



# 2016 Impact Summary

**Dartmouth North Community Food Centre** offers **food access, food skills** and **education and engagement programs** in a dignified and welcoming space that brings the community together to grow, cook, share, and advocate for good food.

This Impact Summary provides a snapshot of our 2016 program data, as well as the results from our 2016 Annual Program Survey. The survey was conducted as an in-person interview with 75 adult participants from across all our programs, and helps us to better understand program impacts in the areas of increasing access to healthy food; building healthy food skills & improving physical health; improving mental health & increasing social inclusion and connection to supports; and increasing community engagement.

## Food Access Programs

- Light Breakfast
- Community Lunch
- Family Supper
- Good Food Market and Café

## Food Skills Programs

- Young Cooks
- Food and Family Community Kitchen
- Thursday Night Community Kitchen
- Farm Fit Friday
- Farm Drop-In

## Education and Engagement Programs

- Community Advocacy Office
- Fresh Food Market Leadership Program
- Food and Health Workshops

## Increasing access to healthy food



**16,782**

HEALTHY MEALS SERVED



of people surveyed say  
Dartmouth North CFC provides an  
**important source of healthy food**

*"It's cheaper to get fruits and vegetables here. Before, I would have to make a choice between healthy food and other expenses. Here you can afford it all."*

*"It's a safe place. You feel comfortable when you come in the door. Not like other soup kitchens. For a brief time each week you feel like king or queen. The food looks like it's out of a magazine."*

## Building food skills & improving physical health



**124**

FOOD SKILLS SESSIONS OFFERED



of people have noticed  
**improvements in their physical health**



of people have **made healthy changes to their diets**

*"It makes me think more about where my food came from and what I put in my body. It's helped a lot of people in north end."*

## Improving mental health and increasing social support

  
**1,822**  
 COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT

  
 85% of people who used the advocacy office say their visit **helped them resolve issues** they were facing

  
 71% of people have noticed **positive changes in their mental health**

*“Now, we get out more, have friends, and have gotten the help we need to get the services and support we need. There should be more programs like this around.”*

  
 100% of people feel they **belong to a community at Dartmouth North CFC**

  
 82% of people have **made a new friend**

## Increasing community engagement

  
**74**  
 COMMUNITY ACTION SESSIONS HELD

  
**6,889**  
 VOLUNTEER HOURS CONTRIBUTED

  
 43% of people also **volunteer** in programs

  
 52% of people have become **more engaged on community issues**

*“I think this is very good. People coming together and helping each other. This is the first community I’ve ever had.”*

**76%** of people surveyed have or have had one or more **diet-related physical or mental health conditions**



**67%** of people with one or more conditions say participating in programs has helped them better manage their condition



### MOST PREVALENT CONDITIONS

(% of all respondents)  
 depression (43%)  
 anxiety disorder (39%)  
 high blood pressure (29%)  
 high cholesterol (24%)  
 diabetes (16%)  
 heart disease (11%)  
 cancer (8%)  
 stroke (7%)  
 heart attack (5%)