

Annual Report

How you help fight hunger in Kawartha Lakes.

The Kawartha Lakes Food Source (KLFS) community has grown to include more volunteers, donors, businesses, social service clubs, faith groups, and partnerships with the common goal of supporting and serving others. This is what makes our community so strong and effective. For this, we are grateful.

In keeping with our established strategic directions, this year we continued to strive to increase organizational capacity, maintain financial stability, provide leadership within the community and enhance strategic communication, while being responsive to community and member agency needs.

KLFS built increased organizational capacity with programming that impacted many families and individuals within the City of Kawartha Lakes. Our Open Gardens, the Family Cooking Project and the Lindsay Community Food Market (LCFM) provide short term food support to countless community members. LCFM relocated late in the year to a much more functional space and with the help of volunteers and staff the operations were revamped and resumed in a short time.

The many volunteers who share their time and efforts to help KLFS achieve our mission each day are amazing. This year we were able to increase both the number of volunteer activities and shifts. Without you, our valued volunteers, our work and impact would be diminished.

Maintaining financial stability in the current economic climate is challenging. 2023 saw an increase in food costs and a lack of affordable housing, which resulted in more people than ever needing help from food banks. While more donors are helping KLFS, we recognize that everyone feels the squeeze of an inflated cost of living. We are humbled by the generosity of our donors, and support from our community is more impactful than ever before. Engaging more community members to support us lightens the load for everyone and is the best way we can maintain our ability to provide what is needed to those who just don't have enough. While we are very proud to help, only positive policy changes will contribute to making the lives of those who are struggling more manageable.

Strategic communication was increased through community events, press releases and social media to build increased community awareness of food insecurity and poverty.

Further, KLFS was honoured that Feed Ontario selected our agency as a launch location for their annual Hunger Report and their new online tool: A Fork in the Road. A Feed Ontario representative presented their provincial findings and policy recommendations at our press conference to 15+ agencies and 4 media outlets.

As a registered not for profit in Ontario, our Board was also required to review and revise our governing documents to adhere to the new Ontario Not for Profit Corporations Act. In keeping with government deadlines, those changes are nearing completion.

KLFS is an agency that is supported by those in our community who 'can' and 'have' to support those in our community who 'can't' and are food insecure. We are grateful that we have so many community connections that allow us to both receive and give support.

Graciously,



Heather Kirby,
Executive Director



Rose Barg,
Board Chair

Your gifts in action

This year, **you** helped us:

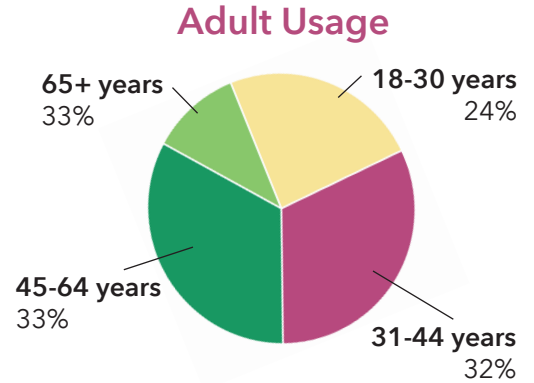
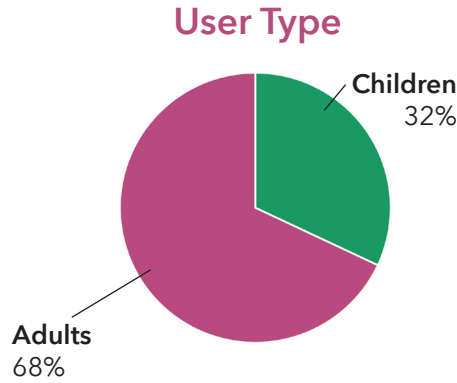
- ✓ Supply food on a monthly basis to **35 member agencies**, including **8 food banks & 21 schools**  
- ✓ And feed **13,670 individuals** total.

Our member food banks:

- Coboconk & Area Food Bank
- Omemee Food Bank
- Woodville/Eldon Food Bank
- Fenelon Falls Salvation Army
- Dunsford Community Food Bank
- Women's Resources
- Kinmount & Area Food Bank
- Lindsay Community Food Market

2023 Fast Facts

Who you help feed:



KLFS 2023 Events



Jolly Jog 2023

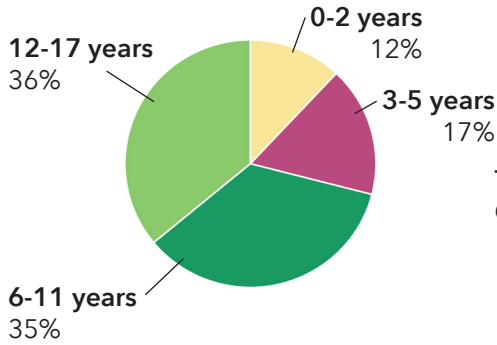


Love Month - Food Drive, Kindness Bingo, Yoga at Unwrapped, Paint Night, and the Love Bright Trail at Ken Reid.

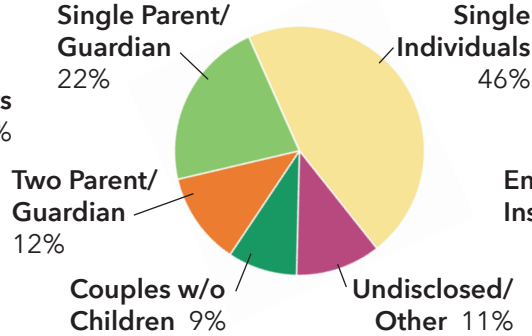


Take a Bite Out of Hunger 2023 - Hobart's Restaurant

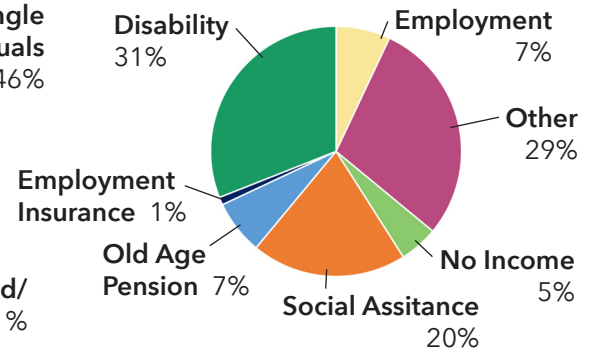
Child Usage



Household Type



Household Income



Volunteers are the backbone of KLFS

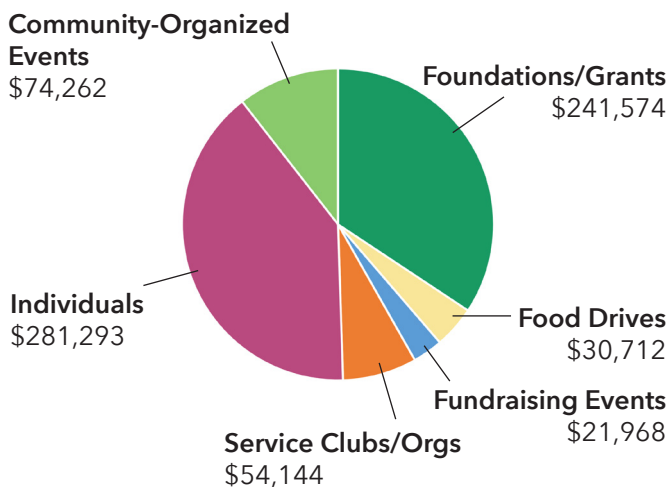
Thank **you** for your generous gift of time!



4,378 volunteer hours
76 volunteers



Sources of Income



Barb Truax Volunteer Award

Did you know KLFS recognizes one volunteer each year for their outstanding work?

The award is called the Barb Truax Volunteer Award and it's our way of showing how essential our volunteers are to KLFS operations. As a non-profit, we truly would not be able to serve our community without volunteer support.

PROGRAMS



Open Gardens

Started in 2017 with just 8 raised beds to now having 75 raised beds, our Open Gardens have been a source of free, fresh produce for our community. These gardens continue to serve their purpose as a majority of the produce is harvested directly by individuals in our community that are in need of fresh food. This growing season, we estimate that over 1,024 lbs of peas, onions, carrots, radishes, beets, peppers, cucumbers, beans, potatoes, garlic, and squash was harvested by the community, leaving 421 lbs for KLFS to harvest and distribute to our member food banks.

Easter Dinner

The Easter Dinner initiative provides hampers of food containing all the fixings for a delicious Easter dinner, including ham, fresh potatoes and carrots, a can of green beans, buns and margarine, with cookies and chocolate bunnies for dessert. This year, Kawartha Lakes Food Source is proud to announce we distributed 308 hampers to families and households, which fed a total of 808 individuals that are struggling in our community!



Grab N' Grow

During the school year, we provide member schools with fruit and milk each week to supplement their Student Nutrition Programs. Each week, we purchase 968 cartons of Kawartha Dairy milk and 24 large boxes of bananas, apples, and oranges from a local grocery store. Research has proven that children and youth who have a nourishing breakfast can concentrate and learn better, which benefits everyone. In many instances, their Student Nutrition Program may be the only place many of these students receive fresh fruit.

PROGRAMS



Lindsay Community Food Market

Our owned and operated food bank, which opened in 2019, is now one of the largest food banks in CKL, currently serving approximately 500+ individuals per month (193 families). Clients can access LCFM services in-person with a shopping-style appointment or by picking up a pre-packed food hamper. This hybrid model of food-banking ensures that we are providing barrier-free access to our services that accommodates each individual's needs.

LCFM recently moved locations to accommodate the growing need for our services. The new location is downtown, accessible by public transit, and the space is larger, which helps us store food for clients and fill more hampers for pick-up appointments.

Family Cooking Project

Piloted in 2017 and becoming a permanent program in 2021, the Family Cooking Project provides weekly meal kits to families in rural communities. The Project focuses on cooking delicious food while supporting food literacy, and quality family time. This year, over 1,752 meals were provided to community members. The Project enables participants to grow their cooking skills, including confidence in reading recipes, using from scratch ingredients, and making substitutions due to limited purchasing ability. Working together with the families, delicious new meals are made and enjoyed together.











KLFS Purchases Milk and Eggs Weekly





Each week we purchase 104 bags of milk and 90 dozen eggs to distribute to our member food banks. Milk and eggs are distributed on a fair share basis, meaning each food bank gets an allotment relevant to how many community members they serve.

Where does our food come from?

Non-Perishable Food Items

-  Grocery Store Reclamation - **162,638 lbs**
-   Third Party Community Events - **54,973 lbs**
-  Feed Ontario - **46,156 lbs**
-  Individuals - **33,957 lbs**
-  Giant Tiger Lindsay - **24,445 lbs**
-  KLFS Food Barrels - **19,713 lbs**
-  Churches - **2,311 lbs**

Food Drives

-  Reverse Advent Calendar/Love Month - **4,372 lbs**
-  Thanksgiving Door-to-Door Food Drive - **2,129 lbs**
-  Holiday Food Drive - **844 lbs**
-  Spring Food Drive - **428 lbs**

Testimonials

Family Cooking Project

“ The program is working out wonderfully for my family. My son loved sloppy joes and the recipe/ ingredients are being used up. ”

- Omemee Participant

Food Bank Services

“ I lost my job at the beginning of COVID and struggled to feed my family. I had to steal from the grocery store and I’m not proud of that, but I had to feed my family. The food bank saved us. ”

- Anonymous Client

School Programs

“ Without support like KLFS, we could not provide the food that our students need in order to be successful. ”

- Ana M., Elementary School Principal

Lindsay Community Food Market

“ I am looking for work, but it is difficult to find a good job. I hope I can get a job and not need to use the food bank anymore. ”

- LCFM Client

KLFS Services

“ You should all be proud of your efforts and keep up the wonderful work! ”

- Member Food Bank

Volunteering at KLFS

“ Having been a volunteer with Kawartha Lakes Food Source since 2009, I have witnessed so many developments. As the need for better food distribution grew, so has our ability to serve that need. Since retiring and becoming a volunteer at KLFS, I feel I contribute a great deal to the community I love and get great exercise at the same time! ”

- Jim, KLFS Volunteer

Community Helping Community



KL hockey teams compete to collect the most food for KLFS and win funding for tournament fees in the **KL Hockey Tournament Challenge!** 2023 saw the highest participation and largest donation so far: the 34 participating teams donated 27,994lbs total to KLFS!



The Reverse Advent Calendar event was more successful in 2023 than ever before, collecting a total of 3742lbs! Shoutout to the students and faculty at **Lady Eaton Elementary, Dunsford District Elementary & St. Luke's Catholic Elementary** for their contributions this year!



Lindsay's Water Depot is a consistent supporter of KLFS, this year organizing a fundraiser on our behalf that made a total of \$2000! But they didn't stop there: Water Depot used the funds to purchase items from our Needs List and donated 842lbs of food and personal items!



KLFS is lucky to be surrounded by so many generous farmers, including **Woodville Farms**, who always make sure to donate produce each harvesting season. This year, they donated 1,488lbs of cauliflower alone, alongside their other amazing contributions!



Kawartha Charity Riders organize their annual event in Lindsay called **Show N Shine**, which invites families in the community to enjoy a day of games, music, food, and more! KLFS was lucky to receive the money raised from the event: totaling an incredible \$3400!



Affinity Group Pinnacle Realty chose KLFS as a beneficiary of their charitable events in 2023! They organized multiple fundraisers and food drives to support us, including a Movie in the Park, an Easter Egg Hunt, and even purchased tickets for their staff to Take a Bite Out of Hunger!



Great North Storage might be new to Lindsay, but they've already made an impact at KLFS! Their Grand Opening in September collected 550lbs of food and they've continued to support us year-round. Did you know they donate \$5 to KLFS for every Google review they receive?



IG Wealth Management organized a Comedy Show Tour at Lindsay's FLATO Academy Theatre in September, where they collected food and monetary donations for KLFS! IG Wealth clients donated a total of \$888 and 443lbs of food at the event, which was all generously gifted to KLFS!



The campaign **'I Pinky Swear'** made an outstanding effort to support us this year, organizing a food drive between **Lindsay Dodge Chrysler & Lindsay Buick GMC**; each dealership competing to collect the most food for KLFS. Together, they donated 10,345lbs of food and the losing team gave KLFS a \$1000 donation!

Thank you for fighting hunger in Kawartha Lakes!

We are grateful to all individuals, businesses, social clubs, and foundations for supporting us in 2023. While space limitations mean we can only recognize by name those that gave over \$150, please know that all contributions make a difference!

Diamond \$10,000 +

Tim Hortons Lindsay, Otto and Marie Pick Charitable Foundation, John Stinson, and The Foster Hewitt Foundation.

Platinum \$5,000 - \$9,999

Congregation of the Sisters of St. Joseph, Tom & June Pick, St. Vincent de Paul, and Douglas Brenner.

Gold & Silver \$1,000 - \$4,999 Roberta Allen, E. Hart Armstrong, Rob & Rose Barg, Thomas & Linda Bartlett, John & Maria Bennett, Bernita & Murray Blair, David & Pauline Brien, Pat Casey, Trina Connell, CUPE Local 4422, Brian & Ellen Desbiens, Double "M" R.V. Resort & Campground, Enterprise Holdings Foundation, Kelsey Gibson, Jennifer Gilmer, Bruce & Carol Glass, Denise Hamilton, Ed Hanson, Mary Eleanor Henley, Maureen Hewitt, Mary Hill, Hobart's Restaurant, IG Wealth Management, Patricia Jarvie, John & Betty Brouwer, Kawartha Credit Union, Kawartha Lakes Professional Firefighters, Yvonne Kehoe, Lindsay Christian Reformed Church, Jane MacIntosh, Earl Manley, The McLean Foundation, Wayne Moss, Lucy Moulton, Hector & Aileen Naylor, Philip & Janis Niblett, Terrance & Debra Oliver, Optimist Club of Lindsay, Gail Payne, Retired Teachers of Ontario, Shayne & Alyssa Rosom, John & Julia Ruitter, Joan Shippeel, Show Kids You Care, George & Linda Skerratt, Southern Supplies Ltd., Squires Concrete Forming Inc., Linda Staples, Chris Terpstra, Barbara Truax, Unifor Local 222 Union Hall, Unifor Local 222 Retired Workers Chapter, United Food & Commercial Workers, Maggie VanCamp, Victoria Haliburton Law Assoc., Wards Lawyers Professional Corp., Bill Wilms, Woodville Farms, Michael Bak, Waste Logix, Kelly Briere, Leo Brockman, Martha Pendlebury, Donna Chambers, Sandra Falconer, Lynda Maxwell, Alyson Read, Suzanne Clark, Betty Kellestine, David Sanderson, Michael Snider, Sharon Dawson, Timothy Jenkins, Cole Butterworth, Vosbrae Dairy, Maryland Farms, Ken Rogers, Jean-Marc Ouellet, Squires Built Homes Inc., Queen Street United Church, Ground FX Landworks Inc., Knights of Columbus Ernst J. Wolff, Lindsay Lions Club, Ground Covers Unlimited, Reginald Jones, Daniel Whalen, Todd Falkenham, Mariposa Dairy Ltd., MVW Construction and Engineering Inc., Prizeguyz, Twisted Trauma Foundation, Barbara Evans, Beth Tait, Christine Schaafsma, Elizabeth Hicks, Gwen Allore, Jennifer Connor, and Robert Naylor.

Bronze \$500 - \$999 Bob & Rhonda Ansell, Cambay Community United Church, Cambridge St. United Church, Pat & Mary Jane Connell, Diane Conway, Barbara Corp, Kim Devolin, DeVries Fruit Farm, Rob & Elena Drury, Dianne Evans, Barb Federchuk, Hermine Flynn, Michael Fraser, Galloro Construction, Reginald Garbutt, Russell Gibson, Kelly Greidanus, John & Elizabeth Gundy, Drew & Ann Gunsolus, Mary Haydock, David Holloway, Homestead Oxygen & Medical Equipment Inc., Linda Johnson, Lynn & Diane Johnson, Mark Joncas, Patti Jones, Bonnie Kennedy, Grace King, Katherine Le Gresley, Marion LeBlanc, Lindsay C.R.C. Deacons, Lindsay Tai Chi Club, Gordon MacMillan, Barbara Marquardt, Maybelle Rebekah Lodge, Aaron McFarland, Brenda McLean, Nancy Newton, Nexicom Telecommunications Inc., Arlene Oakes, Girish Patel, Grant & Carol Peters, George Piggott, Sharon Pollard, Jane Porter, Max Radiff, Ken Raymond, Katherine Reddick, Virginia Reeds, Ellen Ritchie, Paul Robinson, Jane Shulist-Green, St. Paul's Church, Bert & Sheila Stillwell, Natale Stoppa, Shirley Sundberg, Gord Travis, Derek Warren, Water Depot Lindsay, Doug Watson, Larry & Michelle Wilson, Dilshad & Oanali Zavery, Paul Weinwurm, Margaret Harper, Gwen Mossini, Yvette Peel, Kerry Mount, Maureen Lancaster, Greg Dowdall, Steve Strathdee, Shaun Brown, William Kerrivan, Linda Rutherford, Mary Kay McGuinness, Gion Marles, Arnold Porter, Frank Bassingthwaite, Cedar Springs Motorsports Ltd., J. B. Concepts, Linda MacDonald-Clow, Mike Tangney, Bonnie Kam, Lillian Cooper, Margaret Weikmann, Sheila Longworth, Black Diamond Golf Club Inc., Barbara Germyn, Lindsay District Fur Harvester, Carol Mooney, Iron Equipment Jamie Molloy, Corinne Borlase, Paintrite Painting, John Pearson, Susan Carole Barkey, Kevin Aalto, Cheryl Jantzi, Charles Webster, Daniel Grima, Deborah Smith, Grace Pineau, Janet Armstrong, Lindsay Tai Chi Club, Lisa Van Halteren, Lisa Wernham, Paul Jantzi, Samuel Benchimol, Veerle De Lombaerde, Virginia Hewton, and Wilf Ludlam.

Green \$150 - \$499 Alfred Ades, Jo Alberti, Larry & Deanna Allen, Aquaticover Inc., Ronald & Heather Armstrong, Anna Auger, Mary Auld, Lorne & Marilyn Bagshaw, Brenda Bailey, Ray & Barbara Bain, John Baldry, Patricia Barton, John Bebbington, Susan Brooks, William Brown, Carol Buckley, Lorna Callaghan, Laurie Cameron, Ross Chambers, Doris Chidley, Jody Clements, Rosina Colalillo, Diane Couture, John & Elaine Crosgrey, Francis & Jacey Culham, Michael Cummings, CUPE Local 855, Verna Curtin, David Simser, Anne & George Davies, Leon Des Rochers, Deborah Devitt, Fran Dominic, Dale & Bonnie Drake, John & Liselotte Drury, Grant Dunford, Naomi Ecob, David & Ellen Edney, Scott & Michelle Elder, Doug & Barbara Elliot, Lisa Fedele, Kim Fintelman, Marie Fitch, Craig & Mary Fittell, Floortrends, Ialean Foster, Ruth Graham, Alan Gray, Michael Green, Marlene Hamilton, Patricia Harkot, Loreen Harris, Ken & Joyce Harrison, Brian & Pat Henderson, Patricia Herlihey, Janice Holtby, Douglas Horton, Joanne Hough, John Hunter, Keith & Pat Jack, Clark Jewell, Joan Johnson, Kawartha Veterinary Assoc., KC Mechanical Inc., Allin Kingdom, Knights of Columbus Council 1124, Trevor & Shannon Kuypers, D. Lackey, James & Nancy Lee, James Lindsay, Lynda Little, Michael Locke, Owen & Kerrie Lund, Chris & Jennifer Mabee, Mark Maitman, Pooran & Cecilia Manmohansingh, Jane & Paul McCabe, Joe & Maureen McColl, Henry & Lynda McKay, Russ & Shannon McNeil, Valerie McQuat, Andrew Milner, MaryLou Moore, Catherine Morrison, Glen & Deborah Moyer, John & Elaine Murray, Janet Murtha, Carol Nicholson, Ontario Alpha XI Master, Ontario English Catholic Teachers Assoc., Joy Parliament, Annette Payne, Yvonne Pearson, Ken & Elizabeth Penley, Ian & Patricia Pepper, Lorraine Perdue, Catherine Philp, Preceptor Beta Upsilon, William & Margaret Preston, Michael & Catherine Puffer, R.J. Brown Insurance Broker, Douglas Raymond, Paul & Diane Reeds, Harvey & Janet Risebrough, Doug Robertson, Clare & Sheila Robins, John & Brenda Robinson, Anne Rodd, Margaret Ross, James & Donna Scott, Scottish Rite Club of Victoria District, Marilyn Searle, Gordon & Nicole Sloan, Simon Snellen, Greg Spellin, Earl Spence, St. Mary's Catholic Women's League, Erwin Stroobach, Barbara Taylor, Shirley Thornbury, Larry & Linda Todd, Shirley Toombs, TOPS #ON 5304 Lindsay, Trent/Severn Heritage Chapter, Ted & Tracey Twohey, Victoria West District Women's Institute, Marg Wansbrough, David & Judy Warren, Gillian Willcocks, Cordila Winkelaar, Judith & Glen Wright, Luise Zimmermann, Judy Erkkila, Michael Micheff, Henry Dening, Garry & Faye McCabe, Tina Matthews, Carolyn Dittmar, Tony Reitzel, Sarah McGowan, Peter Petrosioniak, Marilyn Hoekstra, William Battersby, Painting by Sue Hunter, Charles Wilson, Joanne Roberts, Mairi K. Bew, Victor Remeika, Robert Graham, Muriel Ellis, Patricia Finkle, Peter Brennan, Beverly Prestage, Diane Miller, Richmond Stewart, Christine Karpazis, Daniel Riley, David Robertson, Barbara Brown, Karen Rosenthal, Carbon Heights Fitness Academy, Bonnie Hancock, Dan Plancke, Linda Tripp, Mary-Katherine Stainton, Margaret Carroll, Ross & Faye Cheesman, Thomas Runk, Brenda Tamlin, Pam Currie, Sharon Drew, Andris Smits, Dennis Callaghan, Aujin Choi, John & Anne McEwen, Karen & Jim Chamberlain, Stephanie Leith, James Melchin, Patricia Waite, Carol Ward, Daniel & Tamara O'Hare, Julie Poore, Warren Edward Lowe, Kathy & Peter Anderson, Lynn & Robert Othen, Devavrat Sud, Home by Tim & Chris, Mike & Wendy Villemaire, Sarah Covert, Bruce James Walker, Michael Lange, Susan Stoppa, Judith Terrill, John & Claudia Hollows, Diane Pearson, Deborah Bloom, Jean Fisher, Donald Kennedy, Beatrice Vitorino, Melissa Martel, Lawrence & Leona Crocker, Charlene Vanderburg, Rob & Lisa Page, Trish Todd, K-Dawgz, Larry Muller, Troy Blaine, Helen McNicol Irwin, Bill Charlton, Jenny Connell, William & Elizabeth Peters, Regena Scott, Shari Bricks, Jim Cassimatis, Hunter's Dawg House, Maria Coates, Vanessa Drake, Michelle Clark, Robert Butterill, Christa Lemelin, Ute Moore, James Hayes, Brad King, Ron Sharman, William & Anne Prentice, Ralph Butts, John Gibson, Charlime Ramgotra, Ivan Reynolds, Molly Encott, Dick Helleman, Paul Ellis, Heather Hilliard, David G. Cunningham, James Phillips, Linda Crawford, Julie Johnson, Laurie McIntosh, Martin Kiefer, James & Sheila Allen, Henrietta Coole, Harry Hamilton, Carl Kimmitt, Cassandra Prescott-Flynn, Women's Law Association, Wanda Percival, Len Van Pelt, Heidi Schumacher, Martin Scisizzi, Donald Todd Kennedy, Kathy Simpson, Jorn Braches, Cornelius & Anita Jilesen, Anne van Warmerdam, Barbara Glass, Brian Rump, Denise Williams, Donna S. Thompson, Henry Wallace, J. David McClelland, Jennifer Connor, Jeremy Kraemer, Jim Cassimatis, Karan Byrappa Ramesh, Knights of Columbus, Micheal T & Mary Scott, Nanci Byer, Ontario English Catholic Teachers Association, Pamela Lawson, Pat Castonguay, Peter Maitland, Sallie Byer, Sandra & Bob Laurence, Scottish Rite Club of Victoria District, Steven & Penny Hainer, Catholic Women's League of Canada, Tiiu Kubjas, and Victoria County Studio Tour.