

2016 Impact Summary

NorWest Co-op 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

Healthy Movement Healthy Breakfast
Community Lunch
After School Smoothie Drop-in
Blake Gardens Fruit & Veggie Market

Food Skills Programs

Filipino Family Cooking Program
Diabetes Cooking Group
Make and Take Community Kitchen
Healthy Baby Program
Seniors in the Kitchen
Punjabi Cooking Class
Garden Drop-in

Education and Engagement Programs

Community Advocacy Office
Community Action Training
Beading Group

Increasing access to healthy food



11,996

HEALTHY MEALS SERVED



11,494

POUNDS OF AFFORDABLE HEALTHY FOOD SOLD AT FRUIT AND VEGGIE MARKET

“We have salad, soup, bread, and it’s all healthy. Good balanced meals with vitamins. That’s why I eat here.”



93%
of people surveyed say NorWest Co-op CFC provides an **important source of healthy food**

“There’s less fat in the food here. Less salt. I’m bragging to my sister in Washington and to my doctor, ‘We are eating healthy food!’”

Building food skills & improving physical health



107

FOOD SKILLS SESSIONS OFFERED



52%
of people have noticed **improvements in their physical health**

“Before my blood pressure was high. Now I feel much better.”



84%
of people have **made healthy changes to their diets**

“I’m eating healthier and mixing foods that I didn’t know go together. I get a lot of advice from the chef too. He’s always willing to tell how to make things healthier and taste better”

Improving mental health and increasing social support



212

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT



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



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

“I want to make friends, I want to belong, I want a community, and I found it here.”



of people feel they **belong to a community at NorWest Co-op CFC**



of people have **made a new friend**

Increasing community engagement



177

COMMUNITY ACTION SESSIONS HELD



of people also **volunteer** in programs

“Before, I didn’t have any community to get involved with. This place gave me a community to be a part of.”



of people surveyed have become **more engaged on community issues**

“As a newcomer, sometimes you will feel discriminated against outside. This place will change your spirit and lift you up. It pushes the negative thoughts away.”

71% of people surveyed have or have had one or more diet-related physical or mental health conditions



72% of people with one or more conditions say participating in programs has **helped them better manage their condition**



MOST PREVALENT CONDITIONS

- (% of all respondents)
- high blood pressure (47%)
 - high cholesterol (43%)
 - diabetes (21%)
 - depression (19%)
 - anxiety disorder (15%)
 - cancer (15%)
 - stroke (12%)
 - heart disease (7%)
 - heart attack (7%)

NorWest Co-op Community Food Centre

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Norwest Co-op Community Food Centre @NorWestCFC



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