

Feeding Families, Feeding Hope



**Cambridge Self-Help
Food Bank**

**Impact Report
2019/2020**

Our Generous Community

A reflection on the past year

As we reflect on 2019/2020 and our extraordinary accomplishments in the fight against hunger, we are incredibly grateful for the generous support we receive from our community. Without those who donate their time, money, or provide food donations, we would not be able to serve the more than 6,731 people who walked through our door last year in need of food.

For more than 30 years we have been “More than a Food Bank”. Not content to simply hand out boxes of food, we use food as a vehicle for better health, social inclusion, and mental wellness. The Food Bank is a place where groups of diverse people gather to have a conversation with a friend, prepare and eat a meal together, and access a variety of programs and supports. Through the tireless work of an incredible staff team and countless hours of time provided by volunteers, we strive to have everyone who leaves our building feeling better than when they arrived.

Our work is only possible thanks to a broad range of funders, partners, and a generous community. With their support we have been able to continue to innovate our food and nutrition programming; children are eating more fruit and vegetables, caregivers are reporting improved health outcomes, and a significant reduction in stress. Seniors are less socially isolated. Together we are making a difference in Cambridge and North Dumfries and we invite you to join us on this journey of mutual respect and support.



Dianne & Kristen

Dianne McLeod- Executive Director
Kristen Danson- Chair

Our Board

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Chair

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Nancy Mason
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Food Co-Op

More than a Food Bank

Typically when we think of a food bank, we think of a place that provides boxes of food for people who are in need. While that is something that the CSHFB does there are, several other food programs that offer ongoing, supplementary food for those living on a low income. One such program is the Food Co-operative. The Food Co-op started more than 30 years ago by a small group of local citizens who wanted to help their neighbours during the recession of the 1980s. Together they developed the concept of a Food Co-operative that would be participatory and inclusive, a program that would bring people together to pool resources and support one and another.

Co-op members donate their time to keep the Food Co-op running and make a small membership contribution of \$10 per month. Whether it be unloading a truck, performing administrative duties, or being a friendly welcoming face for new members, the Co-op would not be able to function without the support of its members.

“The Co-op helps me stretch my food budget. I spend most of my income on rent so there isn't a lot left for food. I like that I contribute, it's not charity, I am part of a food club and helps me stretch a dollar.”
-Co-op member



Co-Op
Members
Contributed
13,329
Hours Over
the Last Year

Meet Mary



“

I retired from the position of Administrative Assistant at Maranatha Church after 17 years. It's a position that brought me closer to people's lives, surprised me with their hidden strengths and foibles, and reminded me that in the end all of us are God's children in need of a little love. Volunteering at the Food Bank was the same, in that way.

-Mary, Dedicated Volunteer

”

Mary began volunteering in our clothing room, a job that was fulfilling but not without its challenges. She diligently sorted through many bags of clothing donations, ensuring that only those items that she would have her own family wear would be placed in the Clothing Room for participants to access. She took the clothing home and mended seams, and sewed on buttons and searched relentlessly for the perfect outfit a man needed for an upcoming job interview.

Before coming to the Food Bank Mary says she lived a middle-class life, not knowing the deep impacts of poverty on individuals and families. “I would drive by people who were homeless downtown and feel sad but I would see them as others; people without names, faces, and stories. All I knew about people who were homeless is what I saw in the media”.

It didn't take long before Mary began to learn the names and faces of those who would visit the Food Bank on a regular basis. Many different people, from all walks of life, visited Mary in the Clothing Room. Whether it be a mother who was looking for back to school clothing for her children, a newcomer family needing winter wear for their first experience with winter, or a man who was homeless and struggling with substance use, Mary offered them all the same thing- kindness and respect.

Volunteer Highlights

“
I like helping people. I like that what I do benefits people in the community and fills the bellies of those struggling with food insecurity. Children with full stomachs are then able to learn which benefits the community as a whole. I am grateful to be a part of that.”
- Campbell, Volunteer



415
Volunteers at
CSHFB

14,876
Volunteer
Hours

31
Community
Groups
Volunteered

The Impact



604,602 lbs of
Food Distributed to
Partner Agencies

Over

1000

Christmas Dinners
Provided



3,780 Contacts
Made by Street
Outreach

11,630
Food Baskets



934855

Pounds of Food Donated

7,572 Hot Meals Served

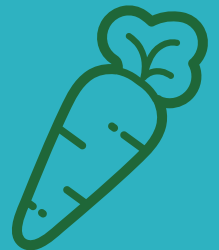
100

Welcome Home Hampers



12
Countries Visited in
Global Kitchen
Workshops

8,407 lbs of
Food Grown



10204

lbs of Food Diverted
From Landfill





Started in 2008 by two grandparents who suddenly found themselves parenting again, the CSHFB Kinship program meets monthly and offers support to families who are parenting children from their extended family. Grandparents who are often parenting for the second time, face unique challenges in raising children, most of whom have experienced trauma.

“This Kinship Group is important to me because it helps the kids connect with other kids that understand what they are going through. The caregivers get to be involved with each other, we listen to each other, share our stories and provide support to each other.”
-Kinship Family



12
Kids in the
Kitchen
Workshops



107
Nutrition
Workshops



181
Children
Connected
to Supports

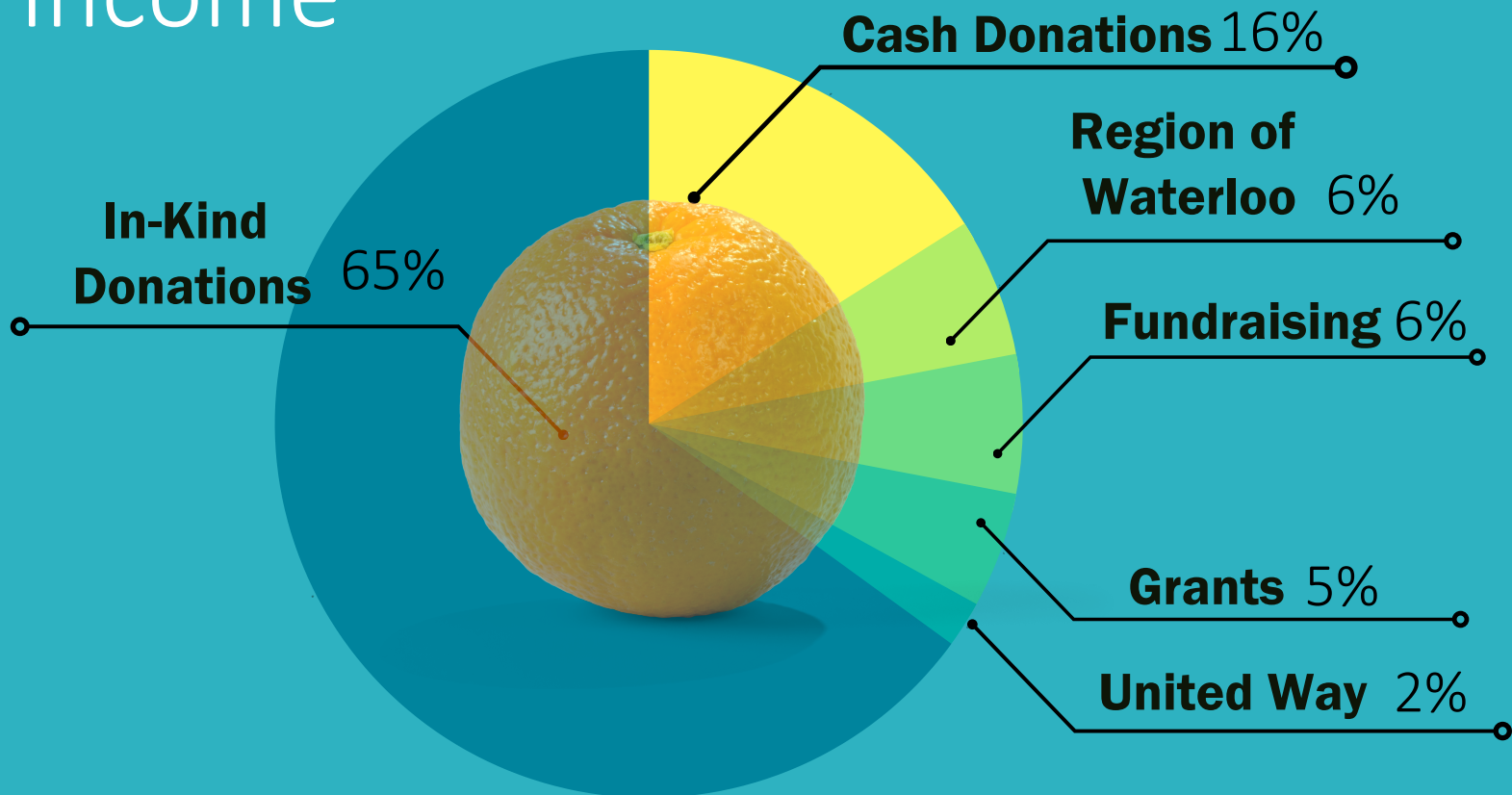


23
Lunch and
Learn
Workshops

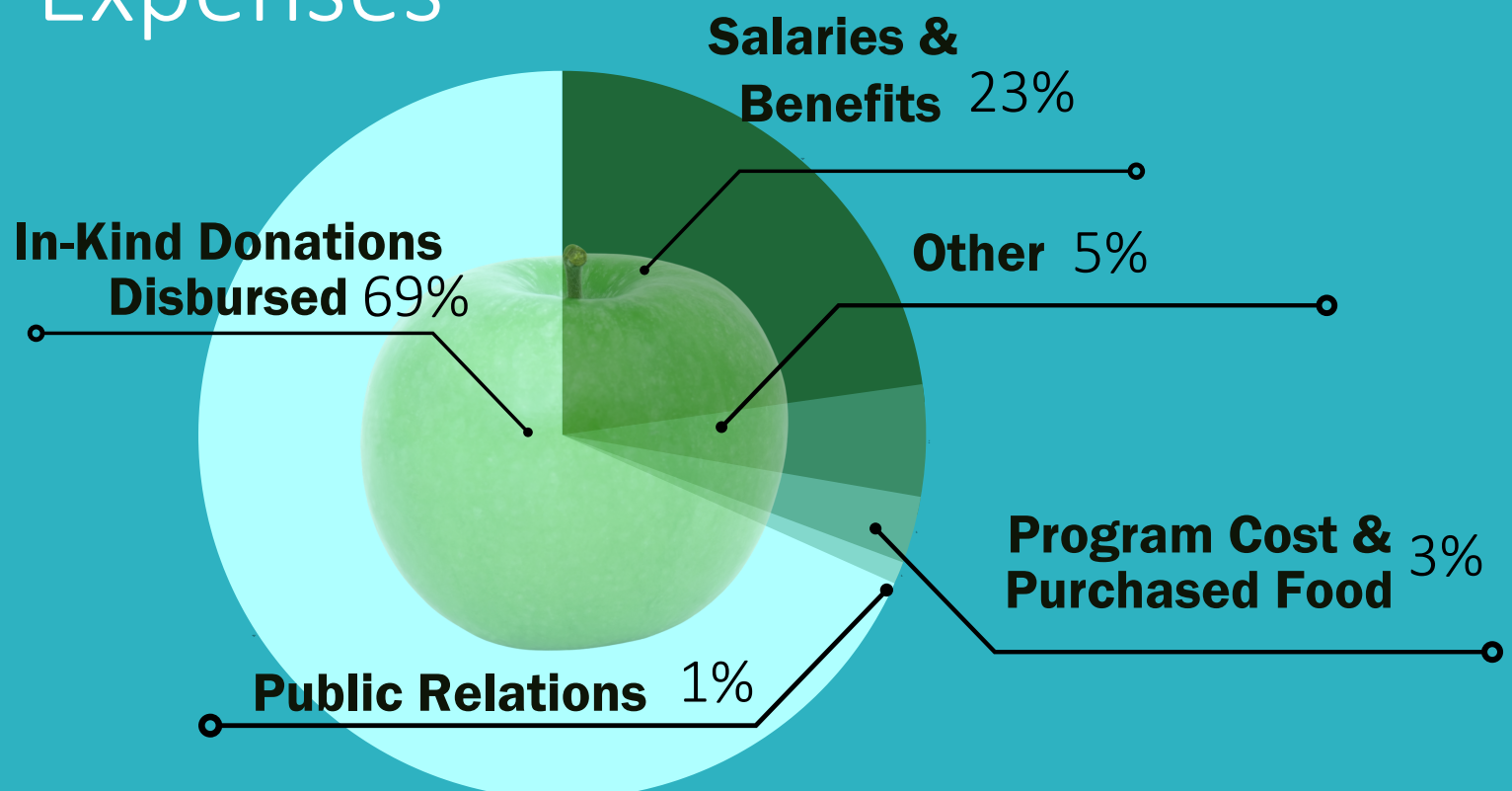
FINANCIALS

For the Fiscal Year Ending on March 31, 2020

Income



Expenses



Growing Because of You

Thank you to our \$1000+ donors

810638 Canada Inc
Craig and Dana Albrecht
Philip Allanson
Allianz Global Assistance Canada
BDO Canada LLP Head Office
Bennett Chevrolet Buick GMC
BITelligent Software
Margot & Peter Bogdon
Buildcraft Leasing
BWXT
Calvary Assembly
Cambridge & North Dumfries
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Terry & John Hamilton
Fady Hanna

HIP Developments
Glenn & Kellee Hitchcock
Jocelyn Horner
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Kitchener Coin Machine Company Ltd.
Gertrude & Jacobus Kok
KW Region Elks Lodge 578
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Local Initiative For Future Energy
Jennifer Loker
Lone Wolf Technologies
Maranatha Christian Reformed Church
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Dean McIntyre
Barry McIsaac
Leanne Sherry
Bill & Jaclyn Medeiros
Minuteman Press
Tara Mondou
Joanna Nairn
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Mary Anne Poland
Powerline Logistics
Preformed Line Products
Preston Mennonite Church
Abdul Qureshi
Hailey Reese
SHELDON RIER
Royal Highland Fusiliers Of Canada

JBernd Schaale
Charlene & Fred Schiedel
Joanne Scott
Sew-Fab Ltd.
Elmer & Eileen Shantz
Ivan and Denielle Sider
Silvercreek Food Services Inc.
Silverstar Society
Slotegraaf Construction
Helena Soares
Southworks
St. Elizabeth Catholic Elementary
School Steelworkers Humanity Fund Inc.
Karen Suk Patrick
Paul Sunseth
Faisal Susiwala
T.I.G.Stainless Installations Ltd.
TD Bank Branch 0092
The Balsillie Family Foundation
The Colwyn and Jean Rich Foundation
The Co-Operators, Claims
The School Sisters of Notre Dame
Perry & Sandra Tibbo
Toyota Motor Manufacturing
Theodore Trafford
Trillium United Church
Turkstra Lumber – Cambridge
Twin Pines Investments
Unifor Social Justice Fund
United Kingdom Club Of Cambridge
Gwen Van Dongen
Pieter Venema
W.M. Brown Medicine Professional
Corporation
Lorne & Kelli Wallace
Kurt & Bertha Walter
Wesley United Church
Pam Wolf

Slotegraaf

Built right. On time.

“The Cambridge Food Bank wouldn't exist without the community.”

About Slotegraaf:

Slotegraaf Construction is a custom home builder and renovations company located in Cambridge. We have been a part of the local community for 41 years, started in 1979 by Sweitze Slotegraaf, and now owned and operated by his son, Dave Slotegraaf. As a company, our vision is 'to build our clients a home they love'. We successfully achieve this with a dedicated team of 50+ employees, skilled sub-trades, and suppliers who purposefully join together to serve our clients. Residential construction design and building continues to change the face of our local neighbourhoods and it is our goal to leave a positive impact, making Cambridge a beautiful community to live in.

Why do you think it is important to give back to the community?

As a company and a team of individuals working together, we recognize that giving back to the local community is important and we do it for several reasons. Charity and helping others provides hope, kindness, and a lifeline when it is needed most. Charities like The Cambridge Food Bank wouldn't exist without the community. The impact that this charity makes on real families and individual's health, nutrition, and mental health is essential in building a strong community that cares for each other. Covid-19 has increased the needs of our community- people who are unexpectedly out of work, families struggling to make ends meet, not knowing where the next meal is coming from and how they will pay their bills. Fostering the habits of giving to the community within our company has enabled us to make a positive impact on the lives of others and we are blessed to be part of a greater community program.

Why did you choose to give to the CSHFB?

As a company, we have donated to the local food bank for several years. As owners, we believe that caring for the less fortunate and struggling is our responsibility. As we have seen in the last 6 months life can change quickly and providing necessities like food and shelter became difficult for many. Last thanksgiving our employees banded together and ran an amazing food drive for the food bank, buying food and also collecting from friends and neighbours. As a team, they recognized how fortunate they were to have an abundance of food on their tables and wanted to help those in our community to have the same thanksgiving dinner and healthy food available regularly. We recognize that the need far outweighs our ability to give but if we all help in our small way we can make great things happen together.

Thank you Slotegraaf, we could not do what we do without you!

Our Partners



LYLE S. HALLMAN
FOUNDATION



Cambridge &
North Dumfries
Community
Foundation

THE
FoodBank
OF WATERLOO REGION



United Way
Waterloo Region
Communities

Food Banks
Canada



Make a Difference

We welcome the support of returning and new friends and partners who have the same belief as we do- that nutritious food is a human right. We provide a variety of ways for everyone to get involved and make a difference in their community! Join us today by getting involved with the Cambridge Self-Help Food Bank!



Donate: Make a difference in your community today by donating to the CSHFB. Every dollar donated helps to provide three meals. Donate today on our website.



Fundraise: Host a fundraiser today! Some fundraisers include; food drives, bottle drive or carwash! For more ideas or to let us know about your upcoming event, give us a call; 519.622.6550



Work: Get involved on a company-wide scale! Compete against other departments when collecting food or funds, sponsor food resources, or provide a Christmas dinner for a family in need. Check with your company to see if they provide dollar or time matching programs.



Volunteer: Volunteering is a great way to give back while connecting with others. Head to our website to see available volunteer positions and start volunteering today!



Connect: Join the conversation with all things happening at the CSHFB. Connect with us on Facebook, Twitter, Instagram, and on our website!



Donate, Volunteer, Learn More:

cambridgefoodbank.org

Cambridge Self-Help Food Bank
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