

Annual Report

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

Our volunteers were amazing this year! Volunteers expanded our open gardens from 11 garden beds to 44 garden beds. These gardens provided fresh, organic produce.

A team of youth volunteers took some of the open garden harvest and made pico de galla salsa that was distributed to our member food banks. This is the first step in providing food in new and different ways.

In 2018, 2,000 Lindsay residents were enrolled in the Basic Income Guarantee provincial pilot program. The ripple effects of that program ending are just starting and we are ready to help people in need.

Just before the summer break kids told their teachers they were not looking forward to summer. The reason? Often our school lunch program was their only healthy meal a day. Since hunger does not take the summer off, we decided neither would KFLS.

KFLS partnered with the Salvation Army Lindsay and the Kawartha Lakes Food Coalition to make and provide nutritious lunches two days a week in July and August. 31 volunteers provided 517.75 hrs to make and distribute 1,384 lunches. We were very grateful to receive \$17,500 support from the 100 Women Who Care which will enable us to continue in 2019.

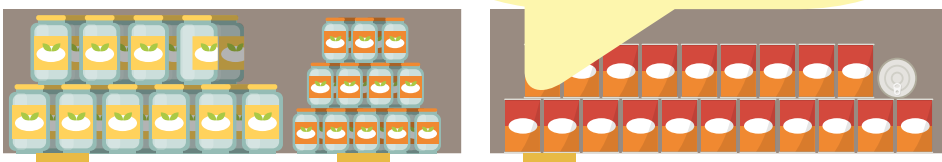
KLFS was the successful recipient of a grant from Food Banks Canada and Enterprise Holding Company for \$97,000. This grant will support our efforts to meet the needs in our community by the startup of two new food banks, the creation of readymade, nutritious single serve meals and a wide ranging study that builds on our long term thinking.

Thank you for your support this past year. Because of people like you, we helped more people in our community, and with your continued support, we will be able to continue to reach those who need our help. On behalf of those who have been touched by your care in 2018, thank you.

Heather Kirby
 Heather Kirby,
 General Manager

"I've never used a food bank before but I don't know what else to do."
 -First time using a food bank

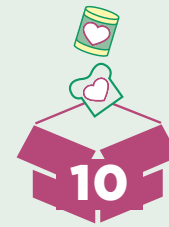
"I would like to say thank you for the help myself and family has received."
 -Client



Your gifts in action

Each month **you** help us:

✓ Supply food to **31 member agencies**



10 food banks



21 schools

✓ Feed **5,500 people**

Our member food banks:

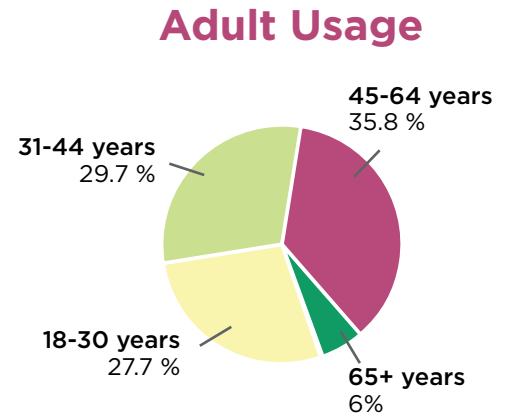
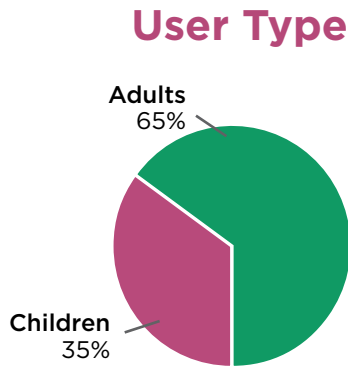
- Coboconk • Little Britain
- Omemee • Centre of Hope
- Woodville • Women's Resources
- Fleming College in Lindsay
- Fenelon Salvation Army
- Dunsford Food Bank
- Kinmount and Area

Did you know?

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

2018 Fast Facts

Who **you** help feed:



You help fuel young minds

35% of people who rely on Kawartha Lakes Food Source are vulnerable children.

Your support of our **Grab 'N Grow Breakfast Program** in 2018 made an incredible difference. In many instances, the school breakfast programs we support may be the only place students receive milk or fresh nutrition-packed fruit on a regular basis. From fresh hot meals at some schools to grab-and-go bags of cereal and granola bars at others, your support helps feed growing minds.



Each week **you** help us purchase **\$600 of fresh fruit** including apples, bananas and oranges for schools.



Each week **you** help us purchase almost **1,200 school cartons of milk**.



Each week, **you** help provide nutritious food to students at **21 local K-12 schools!**

"Milk and fruit are something many of us take for granted but it is almost foreign for some of the students in our school. Our breakfast club is able to offer our students nutritious food everyday thanks to the donations of milk and fruit. We would not be able to offer the amount of fruit and milk that we currently do. Thank you for working so hard to get us what we need."

-Secondary School Teacher

You make food banks possible

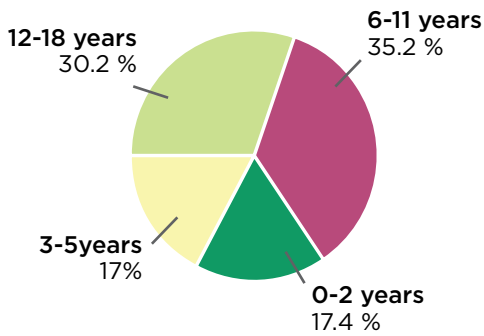


Each week, your support helps purchase **40 dozen fresh eggs** and we provide them to our member agencies who, in turn, assist a monthly average of **800 individuals**.

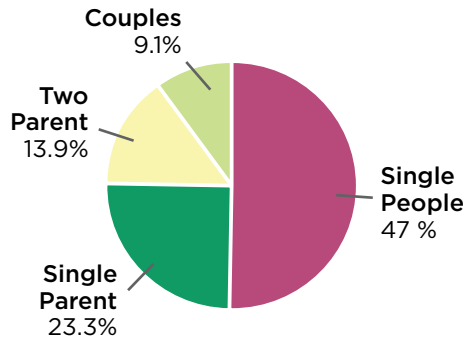


Each week **you** help us purchase **60 bags** of milk for the food banks.

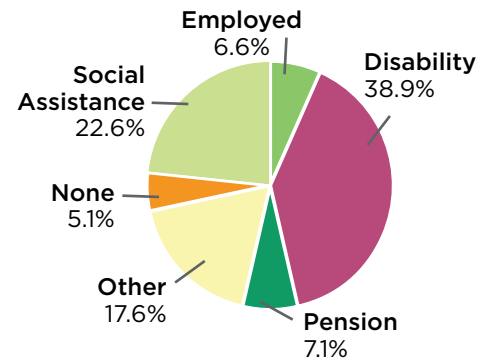
Child Usage



Household Type



Household Income



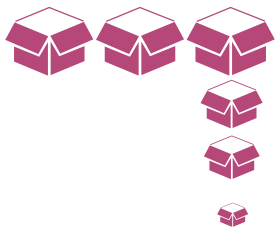
You help grow more fresh food

Our open gardens have now expanded to **44 in two locations**. Many have benefited from the fresh produce. It is built and maintained by volunteers for anyone in the community in need of food. Food Banks are open on set hours, and hunger can happen at any time. These gardens are open for the entire growing season – any time of day, any day of the week. The gardens produced: carrots, onions, beets, tomatoes, beans, cucumbers and kale. What was not harvested by the community, volunteers brought to KLFS for distribution to the food banks. A total of **856.5 lbs was harvested** from the Open Gardens and distributed to our member food banks.



Another 5,775 lbs of food was contributed by farmers & back yard growers!

Where our food comes from:



Non-perishable

- Grocery store reclamation • **132,504 lbs**
- Individuals • **23,595 lbs**
- 3rd Party Events • **20,620 lbs**
- Churches • **2,257 lbs**

Food Drives

- Spring Drive • **3,692 lbs**
- Christmas Drive • **1,596 lbs**
- Thanksgiving Drive • **989 lbs**

Volunteers are the backbone of the KLFS

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

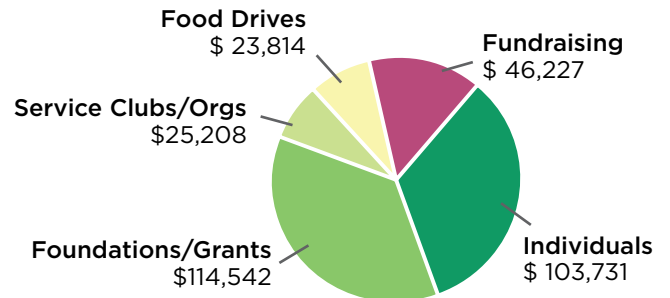


78 volunteers

2892.25
volunteer
hours



Sources of Revenue



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 2018. 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 +

- Tim Hortons Lindsay • FBC Capacity Boost Grant • Sisters of St. Joseph • Luke 4 Foundation • Tom and June Pick

Platinum

\$5,000 - \$9,999

- The Commenwell Mutual Insurance Group • The FK Morrow Foundation • The Foster Hewitt Foundation • Service Canada

Gold

\$3,000 - \$4,999

- Kawartha Credit Union • Leon Frazer and Associates • Manley, Earl & Marilyn • MAZON Canada • S.M. Blair Family Foundation

Silver

\$1,000 - \$2,999

- Barg, Mr. and Dr. Robert & Rosanna • Bob and Vera Mark Charitable Foundation • Couling, Bruce • Double "M" R.V. Resort & Campground • Enterprise Holdings • Firth, Kathy • Floortrends • Georgina Foundation • Greygates Foundation • Investors Group • Kawartha Business Equipment Ltd. • Kawartha Chapter Order Eastern Star • Glass, Bruce • Kinsmen Club of Lindsay • Kehoe, Yvonne • Lindsay C.R.C. Deacons • Moss, Wayne • Ontario Association of Food Banks • Pilkington-Henniger Charitable Foundation • Richardson, Heather • Show Kids You Care • Somerville, Joan • Staples & Swain • Synnet Trust, Jaques • Unifor Local 222 Canada Active • Unifor Local 222 Retired Workers Chapter • Vancouver Foundation • Walmart Foundation • Wood-Mizer Canada Co. • Zobebein, Eric • United Way for the Kawartha Lakes

Bronze

\$500 - \$999

- Anderson, Dr. and Mrs. Peter • Brown, Shaun • Callaghan, Dan • Coles, Linda • Connolly, Caryle • Conrad, Nina • Desbiens Brian and Ellen • Dymont, Craig & Leslie • Flynn, Moira • Food Banks Canada Rural Transportation • Galloro Construction • Gilbert, Gordon W. and Lynne C. • Glass, Barbara • Gunsolus, Drew & Ann • Hydro One Employee and Pensioners Charitable Trust • Investors Group Matching Gift • Lindsay Christian Reformed Church • Lindsay Peterborough Movers • Lindsay Tai Chi Club • Lovesin, Pat • Mabee, Chris & Jennifer • MacIntosh, Jane • McHugh, Tandy Mrs. • Naylor, Aileen and Hector • Newton, Nancy • Niblet, Philip & Janis • RJ Brown Insurance Broker • Smith, David and Sheila • Stainton, Mr. Stewart • Thompson, Arlene • Woodville Food Bank • Home Hardware

Green

\$150 - \$499

- Brown, Ross & Carole • Brown, Leroy and Faith • Brouwer, John and Betty • Byer, Nanci • Catling, Ruby • Chambers, Ross • Clay Bow Auto Body Ltd • Clarke, Ted and Cathy • Clements, Jody • Conservative Party of Canada • Cooper, Dr. T. James • Corner, Mark • Corp, Barbara • Culham, Francis & Jacey • Currie, Charlie • Curtin, Verna J. • Davies, Anne & George • Devolin, Kim • Dominic, Fran • Drury, Elena and Bob • Ellis, Denise • Edwards, Dorothy • Evans, Diane • Falkner, Noreen • Fedele, Lisa • Federchuk, Barb • Fehr, Danny • Fintelman, Kim • Flynn, Hermine • Goller, Wendy • Hallett, Mrs. Darlene • Hardy, Ralph and Jacqueline • Hargrave, Victoria • Harkot, Patricia • Hayes, Beatrice • Hill, Edward & Mary • Hutchinson, Trevor J. • Johnson, Lynn and Diane • Jones, Jean • Kennedy, Mr. William • Kitchen, Benita • Kraemer, Jeremy • Konyer, Susan • Linborough Property Corporation • Lindsay Cleaner and Dryers Ltd. • Lindsay, James • Locke, Rev Michael • Lowe, Jane and Ed • Luskin, Peter • Macmillan, Mrs. Eileen • McCall, Lynda and Earl • McColl, Frank and Charlene • Morrissey, Catherine • Moynes, William and Brenda • Murray, John and Elaine • Nancekieveille, Ivan and Elaine • Naylor Systems • Niblett Environmental Associates Inc. • Oakes, Kenneth and Arlene • Oakley, Joan • Omeme Vet Hospital Pro • OPSEU Local 368 • Payne, Dr. Gail and Peter • Peterborough Cruiseshipcentres • Pendlebury, Martha • Piggott, George • Pickering, Mr. and Mrs. John • Poisson, Darlene & Richard • Powell, Mr. & Mrs. Garnet • Radiff, Max • Robins, Clare and Sheila • Robson, Trudie Lee • Rodd, Anne • Rosepark Landscaping • Rump, Brian • Scottish Rite Club of Victoria District • Scugog Communications Group Inc • Seto, Diane • Sheahan, Dawn • Smart, Jean • Snellan, Simon • Stillwell, Bert & Sheila • St. Pauls Church • Stroobach, Erwin • Sutcliffe, Alma • TD Investment Services • Thompson, Elizabeth and Paul • Thompson Fuels • Todd, Larry and Linda • Todhunter, Pamela • Tohill, Maria • Tummon, Mrs. Nama • Van Schaik, Linda • Victoria West District Women's Institute • Walden, Marion • Watson, Doug • Wilson, Larry & Michelle • Wilson-Zebic, Thursa • Wilson, Jean