



**Cambridge
Food Bank**

**Impact Report
2021/2022**

Making a Difference

When we look back at the journey that our community has been on over the last two years, it has been significant. The effects of the pandemic are still evident within our economy, creating financial pressure for many of our local friends and neighbours. Despite all of this, one thing has been clear - our community has come together to help us build health and belonging through food. We appreciate all of the support that we receive from our donors. It is your generosity that has allowed us to receive and distribute more 1 million pounds of food in the last year, and continue to deliver wellness programming to help those who need it most.

2021/2022 allowed us to take a look at how we, as an organization, are able to get help to those who need it. When we launched our Mobile Food Market one year ago, we served 60 families each week. Within a year we have been able to serve more than 500 families each week and we recently celebrated the milestone of serving our 18,000th basket. We've had the opportunity to work closely to collaborate with strong community partners to host the Mobile Food Market. Through this, we've seen our host locations become gathering spaces for neighbours, and friendships have flourished.

Alongside providing food security for our community it is important to us to continue to provide health and wellness offerings. We have seen an overall increase in engagement from participants with adults, children, and whole families participating. More significantly, attendees are making substantial progress on multiple levels - including both mental and physical health and developing strong friendships and networks of support.

We are able to transform lives thanks to you, our community, donors, volunteers, and partners. We are grateful that your generosity has allowed us to deliver food, programming, and new initiatives to those who need them. The Cambridge Food Bank would not be where it is today without you. We're thankful to have your ongoing support. Together, we truly are making a difference.



Dianne & Irindeep

Dianne McLeod- Executive Director

Irindeep Badial- Chair

Our Board April 1, 2021-March 31, 2022

Irindeep Badial
Chair

Nicole Papke
Vice-Chair

Nancy Mason
Treasurer

Jen Loker

Yasmine Mohamed

Kevin Moule

Katherine Hughes

Kristen Danson

Kevin Swayze

Renée Darrell

Kari Breen

Satdip Binning

Volunteers



"I volunteer at the Food Bank because it is a much needed service to the community of people who find it hard to meet their basic needs every week. It's a good feeling to be a part of the Food Bank team.

Working there has had a big impact on me in not only recognizing how blessed I am, but I have been so impressed by the awesome, friendly and dedicated staff there who give of their time.

I would highly recommend anyone to volunteer some of their time to help at the Food Bank. It could change your life."

-Dave – Corporate Volunteer



"I lost my job 6 months ago and thought I might need to rely on the Food Bank to keep us afloat. Although I found I did not need to use it, I realized I could give my unemployment some value by using my time to give back.

It has easily been one of the most rewarding efforts I have made in recent memory. The people are wonderful and it feels good to be a part of something that is trying to help. It's no secret our systems are failing us. Volunteering gives me hope that we can lean on each other as a community to drive real change. Would you recommend volunteering at the Food Bank? 100%, and I do!"

-Adrianne – Community Volunteer

9,875 volunteer hours contributed by community members

Farm Partners

This past year we've had the pleasure of working closely with a variety of farms. From apples to organic kale, from peppers and eggplants to eggs, here's a close up of two particularly unique and outstanding farms that have joined us on the first year of our Mobile Food Market journey.

Fertile Ground Farm

Located in St. Agatha on the Treaty Lands and Territory of the Mississaugas of the Credit, Fertile Ground Farm is an ecological farm that not only grows food organically, but stewards the land they are on. They take care of the soil, seeds, and pollinators, and participate in farmer-led research that helps strengthen a healthy local food system. A living wage employer, they run a CSA (Community Shared Agriculture) based farm growing for more than 375 members. Believing in food justice, Fertile Ground has a community fund that these members can contribute to and in 2021, not only did they match our \$3,000 purchase of produce from them with an additional \$3,000 worth of produce for the Mobile Food Market, they also donated hundreds of pounds of produce for the Community Pantry. What does that look like? Every 2-3 weeks from midsummer until fall folks were able to have a fresh, organic produce item such as kale, carrots, kohlrabi, beets, and squash.



Whispering Meadows Family Farm

Whispering Meadows specializes in meat and eggs, specifically organic beef, pork, lamb and chicken, with a large focus on meats adhering to halal practices. Having halal certified beef meant being able to provide a great protein source for more of the diverse populations that the Cambridge Food Bank and the Mobile Food Market serve. We were able to make a fantastic connection with them when we ordered the equivalent of a whole cow in the winter of 2021. Whispering Meadows showed incredible generosity by donating an additional 500 lbs of halal ground beef and over 300 dozen organic, free range eggs. It is wonderful to be able to include rich protein sources to those who may not otherwise be able to afford this nutritious food.



The Impact



1,087,175 lbs of
Food Distributed to
our Community

Over

4,000

Neighbours visited us for
emergency food assistance



Youth attended Wellness
programs

14,377 visits
to Community
Pantry

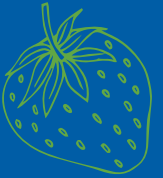


939 535

Pounds of Food Donated

\$74,800

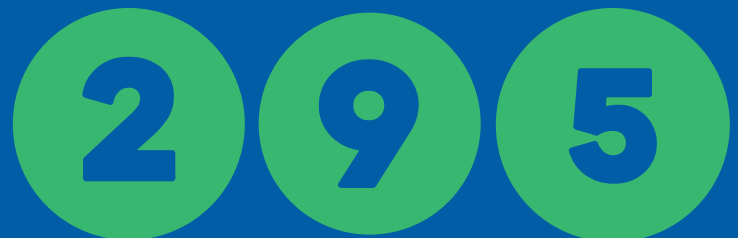
Invested in local farmers



7,983

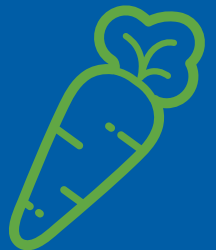
Visits to the Mobile Food
Market

Providing 31,932 nutritious
meals to our community



Adults reported improved
health after attending
Wellness programs

25,308 lbs of
food grown
locally



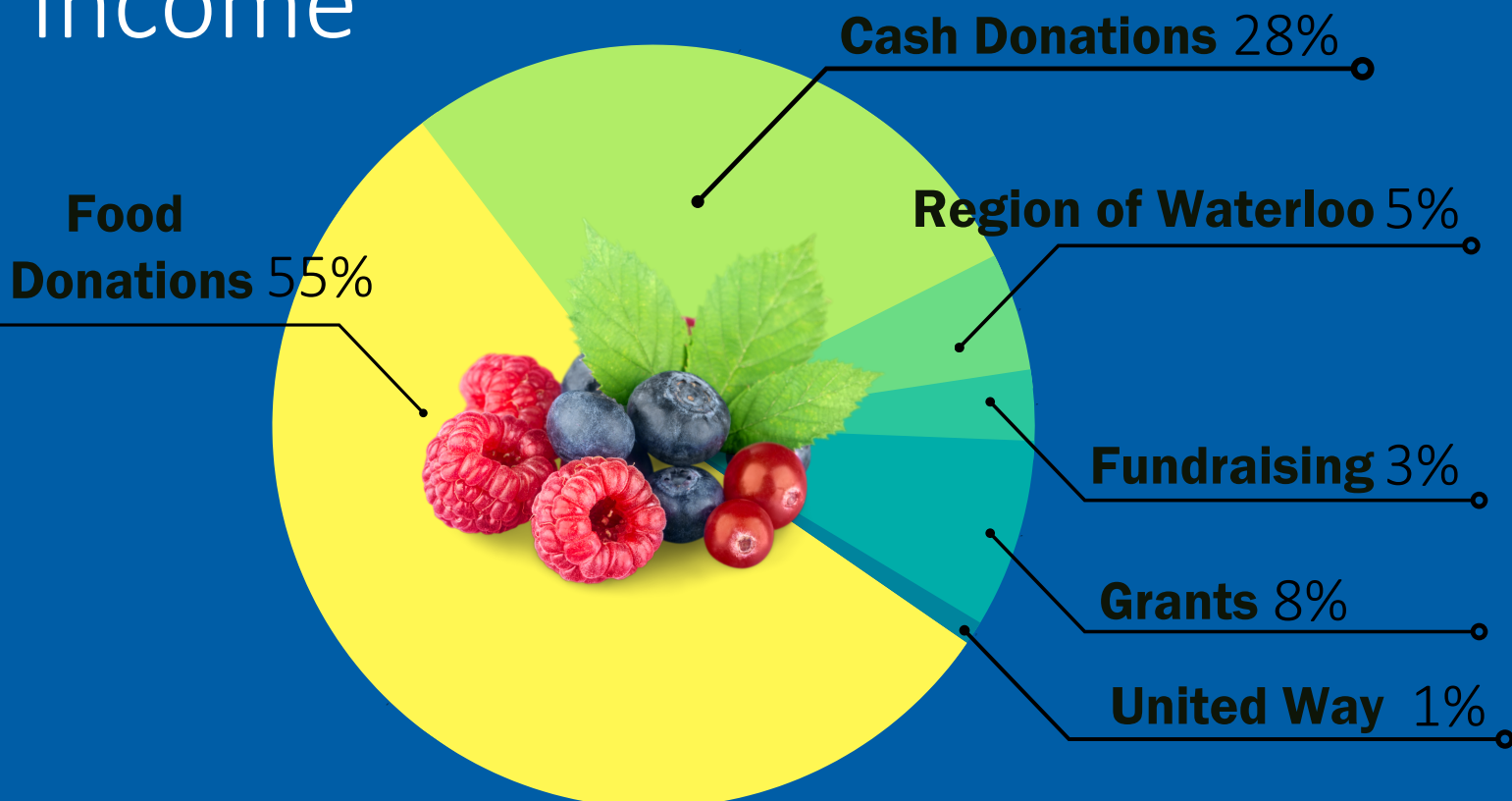
175,721

Pounds of Food Diverted
From Landfill

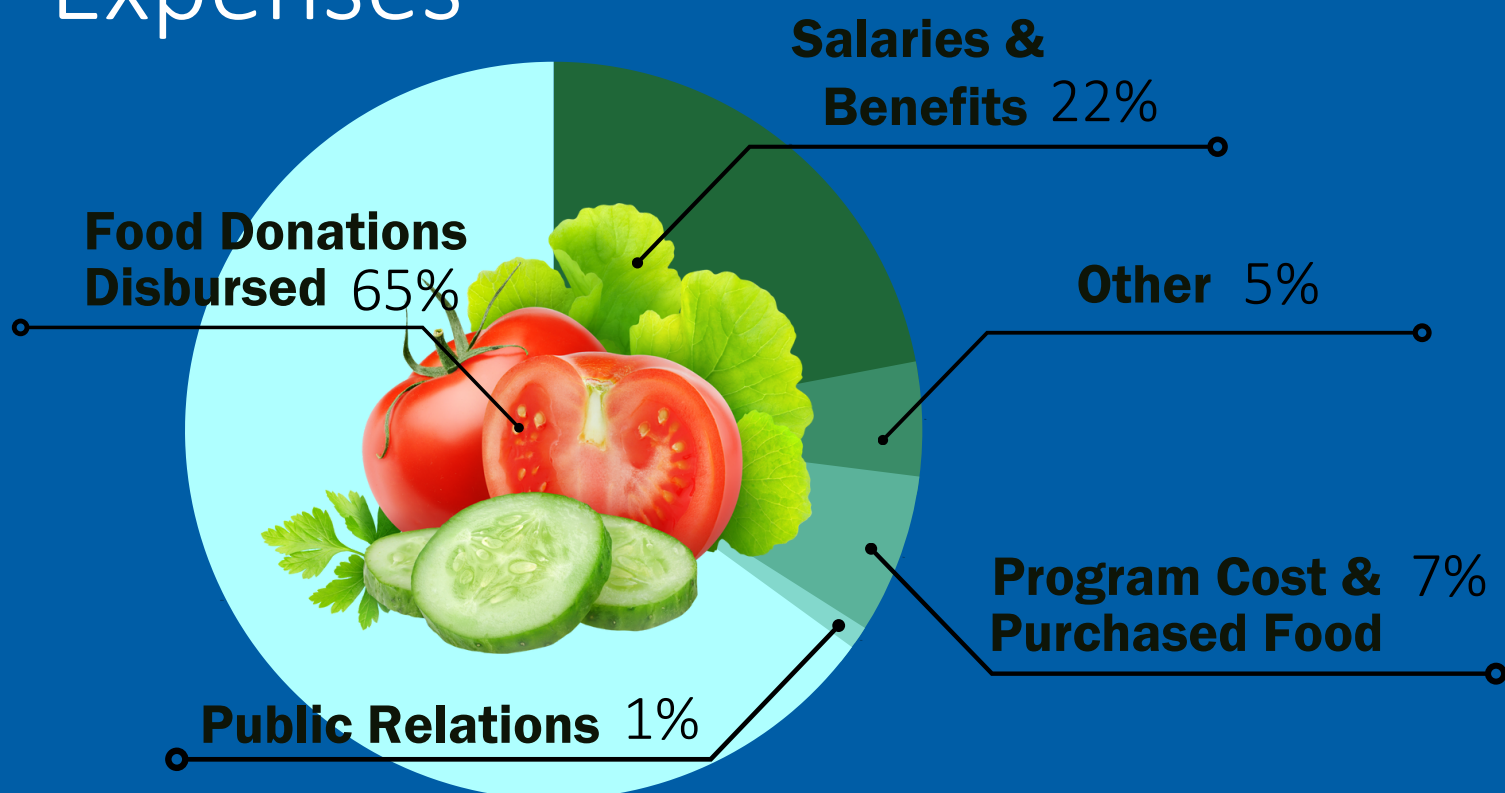
FINANCIALS

For the Fiscal Year Ending March 31, 2022

Income



Expenses



Abel Anderson Award

This award is presented annually during the Annual General Meeting of the Cambridge Food Bank. It was established in 2002 as a memorial to Abel Anderson, a young man that died in a tragic accident in 1991. He was fourteen.

Abel's native heritage encouraged him to be the best he could be, despite facing many challenges. Abel's mantra of always doing his personal best was a legacy that he left. When asked what he wanted to do when he grew up, Abel's comment was, "I want to be a good person". For his family and friends, he more than fulfilled that aspiration.



This year we are pleased to announce that Jazmika (Jaz) Holness is the winner of the Abel Anderson Award.

Jaz has stepped up throughout the creation and execution process of the Cambridge Food Bank JR Ambassador program; a program that develops future leaders and philanthropists through volunteer work.



In addition to her work with the food bank, Jaz has excelled at helping with the Black Girl Excellence Program (BGX). She has helped develop the program with her vision, leadership skills, and positive attitude. She has been a positive influence within the group and helps all the girls in the BGX program feel comfortable.

It has been wonderful to see Jaz grow over the last year. Her confidence is soaring, and she is kind, loving and caring, but also a funny gal. Working with Jaz at the Mobile Food Markets, you can see that she is going to do great things. The children and youth love her as she is open and welcoming, she is seen as a safe space. One of her fellow JR Ambassadors said "Jaz is so funny, I know she will have my back and I can learn from her too. Thanks Jaz, you rock!"

Jazmika (Jaz) Holness- 2022 Abel Anderson
Award Recipient

Donor Spotlight



For more than a decade, Gerdau Ameristeel and its employees have been supporting the Cambridge Food Bank in the fight to end hunger. Whether through financial or food donations, Gerdau's support has been invaluable in our efforts to meet the ever-growing need in our community. In 2021 alone, \$11,000 was donated by the company.

Employees are encouraged to get involved in supporting the community in a variety of ways including raffles during the holidays. Proceeds from scrap metal generated from the Gerdau Cambridge Mill location go to a variety of charities, including the Cambridge Food Bank.

This year, the Cambridge location installed raised vegetable gardens on site and have been growing fresh produce for our Youth Wellness programs and distribution in Emergency Food Hampers.

"Social responsibility is one of our core values and we are always looking for new and innovative ways to give back to the community and participate any way we can. It has been difficult to do anything other than donate funds over the last couple of years, but we are looking forward to getting back into the community and having our employees volunteer again." – Kim Newman, HR Generalist.

With over 120 years in business globally, Gerdau recognizes that responsible environmental stewardship is essential in sustaining a healthy planet. At the corporate level, Gerdau has implemented processes and made environmental, social, and governance commitments including:

- Gerdau recycles over 14 million tons of scrap per year.
- Gerdau is striving to be carbon neutral by 2050.
- Co-products created during steel production are used in road paving, railway ballast, foundries, cement manufacturing, and ceramics. Gerdau recycles more than 90% of its co-products.
- Greenhouse gas emissions produced by Gerdau are less than half of the steel industry average.

On behalf of the volunteers, staff, Board of Directors, and people who access our services, we thank Gerdau for its continued support of our mission to Build Health & Belonging through Food.



Growing Because of You

Thank you to our \$5000+ donors

810638 Canada Inc	Greentec International Inc.	Schaale, Bernd
Alltrade	Groom, Richard	Sensor Health Products Inc.
Arriscraft Canada Inc.	Hamilton, Terry & John	Silvercreek Food Services Inc.
Boucher, James	Hammond, Audrey & Morely	Slotegraaf Construction
Brian Domm Farms Ltd.	HCS Contracting	Sobey's Westgate
Albert & Susan Budding	Hitchcock, Glenn	Estate of William Stackhouse
Cambridge Highlands Lions Club	J.D. Walden Family Foundation	St. James Evangelical Lutheran Church
Cambridge Memorial Hospital	Jacques Daoust Coating Management Inc.	Sunrise Rotary Club
Cambridge Muslim Society	Keith Parkinson (In Memory of Sheila Parkinson)	Sunseth, Paul
Canuck Compounders Inc.	Leung, Tin	Terrace Manor Limited
Central Presbyterian Church	Loblaws Inc.	The School Sisters of Notre Dame
Canadian General Tower	Maranatha Christian Reform Church	TJs Farm Fresh
Canadian Pacific Railway	Mersynergy Charitable Foundation	Toyota Motor Manufacturing Canada
Canuck Compounders Inc.	Milward, Jennie	Trillium United Church
Cathy Dickson	Mitchell, Kelly & Kevin	Twin Pines Investments
Dale Ducharme	Moore, Jean	Unilock Ltd.
Farm Mutual Rd	Nickel, Dean & Mary	United Way Waterloo Region
Galt Chrysler	Noseworthy, Ivan	Communities
Gerda Ameristeel Corporation	Poland, Mary Anne	Van Dongen, Gwen
Gilks, Hazen	Preston Mennonite Church	VanRooyen Earthmoving Ltd.
Gore Mutual	Rev Canon E Karen & David M Kovats	Venema, Pieter
Greentec International Inc.	River City Church	Walden, Dave
Groom, Richard	Robert Nickel Family Foundation	Wallace, Lorn & Kelli
	RW Dyer Realty	Walter, Kurt & Bertha

Our Partners



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 Food Bank!



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



Fundraise: Host a fundraiser today! Some fundraisers include a food drive, 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 holiday 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 CFB. Connect with us on Facebook, Twitter, Instagram, and on our website!



Donate, Volunteer, Learn More:

cambridgefoodbank.org

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