

2016 Impact Summary

Regent Park 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 Drop-in Meals Taste of Regent Park Market

Food Skills Programs

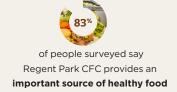
After School Program | Community Kitchens including Cook Ahead, Family Cooking and Fitness, Breakfast Club | Community Gardens including Community Allotment Gardens, Women in the Garden, Senior's Garden

Education and Engagement Programs

Community Advocacy Office Community Action Training Gentle Yoga Program Social Events

Increasing access to healthy food





"This place has helped me eat a balanced diet at an affordable rate without straining my finances."

"I'm making friends and eating healthy food."

Building food skills & improving physical health







"My physical health has improved. My mental health has improved. I know more about nutrition now."

Improving mental health and increasing social support



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

"Really, [Regent Park CFC] has shown me that I'm not alone, and that's a big step towards helping me resolve problems."





Increasing community engagement





"I decided to become an Advocate in order to give back some of the support and caring I received from the CRC."



"[Regent Park CFC] helps me be more involved in volunteering and meet new people from different cultures."



