

Annual Report

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

This was milestone year for Kawartha Lakes Food Source (KLFS) - we commemorated our 20th Anniversary! We found ways to commemorate this anniversary throughout the year by sharing our history via social media and on our website. We designed a commemorative logo, and hosted an event in September that included a “walk down memory lane”, a ‘hands on’ food sorting activity, and an engaging interactive activity that opened awareness to living in poverty. After an appreciation lunch for patrons of this event, we hosted a panel discussion about the state of food insecurity in the City of Kawartha Lakes. The discussion was wide-ranging and touched on systemic issues around affordability, government support shortfalls, efforts at the municipal level to address affordable housing shortages, and the role of non-governmental agencies in tackling poverty and food insecurity.

It is only with the generous and continued support of our community that KLFS has been able to meet ongoing and changing needs for food security. We are so grateful for and amazed by each person, business, and organization that support us, whether by donation, volunteering, or just general advocacy. This organization was created by our community to serve our community and is entirely operated by our community!

Today, KLFS is the largest non-profit food distribution organization in City of Kawartha Lakes operating as a hub to over 30 social service agencies. We procure, sort, store, and distribute food and other household essentials while also advocating for food security and educating the community on poverty in our area through programming and community outreach. While the backbone of the organization continues to be food banking, over time we have developed and maintained innovative programs such as the Family Cooking Project, Open Gardens, and the Lindsay Community Food Market.

KLFS has stopped purchasing non-perishable food that was needed during the uncertainty of the COVID-19 pandemic and once again relies on community donations and retail reclamation sources to maintain an inventory. However, we are thankful for the purchases that we were able to make during the first two years of the pandemic, which we were able to make with funding support received at that time.

We continue to focus on purchasing fresh items that include milk, eggs, and fruit for our member food banks and schools.

Our member food banks continue to serve their communities and play an integral role in the fight against food insecurity.

The volunteers and staff at all food banks are valued and appreciated by KLFS and those they serve.

We are also happy to report that in 2022, KLFS was able to complete two Ontario Trillium Foundation grants received in previous years. We were also successful in receiving funding support from Pinguuq for a Digital Content Creation staff, and the Metis Nation of Ontario for a Program Support Staff. We were honoured to be selected by the 100 Men Who Care Kawartha Lakes and received \$13,400 to purchase frozen protein and non-perishable items. KLFS was the recipient of a food drive spearheaded by KL Hockey in which we received over 22,500 lbs. of food from local youth teams.

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



Heather Kirby,
Executive Director



Rose Barg
Chair, Board of Directors

Your gifts in action

Each month **you** help us:



Supply food to
29 member agencies

7 food banks



24 schools



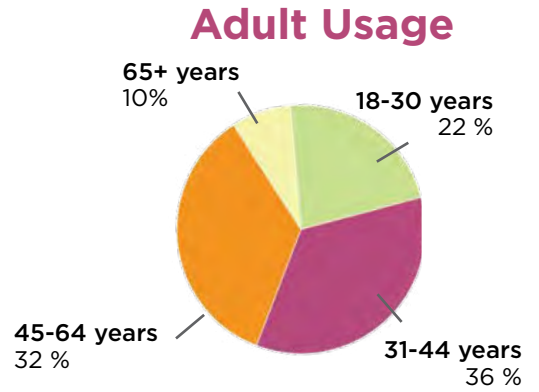
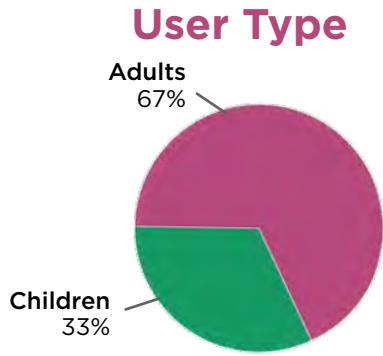
Feed **7,500 individual people**

Our member food banks:

- Coboconk and Area Food Bank
- Omeme 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

2022 Fast Facts

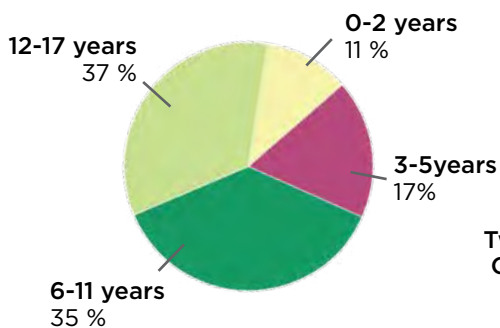
Who **you** help feed:



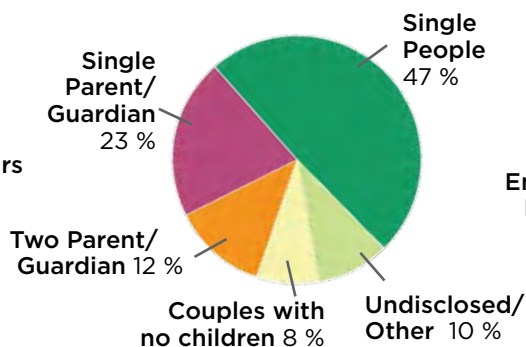
Commemorating Kawartha Lakes Food Source's 20th Anniversary



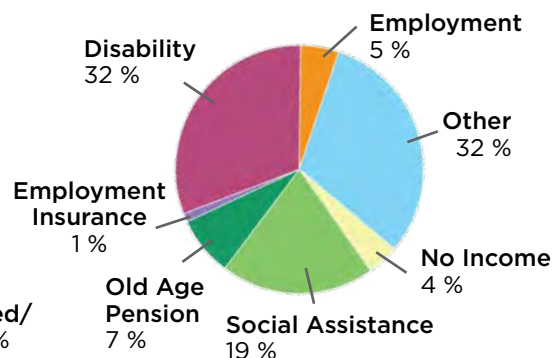
Child Usage



Household Type



Household Income



Chip in to help!

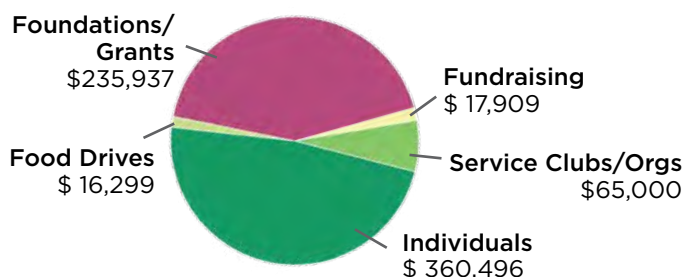
This mild, runny salsa has a sharp garlic flavour and very little heat. The proceeds from sales are invested into operating expenses such as rent, allowing us to continue to deliver food access and food literacy programs within the City of Kawartha Lakes. This social enterprise will help KLFS be financially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

Volunteers are the backbone of KLFS

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



Sources of Revenue



3,067
volunteer
hours



98 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.

Easter Hamper

This first annual offering was a success, supporting over **400 people** throughout the City of Kawartha Lakes, including over **150 children**. We were so happy to be able to support families and individuals in a way we had never been able to do before, allowing food bank clients to enjoy a holiday that has not had local supports in the past. It was incredibly well-received and appreciated by those who took part, especially the chocolate bunnies for the kids! It took **18 volunteers 45+ hours** to pack the hampers, and a big thank you to FourCast and the Kinsmen Club of Lindsay for your collaboration.



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 **836 cartons** of Kawartha Dairy milk and **18 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 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.

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.



KLFS Food Purchases 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 • **204,356 lbs**
 -   Individuals • **35,008 lbs**
 -  3rd Party Events • **40,276 lbs**
 -  Giant Tiger Lindsay • **11,241 lbs**
 -  Churches • **1,925 lbs**

- Food Drives**
-  Thanksgiving Door to Door • **5,820 lbs**
 -  Holiday Food Drive • **4,044 lbs**
 -  Reverse Advent/Love Month • **3,010 lbs**
 -  Spring Food Drive • **1,577 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. ”

Client

“ 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

Member Food Bank

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

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



Now in its third year, the KLFS Reverse Advent Calendar encourages families and office workplaces to add an item to a food collection every day for 30 days. This year's largest office contribution came from Carma Corp, who collected over 400 lbs by encouraging their staff to take part!



In November 2022, Russell West Optometry decided to get serious. They challenged McLaughlin Dental Centre to a collection war and in total the food drive raised over 1,300 lbs of food! Russell West came out on top, but will McLaughlin Dental come for the title in 2023?



The 2022 Lindsay Jolly Jog was a huge success, fundraising over \$9,000! The event saw nearly 140 Jolly Joggers take part in the 5km walk/run, with all showing off their best festive costumes along the way. Thank you to all who participated and helped us raise funds to support those who feed our hungry!



2022 marked the 1st KLFS Easter Dinner initiative. Volunteers packed bags filled with the foods to create a full Easter dinner, before then distributing them to clients around the City of Kawartha Lakes who were struggling with food insecurity.



Oakley Rosom shows an example of thinking outside the box for fundraising! Oakley (7 yo) hand drew Christmas cards that he sold at local craft markets and community events, in all raising a staggering \$1,903. Thank you Oakley, for crafting cards for two years, and for supporting KLFS!



When we were contacted by local non-profit, KL Hockey, we had no idea how big their planned initiative would get! Over the course of two weeks, 28 teams from 8 local hockey clubs collected food furiously, because the team from each club who collected the most won a tournament. In total, 22,565 lbs of food was raised! WOW!



The Woodville Eldon Food Bank is open twice a month, and works closely with their community businesses and farmers to nourish their clients. Follow their events and updates on Facebook @ WoodvilleEldonFoodbank.



The Thanksgiving Door-to-Door Food Drive is a fun way of collecting much needed food. Debbie and her son Alex have scoured routes around Lindsay on foot for three years, going porch to porch to pick up bags of donations left by homeowners!



Pictured are staff and volunteers from the Fenelon Falls Salvation Army Food Bank, one of our member agencies. The area serves over one hundred individuals per month and actively works in their community to offer programming for their community.

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 2022. 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 +

Otto and Marie Pick Charitable Foundation, Estate of Hugh Manley, John Stinson, Congregation of the Sisters of St. Joseph, Allan and Marion Imrie, Kinsmen Club of Lindsay.

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

Lucy Moulton, St. Vincent De Paul, Metro Richelieu Inc., The Foster Hewitt Foundation, Lindsay Christian Reformed Church, Cate Cooper, Thomas and Linda Bartlett, Scott Robinson.

Gold & Silver \$1,000 - \$4,999 Norwell Dairy, Double "M" R.V. Resort and Campground, Squires Concrete Forming Inc., Canada Rainmakers, Lindsay-Peterborough Movers, Peter Ursel, Enterprise Holdings, Yvonne Kehoe, Jane MacIntosh, Southern Supplies Limited, United Food & Commercial Workers, 1254711 Ontario Ltd, Edward & Mary Hill, Shaun Brown, Kawartha Credit Union, Heather Richardson, Show Kids You Care, Jacques Synnett Trust, Unifor Local 222 Retired Workers Chapter, Retired Teachers of Ontario, Kawartha Charity Riders, Gordon MacMillan, Marion Bays, CUPE Local 4422, Lynne Gilbert, Bruce & Carol Glass, Wayne Moss, Ontario Realtors Care Foundation, Ted Spearing, Bill Wilms, Waste Logix, Martha Pendlebury, Peter and Gail Payne, Donna Chambers, Bonnie Kennedy, Ron and Kathy Firth, Marcia Whyte, 1841083 Ontario Inc., Betty Rinzema, Maureen Lancaster, DWC Concrete, Barbara Corp, Hector and Aileen Naylor, Rosepark Landscaping Ltd., Joan Shippel, St. Paul's Church, Roberta Allen, Rob and Rose Barg, Kelsey Gibson, Patricia Jarvie, Terrance and Debra Oliver, John and Julia Ruitter, Kelly Briere, George Piggott, Trina Connell, Leo Brockman, David Sanderson, Michael Bak, Woodville Farms, Aquaticover Inc., E Hart Armstrong, Randy Bezanson, Brian & Ellen Desbiens, Kim Devolin, John Howard Society of Kawartha Lakes, Kawartha Lakes Professional Firefighters, Lindsay Tai Chi Club, Philip & Janis Niblett, Optimist Club of Lindsay, Paul Robinson, Rotary Club of Lindsay, The Georgina Foundation, Trillium Lakelands District School Board, Unifor Local 222 Union Hall, Walmart Foundation, Dilshad and Oanali Zavery, The Estate of Leonard Michael McDonald, Cathy Barrowclough, Perri Nummi, Michael Snider.

Bronze \$500 - \$999 Korda Charitable Giving Fund, Sheila Smith, Mary Eleanor Henley, Jennifer Gilmer, George Thomson, Lindsay Agricultural Society, Natale Stoppa, Bob and Rhonda Ansell, Floortrends, Marie Fitch, Alfred Ades, Hermine Flynn, Doug Robertson, Marion Walden, Barbara Truax, Diane Conway, Barb Federchuk, Lindsay & District Labour Council, Omeme Veterinary Hospital, David and Judy Warren, Philip and Barbara Arrowsmith, Costco Peterborough, Reginald Garbutt, Barbara Marquardt, Cambridge St. United Church, Jean Regan, Craig and Leslie Dymont, Chris Persaud, Bert & Sheila Stillwell, Patti Jones, Michael Green, Anne Dranitsaris, David and Pauline Brien, Anne & George Davies, Kim Fintelman, Marlene Hamilton, Allison Hannah, Mark Joncas, Katherine Le Gresley, Girish Patel, Ken Raymond, Strategic Charitable Giving Foundation, Paul Weinwurm, Yvette Peel, Susan Brooks, Max and Patricia Radiff, Jack and Jean Kyle, Gwen Mossini, Sharon Pollard, Lorraine Perdue, United Way CKL, Jill Hone, Jennifer Brown, Angela Cowan, Greg Dowdall, Robin Bowman, John Van Til, Kathy and Peter Anderson, Loblaws Food Drive, Virginia Reeds, Ronald and Heather Armstrong, John & Maria Bennett, Burns Bulk Food, Michael Fraser, John Gennaro, Drew & Ann Gunsolus, Mary Haydock, David Holloway, Mary Jeffery, Julie Johnson, Lisa Kemp, James & Nancy Lee, Lindsay C.R.C. Deacons, Michael Locke, Maybelle Rebekah Lodge, Yvonne Pearson, Jane Porter, Douglas Raymond, Kenneth Rietze, Anne Rodd, Marilyn Searle, George and Linda Skerratt, Victoria Haliburton Law Association, The Canada Life Assurance Company, Victor Remeika, East Central Christian Farmers Assoc, Peter Froehlich, Linda Rutherford, Mary Kay McGuinness, Action Car and Truck Accessories, The Vape Store Inc.

Green \$150 - \$499 Adrian Brouwer, Doug Watson, Carol Bailey, Maureen Hewitt, 2812569 Ontario Inc., The Lindsay Lightning Bolts Swim Club, Carbon Heights Fitness Academy, Verna Curtin, Rob and Elena Drury, Francis and Jacey Culham, Barbara Taylor, Margaret Harper, Alexander Gray, Jo Alberti, William & Barbara Franklin, Frank & Charlene McColl, Brenda McLean, Gordon and Nicole Sloan, Shirley Thornbury, Jean Wilson, Henry Dening, Michael and Catherine Puffer, Michael Cummings, Lisa Fedele, John & Sheila Bebbington, Bob Mark New Holland, Denise Hamilton, Brian and Pat Henderson, Lindsay East District Lions, Wanda Percival, Grant & Carol Peters, Ivan & Tarja Reynolds, Marg Wansbrough, Eileen Kellestine, Nesbitt's Meat Market, Alexandra Fulton, Clare & Sheila Robins, St. Thomas Aquinas Secondary, Shirley Sundberg, Sharon Phelps, Margaret Valentic, Suzanne Clark, John Pickering, Brenda MacKenzie, Samantha Thompson, Naomi Ecob, Josie Arthurs, Laurie Cameron, Ruby Catling, Coboconk Food Bank, Mike and Beryl Connell, Fraser Dow, Dale and Bonnie Drake, L. Edwards, Russell Gibson, Alan Gray, Ken & Joyce Harrison, Douglas Horton, Keith and Pat Jack, Clark Jewell, Joan Johnson, Lynn & Diane Johnson, Glen & Deborah Moyer, Brenda Moynes, Joy Parliament, Garnet Powell, Jane Shulist-Green, Simon Snellen, The Kent Florist, Larry & Linda Todd, Lynda Willard, Yesai Libarian, Tony Reitzel, Peter Petrosioniak, Faye Stevens, Jim Stevens, Daniel Riley, Bonnie Hancock, Dan Kearns, Charles LeBlanc, James LeBlanc, Carol Ward, Frank Basingthwaite, Lisa Youells, Carol Williamson, Barb Brown, Mary Auld, Kenneth and Arlene Oakes, Molly Westland, Michael Micheff, Earle Gray, Marilyn Hoekstra, Christine Karpazis, Robyn James, Dorothy Cullen, Jan Mundy, Sharon Drew, Robert Haney, P Heidi Schumacher, Bruce & Kathy Walker, Mary-Katherine Stainton, Scott Benson, Ross Chambers, Gerard and Andree Curtin, David Simser, D. Lackey, James Lindsay, Carey Marquis, Lloyd O'Connell, Audrey Quibell, Derek Warren, Mairi K Bew, Diane Miller, Margaret Carroll, Thomas Runk, Brenda Tamlin, Greg Howell, Erik Ellis, James Melchin, Kevin Aalto, Daniel and Tamara O'Hare, Warren Edward Lowe, Gregory Kruk, Gion Marles, Loreen Harris, Nexicom Telecommunications Inc., Larry & Michelle Wilson, William Battersby, Holli Lee, Chris & Jennifer Mabee, Garry & Faye McCabe, Mary Enright, Marion LeBlanc, Catherine Philp, Shannon Hein, Kawartha Wholesale Bakery, Borderline Crazy Quilters, Margaret Ross, Heyes-Mabee Family Charitable Fund, Leon Des Rochers, Patricia Harkot, Owen and Kerrie Lund, Annette Payne, Paul & Diane Reeds, Judy Erkkila, Tina Matthews, Wendie Hardaker, Linda Wilson, Alyson Read, Karen Rosenthal, Paul Ellis, James Doan, Randy King, John Bell, Tom Molica Lazzaro, Cat McArthur, Tamara E A Brown, Painting by Sue Hunter, Lynda Maxwell, Steve Strathdee, Linda Tripp, Noorie Choi, Anna Auger, Lorne and Marilyn Bagshaw, Beta Sigma Phi, Leroy Brown, William Brown, Caryle Connolly, Lawrence Crocker, John and Elaine Crosgrey, James Deitch, Deborah Devitt, Fran Dominic, John and Liselotte Drury, Grant Dunford, Scott and Michelle Elder, Linda Fitzgerald, Sandy Flynn, Jonathon Greer, Kelly Greidanus, Janice Holtby, Don Ireland, Elaine Kell, Christine Macaulay, Dave Mackay, Pooran and Cicilia Manmohansingh, Jane and Paul McCabe, Joseph & Joyce McGuire, Laurie McLean, John & Elaine Murray, Ken and Elizabeth Penley, Ian and Patricia Pepper, Bruce & Kathy Prentice, Katherine Reddick, Harvey and Janet Risebrough, James & Donna Scott, Scottish Rite Club of Victoria District, Greg Spellen, Trent/Severn Heritage Chapter, Ted and Tracey Twohey, Victoria West District Women's Institute, Gillian Willcocks, Kevin and Linda Easton, Sarah McGowan, John Hollows, Kayla Henderson, Cathy Gibbs, Mavis Fountain, Beverly Prestage, The Lana Vannetten Foundation, Zachary Findlay, Ross and Faye Cheesman, Aujin Choi, Russ McNeill, Andrew White, Sharon Dawson, Lynn Othen, Tessa Lewis, Shael Eisen, Trevor & Shannon Kuypers, Earl Spence, Beverly Baxter, Ellen Ritchie, Kawartha Art Gallery, John and Betty Brouwer, Andris Smits, Kelly Whyte, John and Elizabeth Gundy, Joanne Roberts, Patricia Finkle, James D Piggott, Richard Neal, Dennis Callaghan, Matthew Savino (SHRP), Jill Richmond, Julie Poore, Shirley Wilcox, Amy Shannon, Carolyn Dittmar, Hailey Watson, Ione Hartford, Brenda Bailey, Carol Barkwell, Arlene Chick, Suzanne Christie, Community Care City of Kawartha Lakes, Doug and Barbara Elliot, Allin Kingdom, Mark Maitman, Valerie McQuand, Jamie Morris, Vicki Mudrick, Sherry Nielsen, Steve and Kristen Ouellet, Frances Shelton, Kathy Simpson, Heidi Stephens, Sandra Mitchell, Chadwick Gregory, Donald Kerr, Katelyn Spearing.