

Annual Report

How **you** help fight hunger in Kawartha Lakes

As we entered the second year of a global pandemic, our community continued to support Kawartha Lakes Food Source. We received the gift of ongoing volunteer time, financial donations, and sharing of our message on social media, as well as creatively planning community events designed to support us. For all of this, we are grateful.

This was a year we could hardly plan for. With so many changes and challenges in our community and beyond, we braced for the worst, yet witnessed the best.

Our member food bank volunteers also went above and beyond, to continue to serve in the very difficult time of COVID-19. For these efforts, we thank you.

With ongoing support from our community, we were able to increase what we do.

Kawartha Lakes Food Source purchased additional food for our member food banks for the first time in our history. While we rely heavily on donations and reclamation for our non-perishables, we were able to do more. We were able to purchase perishables like protein and cheese that are essential for health, yet expensive. It was our donor and community support that made it possible to make these purchases, which in turn supported our member food banks.

We further increased the capacity of our organization which allowed us to develop and deliver our own programming to reach the community directly. Staff time was increased at the Lindsay Community Food Market to serve the increasing number of guests as well as delivering the very successful Family Cooking Project in four different rural communities.

This year was also very successful in our grant requests. We were successful in two separate Ontario Trillium Foundation grants totaling just under \$100,000. This allowed us to pilot food literacy programming as well as to research, evaluate and implement fundraising strategies to continue to guide our success in this unknown economic climate.

Lastly, we unveiled our own social enterprise. The development, production, and sale of our own brand of salsa was very exciting and rewarding.

As we continue to plan as best we can for the unknown the next few years may hold, we know that our community will be there.

On behalf of staff, the Board of Directors, and our members, I would like to express our continued gratitude to our donors, volunteers, and community.


 Heather Kirby,
 Executive Director

"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 has saved us"

-Client

We are pleased to say thank you for essential workers especially food bank workers and workers who serve in supplying people's needs."

-Client



Your gifts in action

Each month **you** help us:

✓ Supply food to
29 member agencies



9 food banks

20 schools



✓ Feed **7,500 individual people**

Our member food banks:

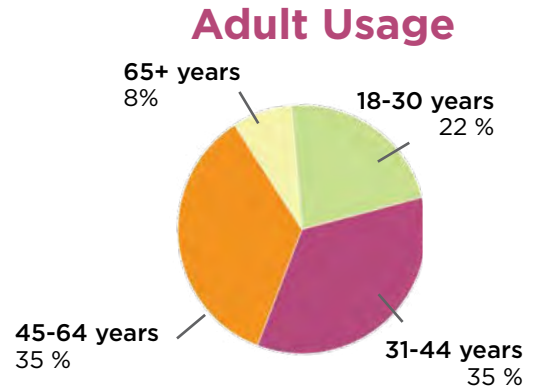
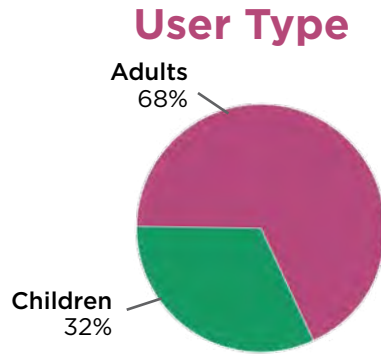
- Coboconk and Area Food Bank
- Little Britain/Mariposa Food Bank
 - Omemee Food Bank
 - Woodville/Eldon Food Bank
 - Women's Resources
- Fenelon Falls Salvation Army
- Dunsford Community Food Bank
- Kinmount and Area Food Bank
- Lindsay Community Food Market

Did you know?

Kawartha Lakes Food Source receives no regular funding from the government. We rely on community support to feed neighbours in need.

2021 Fast Facts

Who **you** help feed:



MEET OUR STAFF



HEATHER
Executive Director



DERRICK
Distribution Centre
Manager



KATE
Community
Engagement
Coordinator



AMELIA
Lindsay Community
Food Market
Coordinator



EMMA
Community Kitchen
Coordinator



MARLEE
Fundraising
Strategy
Coordinator



SHARON
Administration and
Project Support
Coordinator



BETH
Community
Program
Coordinator

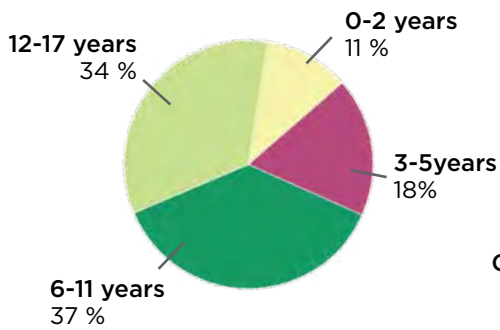


ASHLEY
Distribution Centre
Assistant

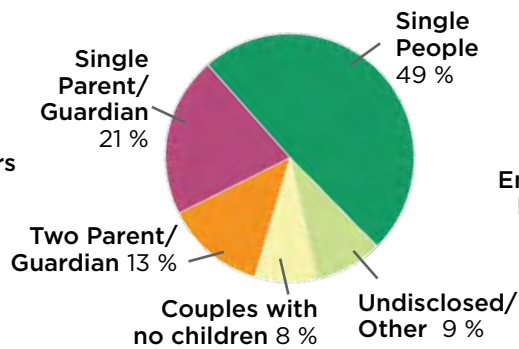


TANYA
Digital Content
Creator

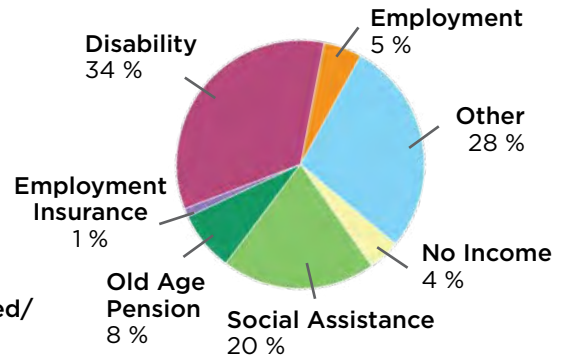
Child Usage



Household Type



Household Income



Chip in to help!

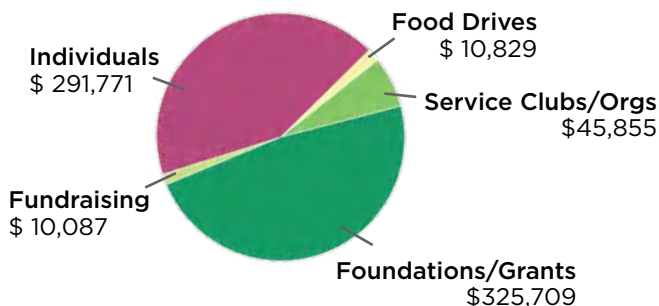
This mild, runny salsa has a sharp garlic flavour and very little heat. The proceeds from sales are invested into operating expenses such as rent, allowing us to continue to deliver food access and food literacy programs within the City of Kawartha Lakes. This social enterprise will help KLFS be financially resilient during any future economic uncertainty.

Volunteers are the backbone of KLFS

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



Sources of Revenue



2,414 volunteer hours

104 volunteers



Kawartha Lakes Food Source



Open Gardens

Started in 2017 with just 8 raised beds to now having **over 85 beds**, our Open Gardens have been a source of free, fresh produce for our community. These gardens have served their purpose as much of the produce was harvested directly by our community members in need of fresh food. Any produce that garden visitors didn't harvest, our volunteers and staff harvested and distributed to our members. This year, **938 Lbs** of green and yellow beans, beets, peppers, tomatoes, kale, zucchini, onions, and carrots were distributed through KLFS.

Community Kitchen

Starting in 2021 we piloted the Community Kitchen Program, an opportunity for food bank clients to learn and increase their food literacy skills. The program has **directly impacted 163 people** through receiving food and kitchen equipment for cooking classes, gathering to cook in collective kitchens, garden workshops, and safe food handling certification. Participants expressed their confidence and ability to plan and prepare a quick, healthy meal using foods in their home significantly increased.



School 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 **792 cartons** of Kawartha Dairy milk and **20 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.

Food Source 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 and is currently serving approximately **400 individuals per month** (180 families) with a hybrid model of free local delivery, prepacked hampers, and a non-traditional shopping style foodbank. This hybrid model of food-banking ensures that we are providing barrier free access in a way that accommodates that individuals need. Additionally, LCFM has become a hub for information sharing with a community resource table, a bi-monthly newsletter for guests and an active steering committee comprised of foodbank users and community service agencies in CKL.

Family Cooking Program







Piloted in 2017 and becoming a permanent program in 2021, the Family Cooking Project is an amazing weekly **meal-kit program** that encourages families to spend time together in the kitchen learning new skills and cooking delicious food. The Project focuses on rural communities and this year provided **more than 900 meals to community members**. Your support enables participants to increase their kitchen skills including confidence in following a recipe from scratch/ingredients, making substitutions due to limited purchasing ability, and working together with their family to make new foods.







Member Food Bank Milk and Eggs

Each week we purchase **108 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 that each food bank gets an allotment relevant to how many community members they serve.

Where our food comes from:

- Non-perishable**
-    Grocery Store Reclamation • **138,720 lbs**
 -  Individuals • **34,644 lbs**
 -  3rd Party Events • **25,709 lbs**
 -  Churches • **2,110 lbs**

- Food Drives**
-  Thanksgiving Door to Door • **6,016 lbs**
 -  Holiday Food Drive • **5,276 lbs**
 -  Spring Food Drive • **2,880 lbs**
 -  Other • **2,018 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.”

-Omeme Participant

LCFM Client

“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.”

Member Food Bank

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

Cooking Class Participant

“The classes helped lift me out of a mental slump and made a financial difference because the recipes would provide two full meals for my family each week. I’ve repeated the recipes from the booklet a bunch of times. I always have to stop, especially after making the stuffed peppers, and say “Wow, I made that!”.”

-Anonymous, Participant in the Community Kitchen virtual workshops

Volunteer

“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

School

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

-Ana M., Elementary school principal

Community Helping Community



4 year old Blake held a yard sale where he sold some of his toys to raise money to buy gifts for kids in need this Christmas.



After being donated a 45lb turkey in December, volunteers came together to assist in preparing takeaway turkey dinners to distribute to those in need during the holiday season.



Barbara Truax has been an incredible volunteer since the very beginning of Kawartha Lakes Food Source!



Located in the basement of the Dunsford United Church, the Dunsford food bank currently serves roughly 60 individuals each month, providing hygiene products and pre-packed food hampers based on each client's preferences.



The Kinmount & Area Food Bank offers a shopping style experience for visitors. Volunteers also make deliveries to nearby residents unable to access the food bank in person.



Located in Vicky's Values, the Food Cupboard is just one of many services that Women's Resources offers to their clients with the assistance of KLFS.



Twisted Trauma Foundation 1st Annual Charity Hockey Game gathered 405lbs of food for Kawartha Lakes Food Source!



Cable Cable held a Holiday Food Drive in December collecting over 730lbs.

Thank **you** for fighting hunger in Kawartha Lakes!

We are grateful to all the individuals, businesses, social clubs and foundations for supporting our mission in 2021. While space limitations mean we can only recognize by name those gifts over \$150, please know that all gifts make a difference and every single contribution is appreciated!

Diamond **\$10,000 +**

Foodbanks Canada • Moulton, Lucy • Otto & Marie Pick Charitable Foundation • Sisters of St. Joseph • Stinson, John • Tim Hortons Lindsay

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

B Street Inc. • CUPE Local 4422 • Goldgrub, Michael • Kawartha Lakes Farm Service Ltd. • KLH Federation of Agriculture • Loblaws Food Drive • RBC Foundation • Schaafsma, Christine • St. Vincent Depaul • The Foster Hewitt Foundation • Wards Lawyers Professional Corporation

Gold & Silver **\$1,000 - \$4,999**

Allen, Roberta • Aqueduct Foundation • Armstrong, E Hart • Barg, Rob & Rose • Bartlett, Thomas & Linda • Brouwer, Adrian • Chow, Jasmine • Corp, Barbara • Costco Peterborough • Desbiens, Brian & Ellen • Devolin, Kim • Double "M" R.V. Resort & Campground • Enterprise Holdings Foundation • Farm Credit Canada • Flato Management Inc. • Galloro Construction • GF-12 • Gibson, Kelsey • Gilbert, Lynne • Gray, Alex&er • Hill, Edward & Mary • Imrie, Allan & Marion • Integrated Care Pharmacy • Jarvie, Patricia • Kawartha Charity Riders • Kawartha Credit Union • Kawartha Lakes Professional Firefighters • Kehoe, Yvonne • Kennedy, Bonnie • Kinsmen Club of Lindsay • LeBlanc, Marion • Lindsay Christian Reformed Church • MacIntosh, Jane • MacMillan, Gordon • Manley, Earl • Mazon Canada • The McClure Foundation • Metro Richelieu Inc. • Moss, Wayne • Naylor, Hector & Aileen • Oliver, Terrance & Debra • Ontario Realtors Care Foundation • Optimist Club of Lindsay • Payne, Gail • Remax All Stars Realty Inc. • Retired Teachers of Ontario • Rosom, Shayne & Alyssa • rPM3 Solutions Canada Inc. • Ruitter, John & Julia • S.M. Blair Family Foundation • Schofield, Carol • Shippel, Joan • Show Kids You Care • Southern Supplies Limited • Spearing, Ted • Squires Concrete Forming Inc. • Church St. Paul's • St. Thomas Aquinas Secondary • Staples & Swain • Terpstra, Chris • The Bob & Vera Mark Charitable Foundation • Trillium Lakes District School Board • Unifor Local 222 Union Hall • Unifor Local 222 Retired Workers Chapter • United Food & Commercial Workers • Vancouver Foundation • Whyte, Marcia • Wilms, Bill • Zobelein, Eric

Bronze **\$500 - \$999**

Alliance Agri Turf • Ansell, Bob & Rhonda • Armstrong, Ronald & Heather • Bain, Ray & Barbara • Crayola Canada • Brien, David & Pauline • Brooks, Susan • Cable Cable • Central Ontario Wolves • Coldwell Banker RMR • Conway, Diane • Davies, Anne & George • Edney, David & Ellen • Federchuk, Barb • Firth, Ron & Kathy • Floortrends • Flynn, Hermine • Fresh Fuel Lindsay • Gennaro, John • Greer, Jonathon • Gunsolus, Drew & Ann • Hanson, Ed • Hatcher, Douglas • Henley, Mary Eleanor • Holl&, Valerie • Holloway, David • Holtby, Janice • Korcsis, Cathy • Le Gresley, Katherine • Lewis, Tessa • Lindsay & District Labour Council Lindsay C.R.C. Deacons • Lindsay East District Lions • Lindsay Tai Chi Club • Luskin, Peter • Luther, Percy & Marilyn • Maybelle Rebekah Lodge • McFarl&, Aaron • Moynes, Brenda • Nancekieville, Ivan & Elaine • Newton, Nancy • Niblett, Philip & Janis • Parliament, Joy • Patel, Girish • Perrin, Jon • Piggott, George • Pinfield, Ethel • PVNC Unit OECTA • R.J. Brown Insurance Broker • Raymond, Ken • Robinson, Paul • Rosepark L&scaping Ltd. • Royal Canadian Legion, Branch 67 • Skerratt, George & Linda • Smith, David & Sheila • Stoppa, Natale • The Kent Florist • Thomson, George • Todd, Larry & Linda • Trent/Severn Heritage Chapter • Truax Barbara • United Way CKL • Victoria Haliburton Law Association • Williamson Chrysler • Woodville Farms • Zavery, Dilshad & Oanali

Green **\$150 - \$499**

A Dash of Denney • Abercrombie, Steve & Jo-Ellen • Ades, Alfred • Alberti, Jo • Antal, Jane • Aquaticover Inc. • Armstrong, Wayne and Cheryl • Arrowsmith, Philip and Barbara • Auger, Anna • Auld, Mary • Bagshaw, Lorne and Marilyn • Barton, Patricia • Bassingthwaite, Frank • Bianconi, Susan • Bowen, Maxine • Brown, Barb • Brown, Ross and Carole • Brumwell, Rodney • Buick, Vivienne • Byer, James • Cambay Community United Church • Cameron, Laurie • Chambers, Ross • Christie, Suzanne • Coldwell Banker • Connell, Trina • Connolly, Caryle • Conservative Party of Canada • Corneil, Kristen • Couture, Diane • Culham, Francis and Jacey • Cummings, Michael • CUPE Local 1167 • Curtin, Gerard and Andree • Curtin, Verna • Dedes, Nicki • Deitch, James • Des Rochers. Leon • Devitt, Deborah • DeVries Fruit Farm • Dominic, Fran • Dow, Fraser • Drake, Dale and Bonnie • Drinkwalter, Steve and Cathy • Drury, Rob and Elena • Dunford, Grant • Ecob, Naomi • Edwards, L. • Elder, Scott and Michelle • Evans, Anna • Falconer-Callaghan, Sandra • Fedele, Lisa • Fintelman, Kim • Flynn, Sandy • Foster, Ilean • Franklin, William & Barbara • Fraser, Michael • Fulton, Alexandra • Gallant, Kyle • Garbutt, Reginald • Gemmill, Jennifer • Gibson, Russell • Gilmer, Jennifer • Goard, Allan & Betty • Green, Michael • Greidanus, Kelly • Hamilton, Marlene • Harrison, Ken & Joyce • Haydock, Mary • Heaton, Vivian • Henderson, Brian and Pat • Heron's Landing Social Club • Horton, Douglas • Jack Callaghan Public School • Jack, Keith and Pat • Jenkins, Ron and Tanis • Jewell, Clark • Johnson, Leonard and Joan • Johnson, Lynn & Diane • Joncas, Mark • Jones, Patti • Kellestine, Betty • Kellestine, Donald and Elizabeth • Kemp, Lisa • Kennedy, Michele • King, Grace • Kuypers, Shannon • Lackey, D. A • Lee, James & Nancy • Lindsay Rugby Football Club • Lindsay, James • Locke, Michael • Long, David & Heidi • Macaulay, Christine • MacKay, Louise • Madsen, Tracie • Maitman, Mark • Manmohansingh, Pooran and Cecilia • Mary Marthas Group • McCabe, Jane and Paul • McCabe, Sandra • McColl, Dawn • McColl, Joe & Maureen • McCrae, John and Eleanor • McGuire, Joseph & Joyce • McLean, Brenda • Moyer, Glen & Deborah • Murray, John & Elaine • Murtha, Janet • O'Connell, Lloyd • Pearson, Yvonne • Penley, Ken and Elizabeth • Perdue, Lorraine • Peters, Grant & Carol • Philp, Catherine • Poisson, Darlene • Pollard, Sharon • Porter, Jane • Radiff, Max and Patricia • Raymond, Douglas • Reeds, Virginia • Reynolds, Ivan & Tarja • Ritchie, Ellen • Robins, Clare & Sheila • Rodd, Anne • Ross, Deloris • Scottish Rite Club of Victoria District • Scriver, Sandra • Short, Rick • Shulist-Green, Jane • Sloan, Gordon and Nicole • Snellen, Simon • St. Mary's Catholic Women's League • Stillwell, Bert & Sheila • Sweep Easy Kawarthas • Taylor, Barbara • The Beauty Lab • The Pampered Chef • Thornbury, Shirley • TOPS #ON 5304 Lindsay • Traynor, Dianne • Trider, Gaye • Twohey, Ted and Tracey • Van Gerven, Mary • Victoria County Studio Tour • Victoria West District Women's Institute • Walden, Marion • Wansbrough, Marg • Ward, Joyce • Warren, Derek • Watson, Doug • Wetheral, Doreen • Willcox, Tim • Williamson, Carol • Wilson, Jean • Wilson, Larry & Michelle • Woodville Eldon Christian Food Bank