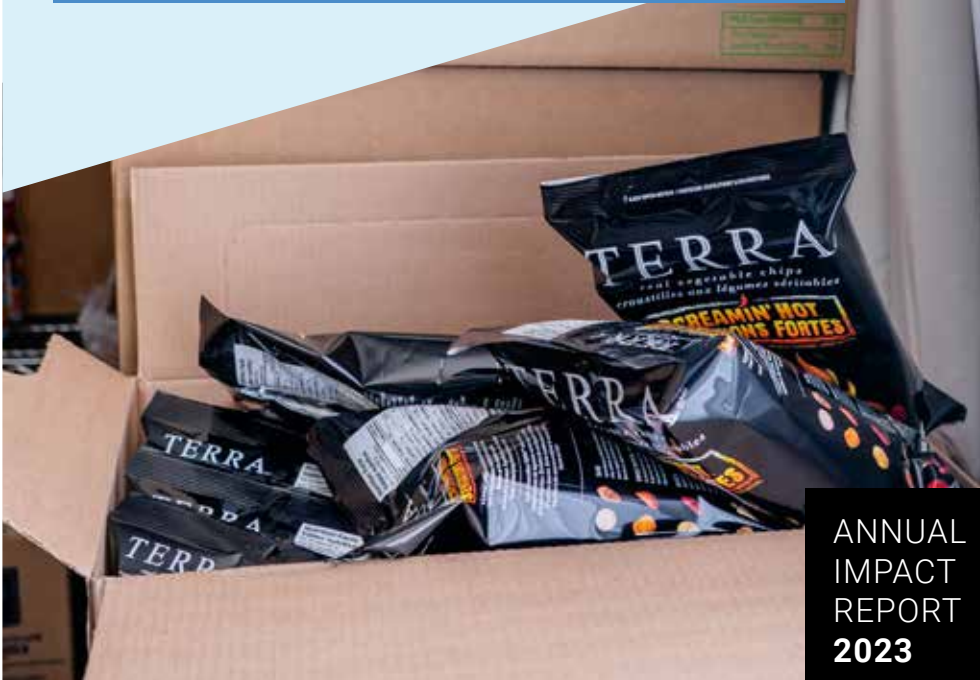
347 temporary residents served in the first two months of operation

*name changed to protect privacy



Your generosity and compassion is helping newcomers like Melania*, who arrived in Mississauga from Ukraine with her husband and young son in June.

"I am happy that Canada can provide this assistance for people who came here because we have too much problems and it's very helpful to feel better and get hope that everything will be okay."



TOGETHER FOR **FOOD SECURITY**

Volunteers make it all possible! We are grateful to count on you as the need continues to grow in our community. For every paid employee at Food Banks Mississauga, there are 23 incredible volunteers sorting food, conducting surveys, preparing tax returns, advocating for our clients, and so much more!



To our volunteers –

THANK YOU! You inspire us with your dedication and generosity.

Total volunteers:

915

Total volunteer hours:

29,727

To create a food secure Mississauga, we provide food to those who need it now *and* advocate to decrease the barriers that prevent food bank users from living poverty-free.

You can use your voice to join us in fighting for policies that will decrease poverty and provide sustainable futures for our neighbours. Our advocacy work aligns with Feed Ontario's four advocacy priorities – a great place to start your own advocacy efforts!

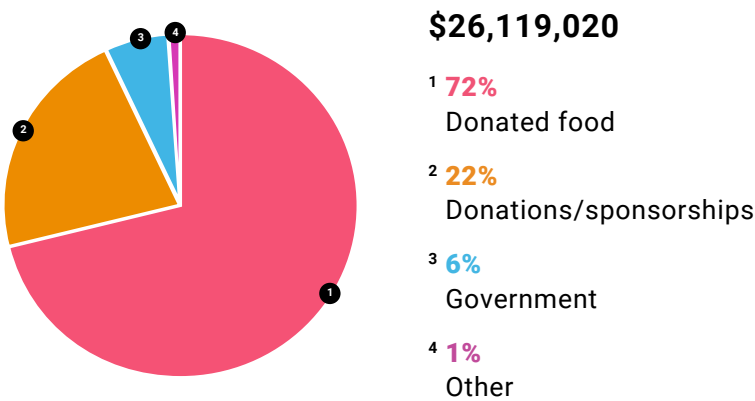
- 1 **Improve Ontario's Social Assistance Programs**
- 2 **Invest in Affordable Housing**
- 3 **Build a Stronger Workforce**
- 4 **Strategic Approach: Put People at the Centre**

► To learn more, visit our Advocacy page:
foodbanksmississauga.ca/advocacy

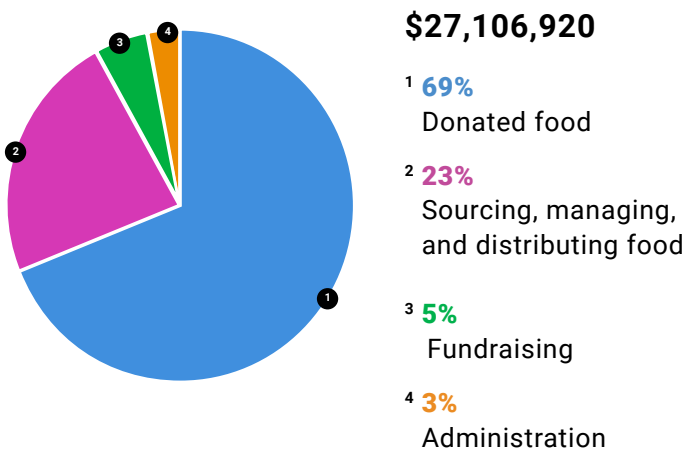
THANK YOU FOR YOUR GENEROSITY

Food Banks Mississauga would not be able to do this work without the support of our community. Thank you to everyone who made this possible, with a special thank you to the funders and sponsors who made large contributions to ensure neighbours in need have access to healthful food.

DONATIONS & INCOME

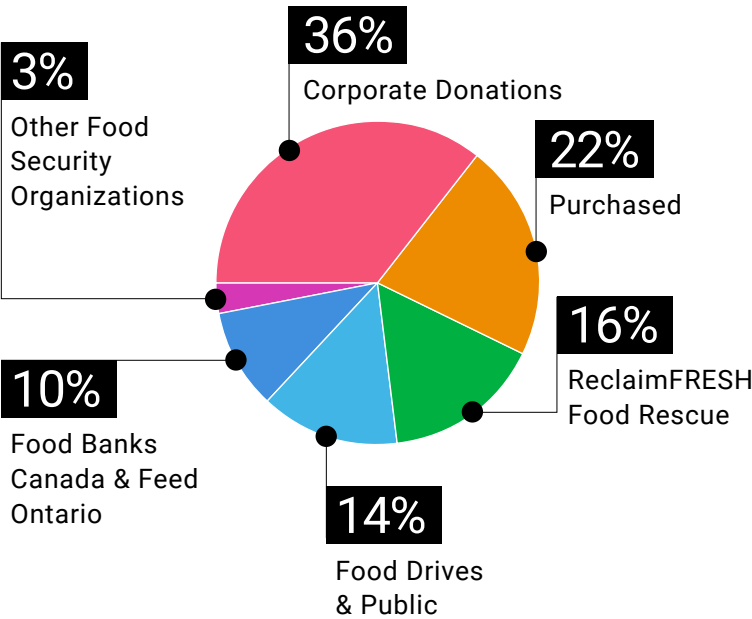


EXPENSES



FOOD SOURCES

(All 5,408,432 pounds of it!)

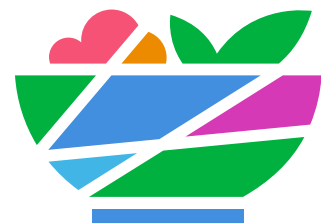


Income and expenses include 5,310,310 pounds of donated food and household products valued at \$3.52/pound. This value has been determined by Nielsen MarketTrack, for 52 weeks ending March 26, 2023. Percentages are rounded, which is why the totals do not equal 100%.

OUR SPONSORS



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**FOOD
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FOOD BANKS MISSISSAUGA

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