



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



68,855

HEALTHY MEALS SERVED



83% of people surveyed say Regent Park CFC provides an **important source of 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



121

FOOD SKILLS SESSIONS OFFERED



66% of people have noticed **improvements in their physical health**



81% of people have **made healthy changes to their diet**

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

Improving mental health and increasing social support



461

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**

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



of people feel they **belong to a community at Regent Park CFC**



of people have **made a new friend**

Increasing community engagement



148

COMMUNITY ACTION SESSIONS HELD



10,424

VOLUNTEER HOURS CONTRIBUTED

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



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

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

65% of people surveyed have or have had one or more diet-related physical or mental health conditions



57% 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 (27%)
- high blood pressure (23%)
- anxiety disorder (19%)
- diabetes (17%)
- high cholesterol (16%)
- heart disease (4%)
- stroke (3%)
- heart attack (1%)

Regent Park Community Food Centre

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Regent Park Community Food Centre @RegentParkCFC



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