



**FOOD  
BANKS**  
MISSISSAUGA

# ANNUAL IMPACT REPORT 2025

*Mobilizing in a Time of Crisis*



# A NOTE FROM OUR LEADERSHIP

This past year was one for the books, Mississauga. Food insecurity in our city continues to worsen, and folks who are most at risk continue to bear the brunt of the increased cost of living and inflation. **But you continue to stand alongside us and ensure that healthy food gets to our neighbours living in poverty - THANK YOU.**

With demand for emergency food higher than ever, Food Banks Mississauga advocated for the City of Mississauga to officially declare food insecurity an emergency. We led the way as the first City in Ontario to make this declaration, and have shared our learnings with other food banks that have since followed suit. Food insecurity doesn't stop at city borders, and we are proud to have led the way with this declaration to bring about collective action. This is the work that your generosity enables!

There has been a change in how our neighbours are using our network, with the number of visits a household makes to their local food program rising from an average of 3-5 times per year in 2019 to 10 times per year today. The number of food bank visits has **risen by 20% to over 500,000 visits per year - the highest ever in our history!** Neighbours in need are accessing food support services more frequently, and those who rely on food support are struggling to get back on their feet and are relying on us for longer.

We join with food banks across Canada in calling on the new federal government to **commit to cutting food insecurity in HALF by 2030**, and with food banks in Ontario calling for investments in income support programs to reduce food bank use. Until those commitments are made, we are bracing for increased and deepened demand for emergency support. This is at a time when we and our network of 60+ food programs are already operating at

maximum capacity. Potential and ever-changing economic pressures will result in austerity measures that hurt folks who are already struggling the hardest.

Food banks have been forced to increase their capacity to keep up with the growing demand. **With 90% of our revenue coming from non-government sources, we can only do that with your support!** While we advocate for long-term solutions that will end the need for food banks, it's because of your support that we can provide emergency food to neighbours today.

In the following pages, you will read more about the direct impact your compassionate support has made, providing healthy food to neighbours when they needed it most, as well as what it will take to decrease and ultimately end the need for food banks for tomorrow.

Thank you for standing by us and refusing to accept the status quo, and instead, joining us to work towards change.



  
**Todd Fisher**  
Board Chair



  
**Meghan Nicholls**  
Chief Executive Officer

# FROM ONE, TO MANY!

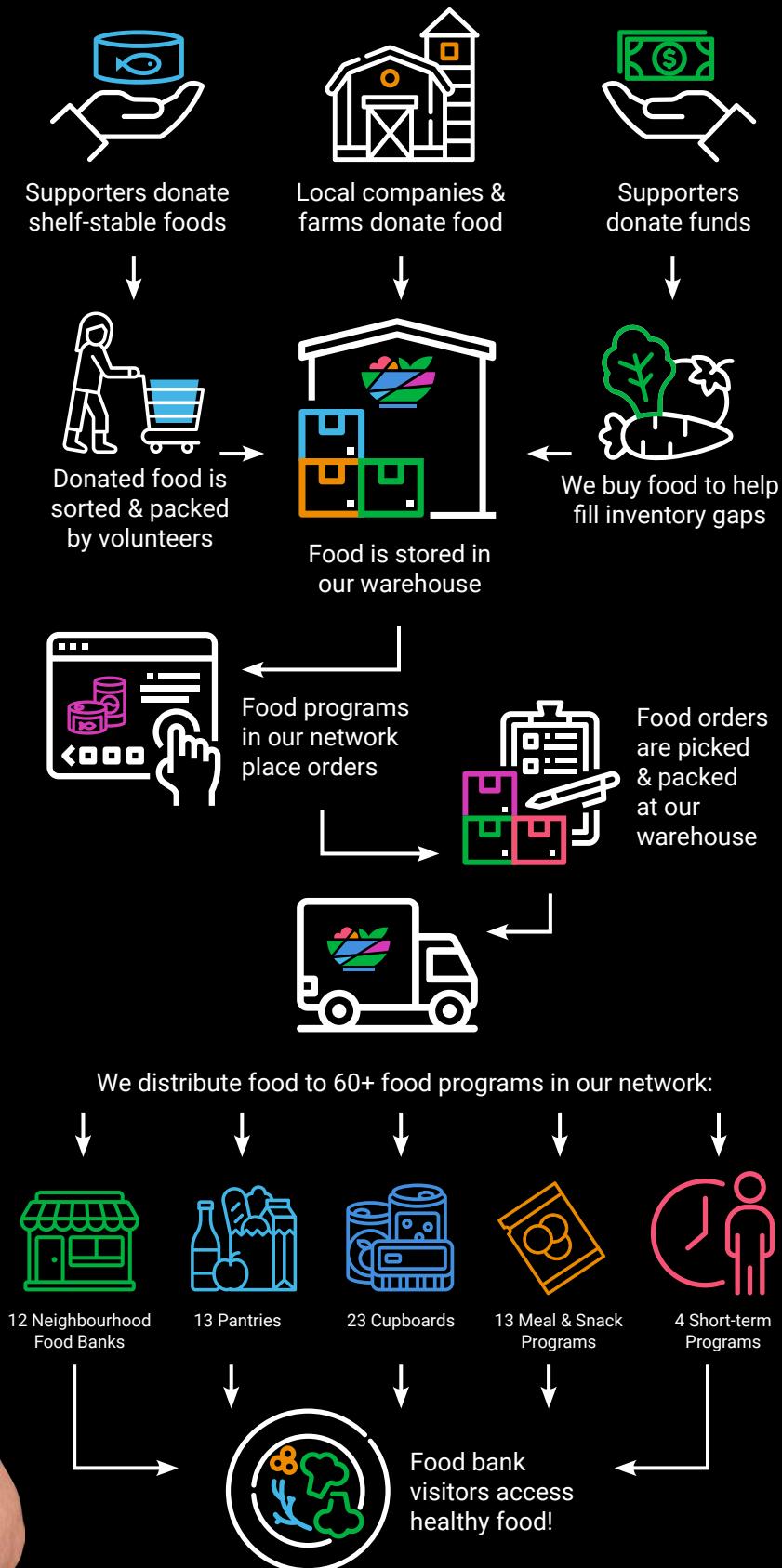
As the largest food security organization in Peel Region, Food Banks Mississauga leads and distributes food to a network of 60+ food programs across Mississauga through a hub and spoke model.

**This means your support goes beyond one organization to reach neighbours in need across the city!**

We provide emergency food through our network so neighbours in need have food **TODAY**, and use our front-line knowledge and experience to advocate for government policies and programs that will decrease food bank use for **TOMORROW**.



## WHAT HAPPENS AFTER YOU DONATE?





# BY THE NUMBERS

Behind every number is a food bank visitor accessing healthy food because of **YOUR** support. Your gifts of funds, food and time ensure that we can continue to meet the needs of our community **TODAY** as we work towards a Mississauga where everyone is food secure.

# 48,539 NEIGHBOURS MADE 503,705 VISITS



**28%**

were **CHILDREN**

Those who are already vulnerable are more likely to experience food insecurity.



**46%**

were ages **18-44**

There's pressure on younger working-age adults, families, and students.



**38.5%**

were **NEW VISITORS**

Folks are falling into poverty and using a food bank for the first time.

In 2024-2025, Food Banks Mississauga saw a **20% increase** in food bank visits.

## FOOD BANK VISITS, BY FISCAL YEAR

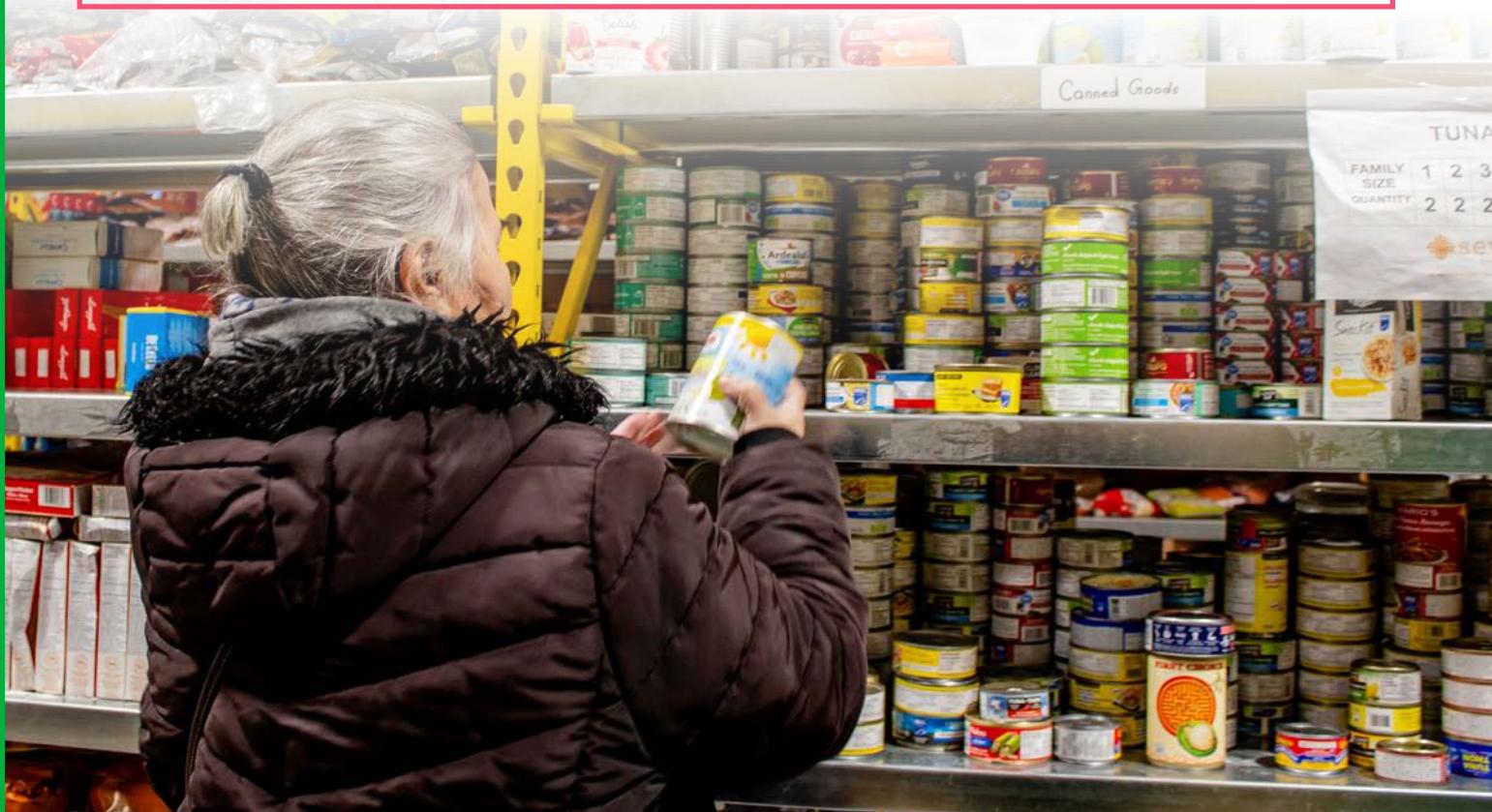
2020-21 162,472

2021-22 243,194

2022-23 235,750

2023-24 421,251

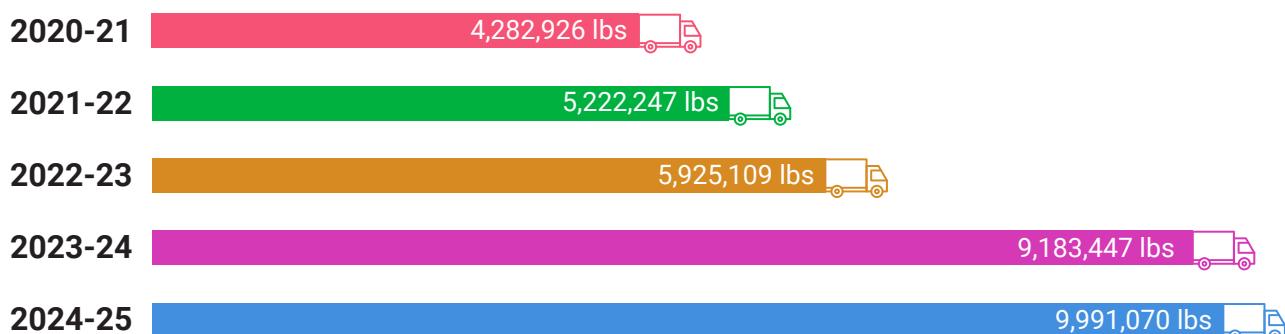
2024-25 503,705



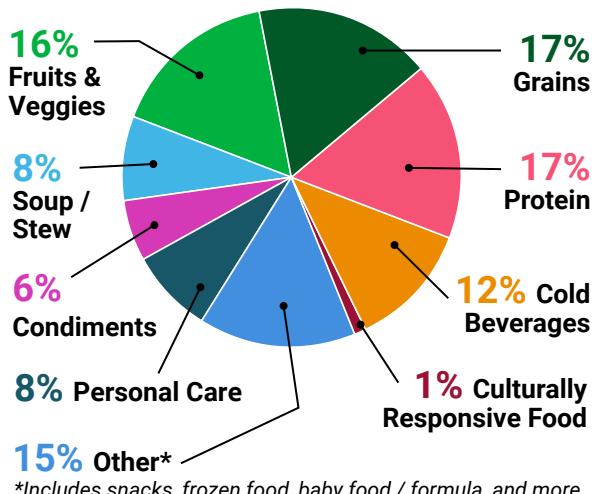
# MORE FOOD TO FEED THE NEED

Did you know that our largest source of food donations is from food companies? Thanks to your support and generosity, our team works up and down the food supply chain to source more donations of food for our network of 60+ food programs and beyond.

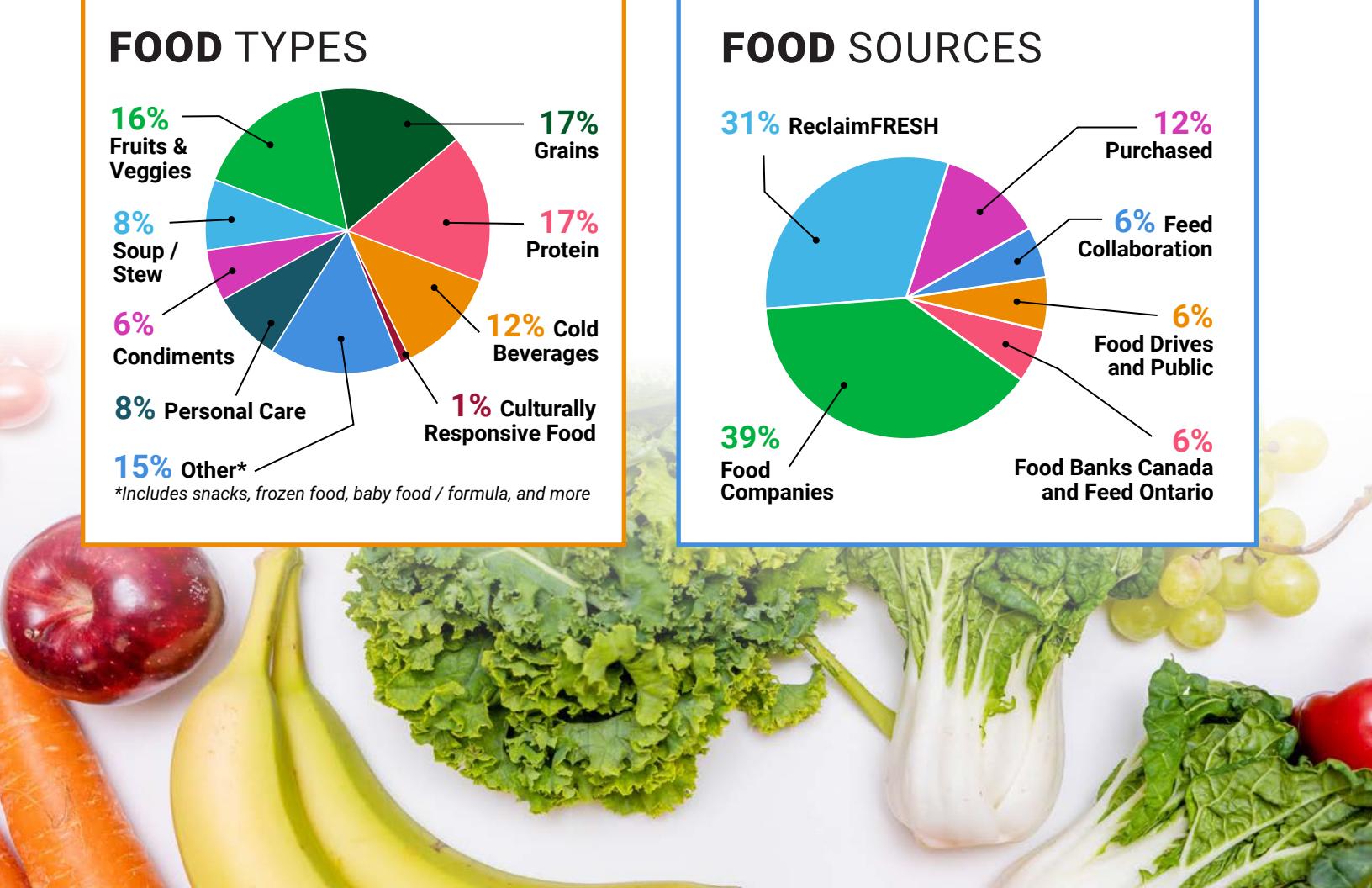
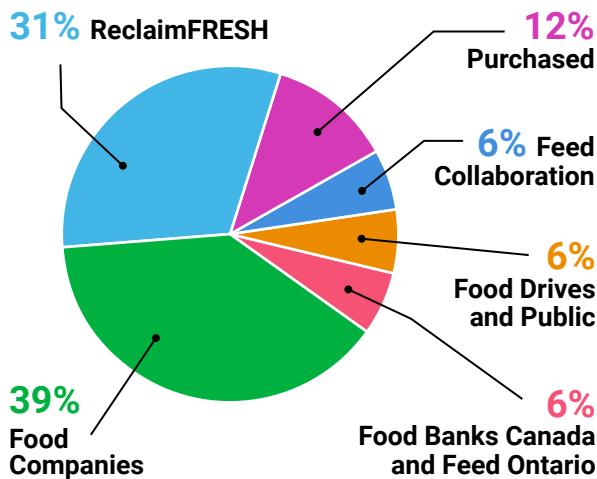
## TOTAL FOOD DISTRIBUTED, BY FISCAL YEAR



## FOOD TYPES



## FOOD SOURCES





# YOUR SUPPORT HELPS NEIGHBOURS THRIVE

**It's more than just boxes and cans. In addition to our primary work of sourcing and providing food to our network of 60+ food programs, Food Banks Mississauga also operates a range of unique programs to ensure we meet neighbours where they're at and that fill gaps in the community.**

# LEADING OUR NETWORK

Our network is made up of over 60 food programs that are on the front lines, serving food bank visitors across Mississauga. By donating to Food Banks Mississauga, you make sure neighbours in all parts of the city have equitable access to the food and personal care items they need.



## Partnering with The Salvation Army Mississauga

In January 2025, Food Banks Mississauga was proud to add all 3 of The Salvation Army locations in Mississauga to our emergency food network and streamline our collective resources, enabling support for even more neighbours living with food insecurity.

By sharing a common database, the network food programs will have access to the same information and records to improve resource allocation across the city.

## FOOD PROGRAM SPOTLIGHT



## FAITH COMMUNITY OUTREACH

**"We are grateful. Honestly, without you, we are not going to be here. Every time we take deliveries of food from Food Banks Mississauga, I look at the amount of food... It's a great privilege. They have been very, very helpful in our journey of being a food pantry and being an extension to their vision to eradicate hunger in our society."**

Fred Nnebolisa is the Director of Operations at Faith Community Outreach, one of the food programs in our network. As a part of the network, they not only receive food, but shared resources and guidance.

Day in and day out, food programs like Faith Community Outreach are there to provide food support to neighbours in need, thanks to YOUR generosity.

**"Thank you to the donors. There's no other way that we could continue to achieve this great work without your contribution."**



# OUR PROGRAMS



 **783**  
individuals served

 **574**  
households served

 **200,908** meals from food delivered

This year, the program increased connections with clients through *Client Connect* and personalized birthday cards and streamlined the onboarding process. Looking ahead, we aim to expand connections with PSWs, case workers, therapists and more to refer eligible clients to the program, improve access to culturally appropriate food, and update how we gather dietary needs to provide what clients need to stay healthy.



We are serving **35%** more seniors now than in 2023.



As our population ages, more seniors are relying on the food bank.



In the next 20 years, Canada's senior population will rise by **68%**<sup>1</sup>.

Similar to the increased pressure on the healthcare system due to an aging population, this increase in senior food bank visitors shows that **we must prepare to experience the same increased pressure.**

**"[The program] helps me a lot because I'm visually impaired and I can't go outside, my vision is low, and I'm scared to go outside and fall. I'm thankful that they're helping the people who cannot help themselves. I really depend on the food stuff you all bring to me."**



Evelyn\*, Food Bank 2 Home Client  
\*name and photo are representative

## CLIENT CONNECT

Client Connect launched in 2024 and enables our team to conduct scheduled wellness check-ins and connect with Food Bank 2 Home clients who live alone, helping them manage feelings of isolation. Last year, our team had **almost 300 conversations** with clients through this program. Your support allows us to fill this void, making a positive impact – clients reported 100% satisfaction with the connection!

<sup>1</sup>Ontario's Aging Population: Preparing for the Future. Ontario Hospital Association, October 9, 2024.  
<https://www.oha.com/news/ontarios-aging-population-preparing-for-the-future>

Program Proudly Supported By:



# OUR PROGRAMS



## COMMUNITY ASSIST

FOOD BANKS MISSISSAUGA

When neighbours in need walk through our doors, we provide emergency one-time food support through our **Community Assist Program** and direct them to their closest food program so they can access consistent food support beyond our doors.

 **2,081**  
individuals served

 **894**  
households served



Watch this video to see how the program works from the perspective of a food bank visitor!

Protected B with  
their information on this page.  
Information on this page  
is not required to support your deduction, claim, or expense.  
You can claim the deduction, claim, or expense on your tax return even if you did not file a CRA tax return. See the guide for more information.

Marital status 31 December 31:	<input type="checkbox"/> Married	<input type="checkbox"/> Separated
1 <input type="checkbox"/> 2 <input type="checkbox"/> 3 <input type="checkbox"/> 4 <input type="checkbox"/> 5 <input type="checkbox"/> 6 <input type="checkbox"/>	Living alone	Widowed
Divorced	<input type="checkbox"/>	<input type="checkbox"/>
Separated	<input type="checkbox"/>	<input type="checkbox"/>
Social insurance number (SIN)		
Date of birth (Year, Month, Day)		
If this return is for a deceased person, enter the date of death.		
Postal code		
Prov./Terr.		
You are registering to receive information from the CRA and agree to the Terms of Use.		
Address of residence on December 31, 2022, or territory of residence if it is different from the address above.		
Were your business had a permanent or temporary self-employed in 2022?		
Your partner's information		



## TAX CLINIC

FOOD BANKS MISSISSAUGA

“As an international student from Nigeria, volunteering was a great way to learn something new while also supporting people in the community who truly needed the help. **It felt good to be part of something meaningful** - knowing that I was contributing in a small but important way to make things a bit easier for others.”

Olaitan, Tax Clinic Volunteer



**600** returns completed  
(19% more than last year!)



**\$2,680,000**  
funds returned to our neighbours

Program Partners:



# OUR PROGRAMS



Modelled after a farmer's market, our **Pop-Up Food Bank** brings free fresh fruit, vegetables, and more to neighbours in the high-priority neighbourhood of Malton, providing the opportunity to 'shop' for what they need.



 **2,857**  
individuals served

 **342**  
households served

 **36,245**  
pounds of food provided



**RECLAIM  
FRESH**

FOOD BANKS MISSISSAUGA

By working with local farmers, wholesalers, producers, and grocery stores we rescue and rehome edible food. This may be fruit and vegetables that aren't "pretty" enough for retail, surplus harvest or other food that would otherwise be wasted.

**While rescuing food can't solve poverty and food insecurity, it is an effective way of finding donated food AND slowing climate change. Win-win!**



**3,126,105**  
pounds of food rescued



**4,949,495**  
kgs of greenhouse gas emissions saved

That's equal to carbon removed by **81,865 trees** over ten years! 

# OUR PROGRAMS



The **Culturally Responsive Food Program** is an equity initiative to better meet the needs and priorities of Black households in Mississauga; possible only thanks to your support!

**25% of the food programs in our network are Black-led, Black-focused and Black-serving (B3) organizations.**

They play an important role in serving a community that is disproportionately affected by high levels of food insecurity<sup>2</sup>. We recognize the importance of not only providing healthy food to neighbours in need, but foods that are connected to their cultures and traditions.

In partnership with B3 leaders in our network, this new program is doing more than filling plates—it's strengthening our community, ensuring neighbours experience the dignity, comfort, and choice of being able to prepare meals that connects to their culture.

"This is key to our success as a community, our families' success, and our health. For so long, we've voiced our needs, but nothing changed. **This program is a breakthrough.**"

Dr. Horace Wright, Executive Director  
Mississauga Community Services

 **3,833**  
individuals served

 **1,219**  
households served

 **15**  
participating food programs

 **106,291**  
pounds of food provided

<sup>2</sup>Li T, Fafard St-Germain AA, Tarasuk V. (2023) Household food insecurity in Canada, 2022. Toronto: Research to identify policy options to reduce food insecurity (PROOF). Retrieved from <https://proof.utoronto.ca/>

# TOGETHER FOR FOOD SECURITY

## Volunteers... Making Waves!

We are only as strong as our community, and our volunteers are at the core of this community! To every volunteer who sorted food, collected donations, delivered food, inputted data, filed taxes, conducted surveys, answered phone calls, and more – THANK YOU!



**1,024**

volunteers



**31,486**

volunteer hours



**1,799,090**

pounds of food sorted

### Breakdown of Volunteer Hours



**1,011**

administrative hours



**13,529**

community programs hours



**16,946**

operations & food sorting hours

## VOLUNTEER SPOTLIGHT

Maria, one of our volunteers, came to Canada because of the war in Ukraine and shares how volunteering is her way to give back after needing the food bank when she first arrived. *“When I settled and got a full-time job, I decided to become a volunteer... Being able to be a part of the community and help fight food insecurity makes me feel better about the situation and feel more secure in my new home.”*



## Going Beyond Mississauga: Feed Collaboration

In partnership with Feed Ontario and using a local-first model, we, along with other food bank organizations at the local, regional, and provincial levels, work together to increase and distribute food resources across the Central Ontario region. Our food-raising team sets the bar high across Ontario!



Through this program, we shared **4,530,339 lbs** of food with **37** food banks across the province!

**“What makes this program truly special is the impact it’s having on redesigning food distribution. By rescuing these items in a central location, the industry has the confidence they can consistently divert potential waste while having a positive impact on food-insecure households across Ontario.”**

Meghan Flindall, Executive Director,  
Northumberland Fare Share Food Bank



# DECREASING FOOD INSECURITY FOR TOMORROW

Food banks were not meant to be a long-term solution, but almost 40 years later, organizations like ours continue to fill the gaps as those who are already vulnerable fall further behind. Your support enables us to provide immediate food support today, while we address the root causes of food insecurity, including poverty.

# ENDING FOOD INSECURITY ...FOR GOOD

To work towards a food-secure future for all, we advocate for long-term, systemic policy change through collective action with other food banks, anti-poverty groups and our associations Feed Ontario and Food Banks Canada. We meet with elected officials to educate on the emergency we, our network and food bank visitors are facing. Nationally, food banks are calling on the new federal government to make food insecurity a focus, asking them to **commit to cutting food insecurity by 50% by 2030.**

In order to build systems that will support food bank visitors to break out of poverty, it will take all of us, **together.** Please join us in calling on our elected officials to prioritize the recommendations on the following pages!



**"I am a single-income family, and with rent going up and all the things going on in the world, we're struggling a lot financially. We're struggling to make it work. **Things are being pushed, bills aren't being paid, and we're finding ourselves stuck...** So having the food bank and having that ability to go and get the milk from the food bank or pick up that extra box of cereal or get the spaghetti, that really helps. That helps a lot."**

Colleen\*, food bank visitor (\*name changed to project privacy)

## Food Insecurity Declared an Emergency

In November 2024, thanks to Food Banks Mississauga's advocacy, the City of Mississauga was the first in Ontario to formally declare a food insecurity emergency, through a motion passed by Mayor Parrish and City Council.

**This is a monumental step in recognizing:**



Food insecurity has **gone beyond crisis levels.**

Food insecurity isn't a temporary issue; more needs to be done at **all levels of government** to solve this problem long-term.



Since then, Toronto, Kingston and 8 other cities across the province have followed suit, with municipal governments calling on provincial and federal governments to act. Read on for what policy changes would reduce food bank use.

# WHAT WILL IT TAKE TO END HUNGER?

Change #1:

## Improve Ontario's Social Assistance Programs

The income assistance provided by the Ontario Disability Support Program (ODSP) and Ontario Works (OW) is nowhere near enough for individuals to cover essentials such as food and rent.

The most that a single person on **ODSP** can receive is  
**\$1,408 PER MONTH**

That's less than **\$17,000 / year**.

The most that a single person on **OW** can receive is  
**\$733 PER MONTH**

That's less than **\$9,000 / year**.

*This rate has been frozen for 7 years, meaning that as household costs continue to rise, the real value of income provided is effectively reduced.*

**Could you live on \$9,000 a year?**

### CHRIS' STORY

Chris\*, a father of two, was unexpectedly laid off when the automotive plant he worked at shut down and now relies on OW after exhausting all his savings.

**"I had to use all my severance, all my RSP... I can't afford groceries. I'm on Ontario Works, and they give me around \$1,200 while my rent is around \$1,700."**



\* Name and photo are representative

We must call on elected officials to:



Align social assistance rates and benefits with cost of living and inflation



Modernize the rules for these programs to ensure resiliency and dignity, and extend benefit coverage



Reduce barriers to accessing OW and ODSP



## Change #2: Invest in Affordable Housing

Housing is often an individual's single largest expense, and unaffordable housing continues to be a top reason why folks are visiting food banks more frequently and for longer.

**77%** of food bank visitors pay market rent,

and Mississauga ranks 10<sup>th</sup> in Canada for the highest average rent for a one-bedroom unit at \$2,165 per month<sup>3</sup>.



 In Canada, rent has increased over the last 5 years more than wage increases, meaning rental affordability has worsened since the COVID-19 pandemic.

This makes it even more difficult for folks who are struggling to recover, resulting in them needing to rely on food bank services for longer.

### How can the government invest in affordable housing?

Build more social housing

 Implement real rent control

Expand the number of households that can receive the **Canada-Ontario Housing Benefit**

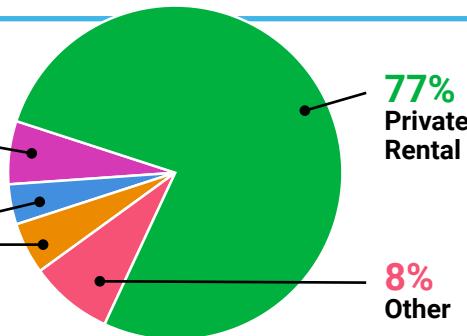
### HOUSING TYPE

6% Subsidized social housing

4% Homeowner

5% Underhoused\*

\*Underhoused includes emergency shelters, couch surfing and/or unhoused.



### KIM'S STORY

"ODSP, what they give you, **85% of it goes to the rent**. So I'm left with probably about \$425 now, and that's for three kids and myself for the month. And I'm struggling because groceries are so expensive. So what I've had to do is go through all the flyers, price match, and then pick a store that price matches and gets those groceries. But I can't stick to the budget of \$125 a week because you always come out, and then you run out of vegetables. And it's just hard. **Even with the other benefits that the government gives to low-income families, it seems like it's never enough.**"

Kim\*, food bank visitor (\*name and photo are representative)

<sup>3</sup><https://rentals.ca/national-rent-report>, August 2025 Rentals.ca Rent Report, Accessed Sept 8/25.



## Change #3: Build a Stronger Workforce

While a low unemployment rate is one way to assess what percentage of Ontario's total labour force is unemployed, it doesn't tell the story of the **quality** of jobs that people hold.



Individuals rely on low-wage, precarious 'gig' work to get by.

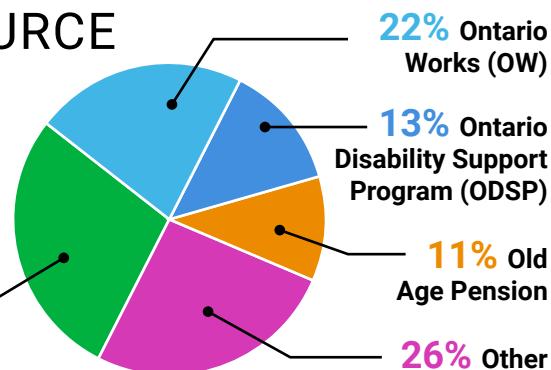
Minimum wage (\$17.60) falls far below a **living wage** (\$26 in the GTA), and those with employment from one or even multiple jobs will continue to be dependent on a food bank.



### PRIMARY SOURCE OF INCOME\*:

\*Excluding those who reported no income or didn't disclose

 **28%**  
Employment



### What will contribute to a stronger workforce?



Developing and protecting **labour laws** that benefit workers



Allowing low-income workers to keep more of their income by **increasing earning exemptions** and **reducing clawbacks**



Enhancing worker support programs like **WSIB & EI**

## Change #4: Put People at the Centre

Our neighbours who have experience living in poverty are the experts on the realities of the challenges they face.

**To truly meet their needs, their perspectives must be included when elected officials make investments and policy changes.**

### What are key next steps?



Consulting with people who have **lived experiences** of poverty



Defining poverty and the **outcomes** we are working towards



Supporting the work of **community organizations**

## OUR MISSION

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

## OUR VISION

A Mississauga where everyone is food secure.

## OUR VALUES

Integrity First  
Bold Mindset  
Respect for All  
Collaborative Leadership



Our Board of Directors provides oversight and leadership to Food Banks Mississauga's strategy and mission. [Meet our board here.](#)

## OUR FINANCES

**Every donation you make is putting food on the table for neighbours across Mississauga.**

Thank you to everyone who makes this possible, with a special thank you to our sponsors and partners who made significant contributions to support neighbours in need.

*Income and expenses include 10,283,705 pounds of donated food and household products valued at \$3.64/pound. This value has been determined by Nielsen MarketTrack, for 52 weeks ending March 29, 2025.*

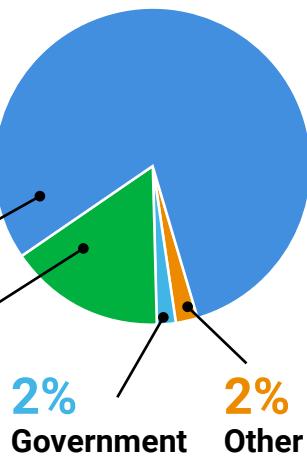
*Reporting period: June 1, 2024 - July 31, 2025*

### DONATIONS & INCOME

**\$46,428,575**

**81%**  
Donated Food

**16%**  
Donations / Sponsorships



### EXPENSES

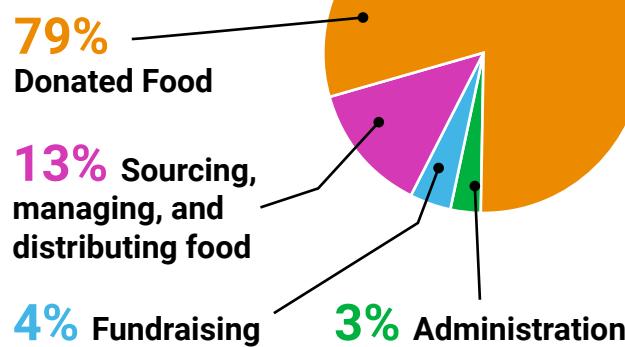
**\$47,120,729**

**79%**  
Donated Food

**13%**  
Sourcing, managing, and distributing food

**4%** Fundraising

**3%** Administration



# SPONSORS AND PARTNERS



An agency of the Government of Ontario  
Un organisme du gouvernement de l'Ontario





We at Food Banks Mississauga acknowledge that we reside and work 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.

Mississauga is home to many First Nations, Metis, and Inuit people today, and we recognize the many injustices that have been brought upon them. **We will 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.**

We are steadfast in our commitment towards truth and reconciliation by teaching, learning, advocating, and by being an allied partner to all First Nations, Metis, and Inuit people.

We will work together to create a more equitable community for all.



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