



The Joy of Food

2015/2016 Stakeholder Impact Review



Celebrating the Joy of Food

There is so much to celebrate this year. A larger location to increase service to our community. A new executive director to lead NYH as it grows. But most of all, we want to celebrate YOU. The amazing individuals, companies and organizations who have joined us in ensuring our neighbours can celebrate the joy of food.

Enough good, healthy food is one of the most important parts of our lives. It not only affects the physical and mental health of the children, adults and seniors in our society, it is a central building block of community and emotional health. Though we continue to see an increase in food bank usage across northern Toronto, because of you we have been able to ensure that when people visit the food banks, they can get the food they need.

In June NYH was able to move to a new location, and with the support of generous donors, greatly increase our capacity to distribute fresh and frozen food. The new space means more perishable food available for our clients leading to healthier hampers of food for their families.

Together we have also built community around food. Many of the programs you have helped fund work to provide opportunities for community members to learn new food skills, cook and eat together, share knowledge and cross cultures and language barriers.



With so much to celebrate there is still much work to be done. We are looking forward to the year ahead and believe that together we can take strides towards a Toronto where no one goes hungry.

With gratitude,



Ryan Noble
Executive Director

&



Kerry Mitchel
Chair of the Board



Vision

A community where all members are able to meet their food needs.

Mission

To engage our community in meeting the food needs of northern Toronto by providing dignified food assistance, education and long-term food solutions.



FOOD RAISED

MONEY RAISED*

PEOPLE SERVED

YEAR

2,300,000 LBS

\$1,608,174

159,060

MONTH

191,667 LBS

\$134,014

13,255

DAY

6,301 LBS

\$4,405

436

**based on Fiscal 2015 Audited Financial Statements*

Donor Campaigns

4 Public Food Drives

33 Foundations

50 Faith groups

102 Community groups

126 Schools

220 Corporations

252 Food & Fund Drives

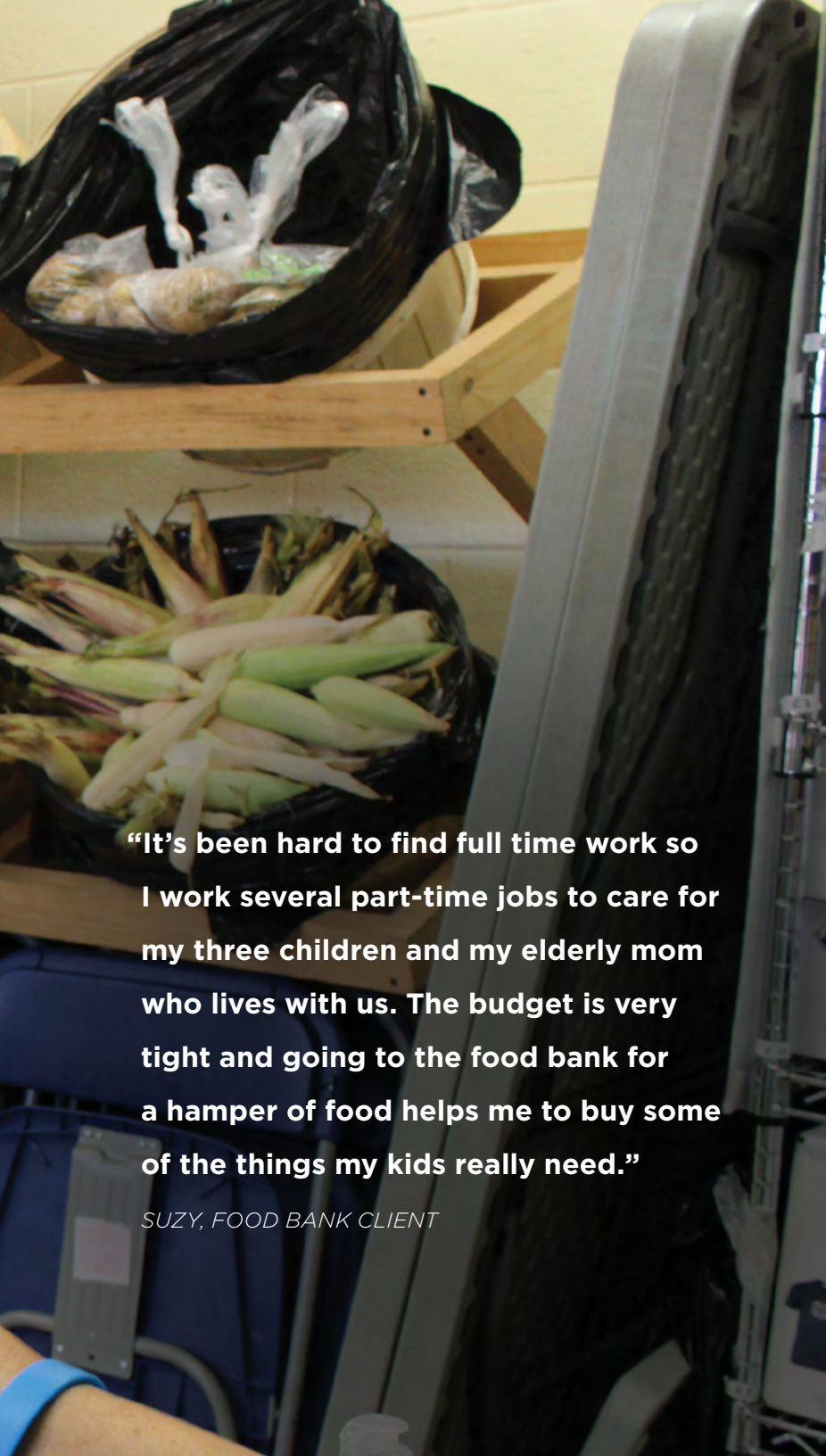
2972 Individuals





In The Community





“It’s been hard to find full time work so I work several part-time jobs to care for my three children and my elderly mom who lives with us. The budget is very tight and going to the food bank for a hamper of food helps me to buy some of the things my kids really need.”

SUZY, FOOD BANK CLIENT

Programs: Food Hampers

Myth: No one needs a food bank in the suburbs.

Truth: Food bank usage in Toronto suburbs has increased 45% since 2008. Over 13,000 people use a NYH food bank every month and this number continues to grow.

Myth: Our food banks give out prepackaged hampers of food.

Truth: More and more of our food banks allow for some choice. Families can choose the food that best meets their needs, improving health and dignity while cutting down on waste.

Myth: Our food banks only give out non-perishables, jars of peanut butter, bags of pasta etc.

Truth: 20-30% of NYH food is perishable. Hampers can include proteins, fresh produce and dairy which is both donated and purchased.



Programs: Childhood Nutrition

Food support for expecting moms, children and youth is a vital part of food security. NYH supports, prenatal programs, afterschool drop-ins and youth shelters, helping to build healthy futures.

“North York Harvest’s service is very important. Without it I would worry about providing my son and unborn child with the healthy food they need to grow.”

YING, PERINATAL PROGRAM

“I don’t have any family here and I was lonely.”

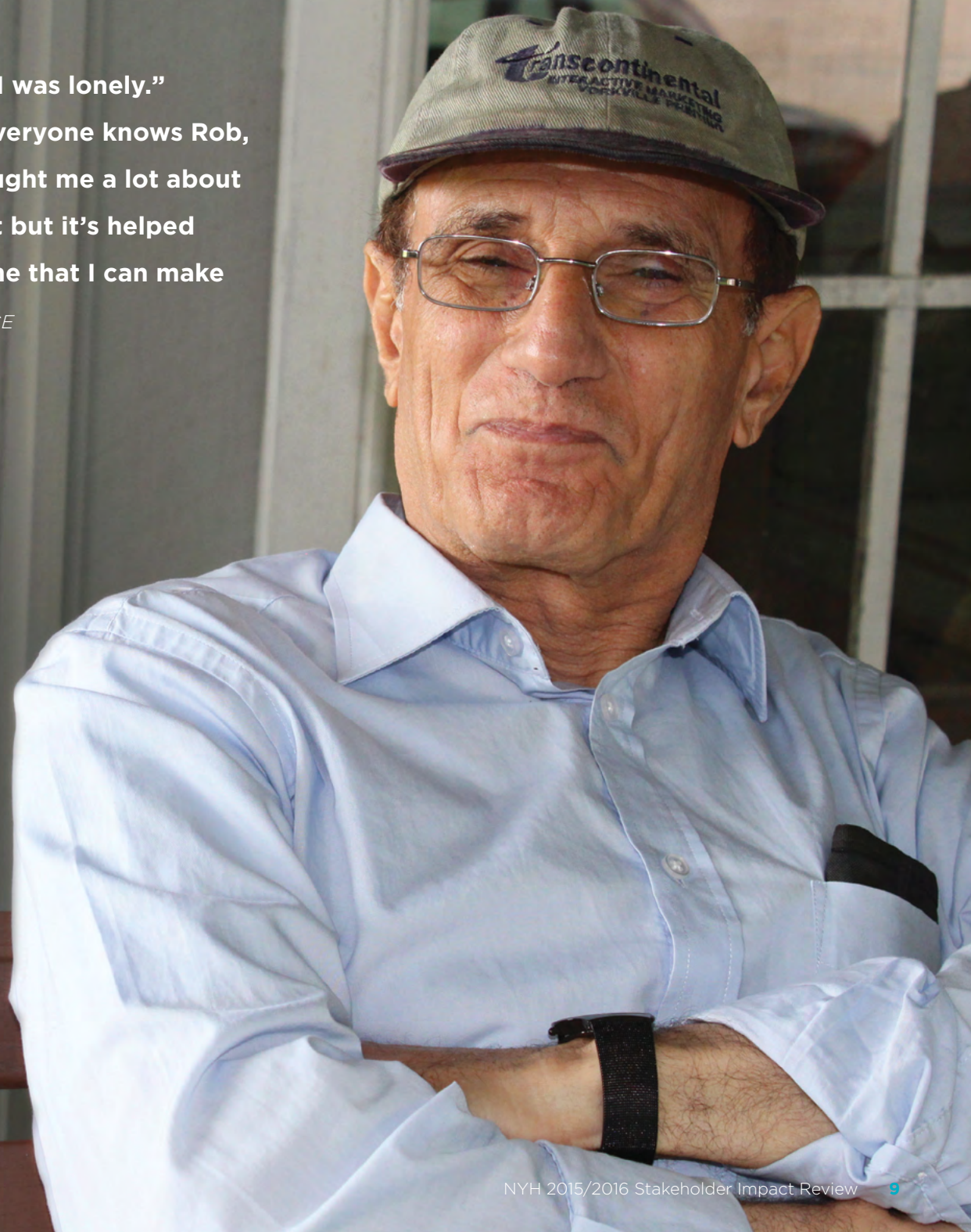
Aran told us. “I met Rob there, everyone knows Rob, he’s open and honest and has taught me a lot about Canada. It doesn’t seem like a lot but it’s helped me feel better and encouraged me that I can make a life here.” *ARAN, ORIOLE FOOD SPACE*

Programs: **Community Kitchens**

Poverty is isolating.

It cuts people off from friends,
family and society.

Community kitchens bring
people together around food,
build health, skills and stronger
communities.



Volunteers

From clients giving back in the food banks, to corporate groups sorting food; from individuals serving on the board to youth collecting food in grocery stores — our volunteers gave over 20,000 hours last year to help ensure families in our city didn't go hungry.

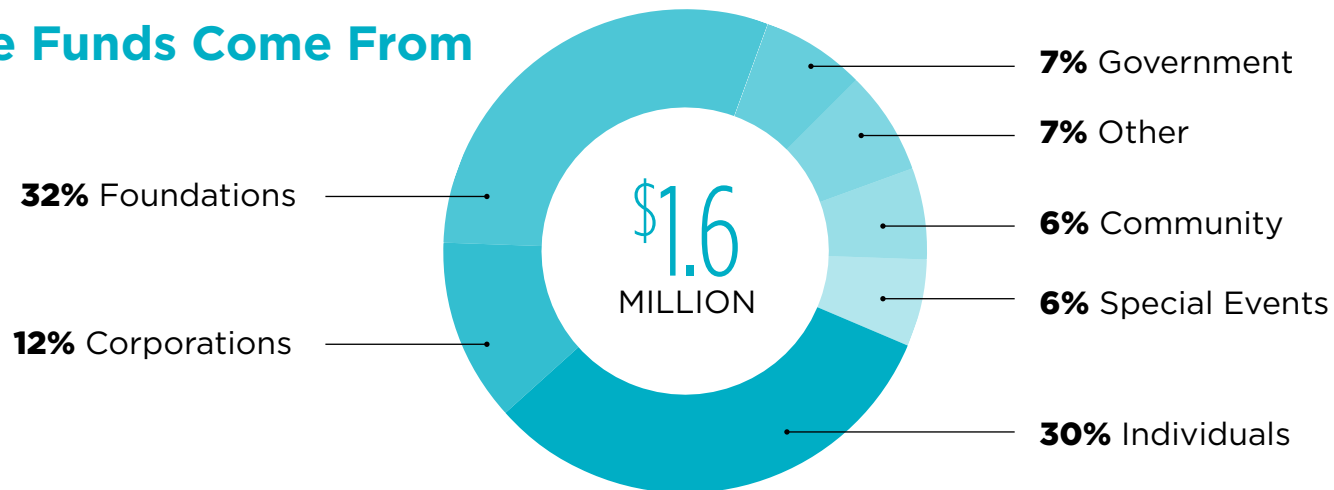




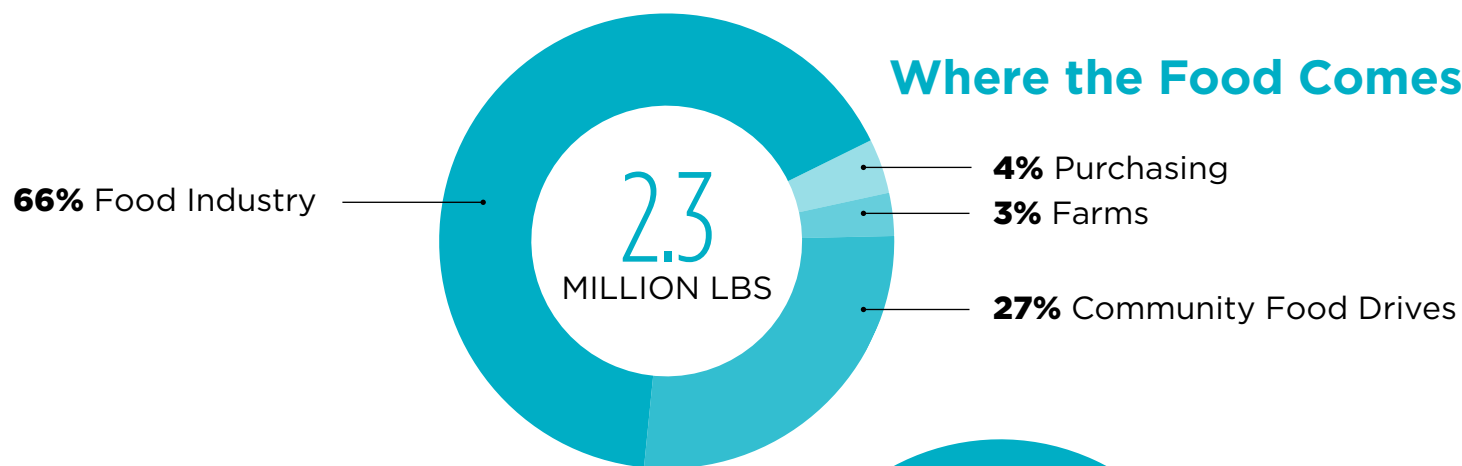
Donors

Even the smallest act can make a big difference. Just ask Laila and Chloe who do all sorts of fun activities in their neighbourhood and with their friends and family to fundraise for NYH. Thank you to them and all our donors, big and small.

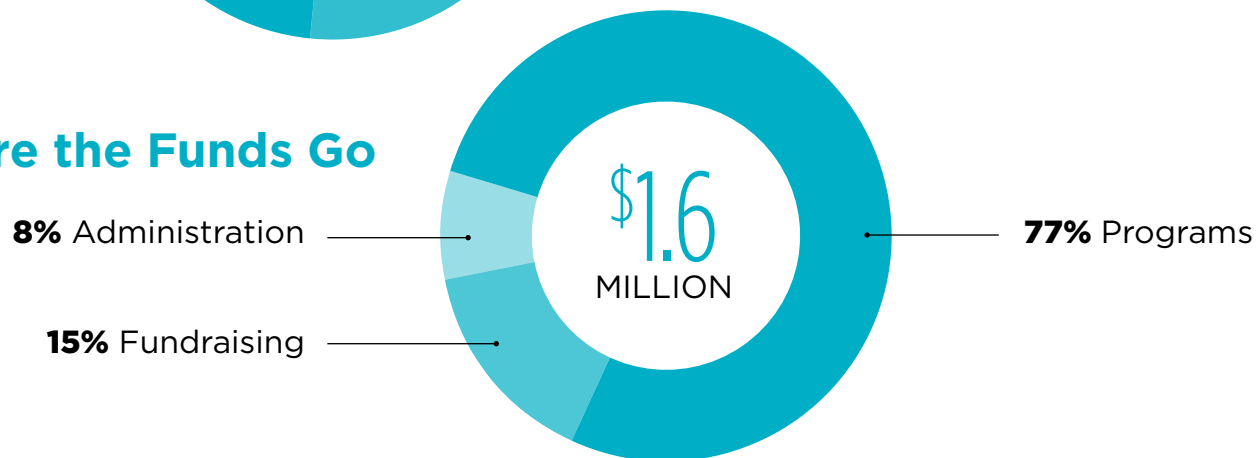
Where the Funds Come From



Where the Food Comes From



Where the Funds Go



\$5,750,000

WORTH OF FOOD DONATED AND DISTRIBUTED
TO **47 MEMBER AGENCIES**

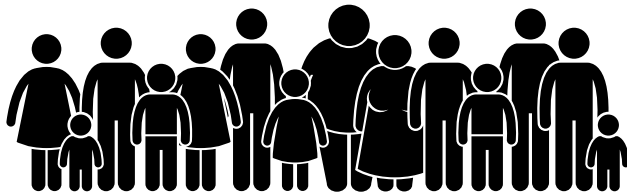
*1LB = \$2.50 ACCORDING TO FOOD BANKS CANADA
2.3 MILLION LBS OF FOOD INCLUDING
22% PERISHABLE + \$1.6 MILLION =

4,800,000

MEALS



Who you are Supporting



1 in 3

food bank
users are
children

40%

long term
disability

15%

seniors

40%

graduated
from college
or university

47

MEMBER AGENCIES RUNNING
77 FOOD PROGRAMS ACROSS
THE NETWORK INCLUDING


- 3 community food banks
- 35 neighbourhood food banks
- 21 meal and snack programs
- 11 prenatal and child nutrition food programs
- 45 community kitchens
- 25 skill training opportunities
- 1000 referrals to needed services
- 100 food education classes



116 Industry St.
Toronto, ON M6M 4L8
416-635-7771

www.northyorkharvest.com

 @nyhfb

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