WHAT IF WE LIVED IN A CITY WHERE NEIGHBOURS GREW GARDENS AND EVERY COMMUNITY HAD A GOOD FOOD MARKET AND WHERE FOLKS COOKED MEALS TOGETHER AND WHERE THERE WERE HEALTHY SCHOOL LUNCHES AND KIDS HARVESTED FOOD IN CLASS AND IF COMMUNITIES WORKED TO BUILD JUSTICE FOR ALL? IMAGINE THAT.

FOODSHARE
2016 ANNUAL REPORT
2016 brought change. We relocated. We started new projects like Grab Some Good and the Good Food Machine. And we worked on food access and knowledge with new partners at new locations. While FoodShare innovated, one thing remained. Food insecurity.

And that’s why we move our mission forward. Our hope for tomorrow is still a resilient, just and sustainable food system. FoodShare has made food more accessible for over 30 years and as we grow, we seek new ways to work at every step of the food system and refine our impacts and reach.

I invite you to see our 2016 impacts in this annual report. Thank you to everyone supporting Good Healthy Food for All! We couldn’t do it without you.

Sincerely,

Paul M. Taylor
Executive Director
FoodShare

Suman Roy
Chair, Board of Directors
FoodShare
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And thousands of individual donors who make our work possible through the year. Thank you.
Food security exists when all people at all times have physical and economic access to adequate amounts of nutritious, safe and culturally appropriate foods (World Food Summit 1996).

In Toronto, 12.6% of households experienced food insecurity in 2013-2014 (Toronto Vital Signs Report 2016) This figure means almost one in six children experience food insecurity. And almost 31,000 households in Toronto are located in “food deserts” or neighbourhoods where households are more than a one-kilometre walk away from a supermarket.

Racialized communities, in particular Indigenous and African Canadian communities, face additional barriers to accessing food. In 2014, 25-29% of racialized households experienced food insecurity.

Due to these persistent trends of food insecurity only 38.3% of Torontonians 12 years of age and over reported eating at least five servings of vegetables and fruit daily in 2014 (Statistics Canada).

We know that food is a fundamental human right and there are health benefits associated with increased consumption of vegetables and fruit. That’s why we increase access to produce through community led projects like Good Food Markets, Student Nutrition Programs and so much more.
ORGANIZATIONAL IMPACTS

272,776
DEMONSTRATE: 272,776 people reached through food, demonstrating inspiring models of change (8% increase from 2015).

1,261
ANIMATE: 1,261 community led food initiatives animated across Toronto (5% increase from 2015).

8,697
TRAIN: 8,697 children and adults trained in Toronto, improving food literacy (10% decrease from 2015).

ADVOCATE: countless deputations given, consultations held, positions taken.
Before we eat, we grow. Last year our urban agriculture team animated 79 community led food initiatives across Toronto. That’s beekeeping on rooftops, it’s revitalizing public space to include community gardens and it’s diverting organic waste via composting. Our urban agriculture team continues to support groups like the Toronto Beekeepers Collective, Orchard People, Community Grown and many more.

Last year we:

• trained 1609 people to grow food
• harvested 7,640 lbs of food from school gardens
• employed 22 young farmers
• churned out over 18,000 lbs of compost.

Among 75 surveyed participants in 2 Urban Agriculture programs, 82.4% of individuals indicated that it takes them less time to access fresh vegetables and fruit. 56.7% said the program was extremely or very helpful in saving them money*

*Outcome data analysis was led by the consulting firm of Harry Cummings and Associates. Please contact us for the full report.
Food isn’t just about dinner. At the Sunshine Market Garden at CAMH, it’s about healing. That’s why we worked alongside clients to grow 500 lbs of organic produce last season. And the food grew hope for 20 lives changed by the therapeutic returns of gardening.

“Work in the garden takes priority over interacting with my symptoms . . . It’s a kind of medicine, to be outside caring for plants, harvesting, weeding and seeding in the greenhouse.”

Toshio, Gardener and CAMH client
In too many neighbourhoods, food is far from home or isn't affordable. That's why we delivered 2,213,227 lbs of vegetables and fruit last year. We did it by supporting markets where people get the food they want. We packed and delivered Good Food Boxes with precut produce to seniors and students. And we ran Grab Some Good markets in three TTC stations.

Last year we:

- delivered food to 265 schools and agencies
- dropped off 31,519 Good Food Boxes
- supported 42 Good Food Markets
- ran 10 Mobile Good Food Market Stops

Among 815 surveyed participants, over two thirds of Good Food Market customers report 'eating more' fresh vegetables and fruit since becoming involved with the program. 74% indicated improved relationships with other community members*.

*Outcome data analysis was led by the consulting firm of Harry Cummings and Associates.
For too long, subway transfers only offered snacks and the news. That’s why we set up Grab Some Good markets at 3 TTC stations, Kipling, Sheppard West and Victoria Park. By partnering with Toronto Public Health, we’re changing your commute and changing the story. Each market features fresh, low-cost produce that you can grab while waiting for the bus, making healthy food a convenience.

“Not everyone is close to a supermarket so I think this is such a wonderful service to have here. It’s definitely very convenient, to be able to pick up [produce] right after work. I wish it was here every day.”

Grab Some Good Market shopper
Our kitchen cooked up healthy school lunches. It’s where women going through breast cancer treatment cook together. It’s where youth get healthy food education. And by cooking recipes showcasing vegetables and fruit, we’re showing how delicious healthy eating can be.

Last year we:

• cooked at 4 high school cafeteria sites
• served 37,320 healthy school lunches to students
• delivered 22,500 cups of Power Soup
• sent 12,000 meals to seniors through our partnership with Sprint Senior Care
• hosted community kitchens where people learned and connected

Our kitchen doesn’t just deliver core projects. It supports our work and mission through catering. Order at foodshare.net and we’ll make your event delicious.
Kate’s Kitchen is a community kitchen for women going through or having finished breast cancer treatment. This unique support group offers a comfortable place to come together to learn health-supporting recipes and cooking skills.

“Food is a foundation for healing. I think that when we’re eating well, we feel well, and I believe that eating a nutrient-rich diet is key to a strong recovery. It’s also something we have control over but, if you don’t know how to cook, or what to cook, it can be challenging in an already challenging time.” Shelley McCaughtry of Kate’s Kitchen
Getting kids excited about food has lifelong returns. That’s why we animated student nutrition programs reaching 194,629 kids each school day. That’s why we worked on schoolyard farming, food literacy, the Good Food Machine and added our voice to the chorus advocating for a national school food program.

Last year we:

• supported 812 Student Nutrition Program sites
• trained 5,245 people via Field to Table Schools
• took the Great Big Crunch with 153,011 kids from coast to coast to coast
What if kids could grow, cook and eat without ever leaving homeroom? With classroom cooking they can. Partnering with LoyaltyOne, we worked with 577 students in the Good Food Machine’s first year. With a mix of tower gardens and fun curriculum tied connections, we saw kids fall in love with salad greens and parents cook family recipes in class.

“Before the holidays, the kids all harvested one last big salad from their tower garden. When asked if they wanted dressing for the salad, many said no, and were content to eat their leafy veggies without any additional dressing to make them tastier.” Rosemary, Good Food Machine Educator
Racialized communities, in particular Indigenous and African Canadian communities, face additional barriers to accessing food. That’s why food justice is at the core of our work and mandate. We provide opportunities for groups to access tools and build capacity to self-determine their local food access solutions. Last year we:

- supported 5 groups via the Cross-Cultural Food Access Innovation Hub (CFAI-Hub)
- worked with 8 community leaders and offered intensive food justice training
The Cross-cultural Food Access Innovation Hub is a platform where community led start-ups, ad hoc groups, collectives and committees can grow locally based food justice initiatives. Through a self-organization process, communities take the lead in developing solutions to address racism and exclusion in the food system. Communities also build and strengthen capacity through partnering with FoodShare.

“Through our workshops and lectures, we share traditional wisdom from Aboriginal ancestors and empower people to make healthy, sustainable choices when feeding themselves and their communities.”

Patrick and Aurora of The Three Sisters’ House
Complete audited financial statements are available at www.foodshare.net or upon request.
EXPENSES
$6,817,179*

Program Staffing ...................................................... $3,298,960
Program Costs .......................................................... $2,247,427
Fundraising and Communications .............................. $237,857
Amortization ............................................................... $211,997
Transportation and Warehouse ................................. $475,040
Office and Admin ...................................................... $154,381
Volunteers** ............................................................... $191,517

* $159,577 excess. ** Volunteer expenses cover food and transportation for thousands of volunteers who bring FoodShare programs to life.
THANK YOU
Thank you to everyone supporting Good Healthy Food for All! We couldn't do it without you.

Note: In 2016, FoodShare worked with Eco-Ethonomics to develop a third-party verified impact calculator. Numbers in this annual report were generated through that calculator.
EVERYTHING FOODSHARE DOES IS BECAUSE EVERYONE HAS THE RIGHT TO GOOD HEALTHY FOOD AND UNIVERSAL ACCESS BENEFITS EVERYONE AND BECAUSE FOOD HAS THE POWER TO MOBILIZE PEOPLE AND COMMUNITIES HAVE THE CAPACITY TO LEAD AND DIVERSITY IS FUNDAMENTAL TO OUR FOOD SYSTEM AND BECAUSE SMALL CHANGES CAN HAVE BIG IMPACTS.

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