



2017 Impact Summary

The Alex 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 2017 program data, as well as the results from our 2017 Annual Program Survey. The survey was conducted as an in-person interview with 79 adult participants across all our programs, and helps us to better understand program outcomes in the areas of healthy food access, knowledge, skills and behaviours, social inclusion and civic engagement.

Food access programs

- Drop-in Breakfast
- Drop-in Lunch
- Aboriginal Lunch
- Affordable Produce Market & Café

Food skills programs

- Indigenous Moms' Group
- International Ave Kitchen
- Kids' Cooking and Gardening
- Healthy on a Budget
- Drop-in Gardening
- FoodFit
- Cookin' Ahead

Education and engagement programs

- Peer Advocacy Office
- Community Action Training
- Youth Hub: What Feeds Us
- Community Action Drop-in

Increasing access to healthy food



12,065

HEALTHY MEALS
SERVED AND SENT
HOME



88%
of people surveyed say
The Alex CFC provides an
important source of healthy food

"You've saved my life. The vegetables and market have helped me so much. I'm on a pension so without this, I don't know what I would do."

"I couldn't afford before so I just went without. Now, I have food and it's making a huge impact on my health. Plus, I have a sense of purpose."

Increasing food skills



210

FOOD SKILLS
SESSIONS
OFFERED



86%
of community kitchen and garden
participants say they've **gained new skills
and knowledge**

"My awareness of nutrition has escalated immensely. I think it's phenomenal here. I tell everybody about it. It's reignited a passion I have with cooking and food."



Improving physical and mental health

Our programs support community members to develop the skills and knowledge they need to make changes that can contribute to lasting improvements in their health. After one year:

49%

of people surveyed say our programs have contributed to **positive changes in their physical health**

58%

of people surveyed say our programs have contributed to **positive changes in their mental health**

“Having stable food sources, it really helps keep my sugar levels down and maintaining my overall health. My doctor thinks it’s made a huge difference.”

Increasing social support



184

VISITS TO THE ADVOCACY OFFICE FOR SUPPORT



of people who used the Advocacy Office found the service **helpful in resolving their issues**



of people feel they **belong to a community** at their Community Food Centre

“When I come here, I feel happy and I can talk to people, and here people are friendly. The volunteers treat me very good, that’s why I come back. When I come here I feel happy all day.”

“It’s gotten me able to control my depression and anxiety. This is my safe place. I feel far less anxious and sad when I’m here.”

Increasing community engagement



116

COMMUNITY ACTION SESSIONS HELD



Percentage of program participants who also **volunteer in programs**

“I used to be so socially deprived I couldn’t talk to people. It’s given me the courage to speak up and have my mind heard.”

“I’m not a very open person. I’m very quiet, so coming here has helped me open up and be conscious of what’s going on in my community. Coming here, and the youth hub group, has helped me become more aware of food issues in my community.”



Percentage of people who have become **more involved in community issues**

The Alex CFC is one of eight Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all in partnership with Community Food Centres Canada.