

CENTRAL FOOD NETWORK



ANNUAL REPORT

2022



Central Food Network

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www.centralfoodnetwork.org

PO Box 213, Wilberforce, ON K0L 3C0

CHAIR & EXECUTIVE DIRECTOR'S MESSAGE

Our small nonprofit continues to play a **critical role in delivering essential services** to our community at a time when they are most needed.

As an organization that **does not receive regular government funding**, we start each year with faith that donations and support from local businesses, community members and other charities will sustain us through **increasing demands** on our services. While we continue to direct a portion of our efforts into **longer-term solutions**, rising food and fuel prices and the escalating local housing crisis are resulting in surging demand for emergency food, heat, hydro, and support services.

Heat Bank served **27% more households** than 2021 and visits to our food banks **increased by 22%**. We fed an average of **194 people monthly** - more than ever before.

Despite these challenges, our team of volunteers and staff remained committed to our mission and worked tirelessly to keep shelves, bellies, wood stoves and fuel tanks full - all made possible by **hundreds of caring individuals, businesses and dedicated community partners**. We are deeply grateful for all of the support of our community, who have stepped up to provide **critical funds, volunteer time, and other resources** to help us continue our work.

We remain committed to building **strong relationships with our supporters**, communicating regularly, and diversifying our funding sources to ensure that we move forward from a strong foundation.

We continue to trust that with your support **we will continue to make a positive difference** for the people in our community who need it most.

NANCY WRIGHT-LAKING & TINA JACKSON

Chair, Board of Directors & Executive Director

HIGHLANDS
EAST
FOOD HUB

CARDIFF
COMMUNITY
FOOD BANK



HIGHLANDS EAST FOOD HUB

The Highlands East Food Hub (Wilberforce Food Bank) and its **14 incredible volunteers** were hard at work keeping our shelves stocked and ensuring bulk food donations were put to good use.

Through our rescue food efforts, **78,475 pounds** of surplus food worth **\$251,905** was picked up by Food Hub Manager, **Ken Mott**. This food is used to **stock our food banks, turned into meals** by Community Cooks and **delivered to other nonprofits** and people in need, too. This is in addition to our food bank offerings!

Our gratitude to **Haliburton Highlands OPP** and **Foodland Wilberforce** for **Fill the Cruiser & Sobeys** for donation top ups, **Municipality of Highlands East, 100.9 Canoe FM, Feed Ontario, CSIF** funding through **HKPR Health Unit, DWL Financial Group, Estate of Thomas Deacon, Gooderham & Harcourt TimbrMarts, Haliburton Lions Club, Montage Real Estate, Kawartha Food Share, Kawartha Food Source, local lake & cottage associations**, businesses & individuals.

Thank you!

Harcourt Park residents **Sarah, Laura and Nimet** brought to life The Crockpot Project!

They raised funds to buy **28 crockpots** plus **60 \$25 grocery cards**.

These were distributed through our food banks along with a **recipe booklet** made by our summer staff, **Ryan!**



144

**HOUSEHOLDS
ACCESSED
FOOD**

317



PEOPLE FED



105

**HOLIDAY
HAMPERS**

CARDIFF FOOD BANK

Cardiff Food Bank Manager, **Cam McKenzie**, and 4 volunteers **devoted 487 hours** over the year to keep the shelves stocked with a variety of foods, including fresh foods in the fridge and freezer.

Receiving donations of **fresh garden produce** from local community residents as well as regular and ongoing support from some very keen shoppers was so appreciated!

Our gratitude to - in addition to those mentioned under the Highlands East Food Hub - members of the **Our Lady of Lourdes Catholic Church, Cardiff United Church & Cardiff United Church Women, St Marks United Church, Cardiff Community Club, K-40 Club of Bancroft, Bancroft Foodland** as well as businesses, **lake & cottage associations** and individuals. We could not do this without your support!

Thank you!

A special thank you to **Paudash Lake Marina** for donating **\$3,000!**



Every year, **93.5 Moose FM's Radiothon** supports food banks in Haliburton County.

This year, over **\$50,000 was raised!**



64

**HOUSEHOLDS
ACCESSED
FOOD**

177



PEOPLE FED



48

**HOLIDAY
HAMPER**

COMMUNITY COOKS

Community Cooks produced **ready to heat & eat meals** to support households who are **without year-round running water** or **proper kitchen facilities**. We also know some of our senior and single clients are less likely to cook a full meal for themselves.

In addition to **43 Turkey Dinners** made for the holiday season, the Cooks whipped up everything from **soups, pasta dishes, chicken & rice** meals plus **868 servings** of treats & snacks, too!

Now in its second print, proceeds from Our Community Cooks! cookbook continue to help support our programs. Thank you to **Agnews, Cardiff Country Store** and **Lucky Dollar** in Gooderham for selling copies!

Coordinated by staff, Rachel Gillooly, and supported by volunteers, we continue to offer **hamper delivery** services to reduce barriers to food access for households across Highlands East & Harcourt region.

Thank you!

Our holiday Toy Shoppe made the season brighter for **118 kids & youth** across Highlands East and Harcourt! thanks to **13 volunteers, Haliburton Home Builders, Haliburton Rexall and Haliburton Shoppers Drug Mart** and many donors!



4,441

**MEAL
SERVINGS**



16

**VOLUNTEER
COOKS & DRIVERS**



180

**FOOD
DELIVERIES**

HEAT BANK

With a team of **16 firewood volunteers**, our Client Services staff, Rachel Gillooly, responded to the **busiest heating season we've ever had - 27% more homes** needing help. With fuel rates high - particularly for oil customers - we were thankful for a milder winter season. But the impact of inflation was hard-felt by many. So we were particularly grateful for **YPI program** & local **Haliburton high school** students for funding **57 free energy conservation kits!**

We assisted **338 people** with supports ranging from information & referrals, grants for heat, hydro or furnace repairs, advocacy, emergency firewood deliveries, financial problem-solving,, application assistance. In fact, in addition to the grants distributed, staff were able to 'unlock' **over \$118,000** in other benefits for clients!

Our gratitude to **Haliburton Forest, CDH Carpentry, Boshkung Lake Property Owners, Gooderham Action Committee, Voima Group** and many other businesses, lake & cottage associations & individuals for their timely support. Many thanks to **Abbey Gardens** and the **Municipality of Highlands East** for hosting wood depots!

Thank you!

**Rhubarb
Restaurant**
raised over
\$33,000 at their
annual event!



Budget Propane
donated **\$6,000!**

**Canoe FM Radio
Bingo:** \$5,000!

Gauntlet Challenge
folks: **\$3,633!**



156

**HOUSEHOLDS
ASSISTED**

53



**LOADS OF
FIREWOOD**



216

**CALLS FOR
ASSISTANCE**

Income Tax Clinics:

We held our third **Volunteer Income Tax Clinic** with **three dedicated volunteers** filing **58 tax returns** for local residents. These returns were the direct link to **critical income supports** such as Canada Child Benefits and the Guaranteed Income Supplement for seniors. We gratefully acknowledge **Canada Revenue Agency** for its support of the CVITP program, as well as a grant of \$790 to help offset our costs.



58

RETURNS FILED

FAST FACTS

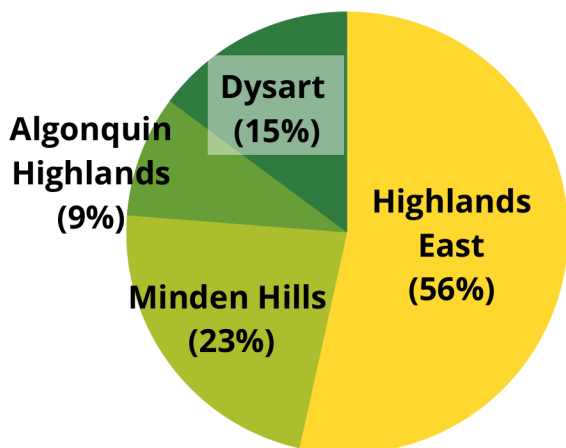
Total impact of all programs:

3,499 Visits / Requests

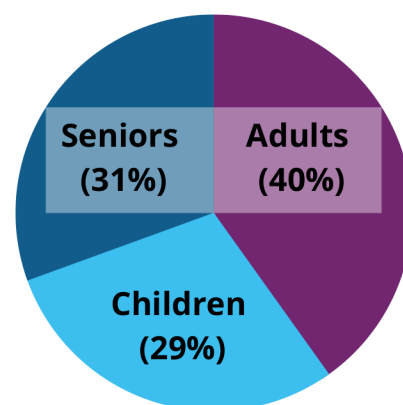
892 People Received Help

* There may be some duplication between programs

Heat Bank Service: Households by Township



Client Ages - Heat & Food Banks



Almost **2/3** registered Food & Heat Bank clients were either **seniors** (55+ yr) **or children** (0-18 yr)

