



## 2017 Impact Summary

The Hamilton 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 74 adult participants from 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

Seniors' Wellness Morning and Breakfast  
Global Roots Lunch  
Family Dinner  
Good Food Market and Café

### Food Access Programs

After School Program  
Intercultural Community Kitchen  
Middle Eastern Community Kitchen  
Cooking on a Budget  
Welcome Baby

### Education and Engagement Programs

Community Action Training  
Community Advocacy Office  
Growing Together Social Justice Club  
Womens' Circle  
Social Justice Campaigns and Events

## Increasing access to healthy food



7,336

HEALTHY MEALS  
SERVED AND SENT HOME



80%  
of people surveyed say  
The Hamilton CFC provides an  
important source of healthy food

"I found quality of food is very healthy, and very tasty. Very good! A lot of vegetables! That's what we needed. The Community Chef creates such beautiful, creative, delicious food."

"I feel good about myself because of eating more greens and trying new things."

## Building food skills



156

FOOD SKILLS SESSIONS  
OFFERED



80%  
of people say they've made  
healthy changes to  
their diets



88%  
of community kitchens partic-  
ipants say they've **gained new  
knowledge and skills**

"It's helped me access to healthy affordable food, learn new ways to care for myself and my family, and make connections with other families and community supports."



## 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:

**66%**

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

**61%**

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

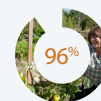
## Increasing social support



**725**

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT

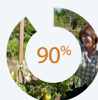
“Before I was isolated. Now I come here and have a lot of friends. I get to discuss, talk, and learn with others.”



of people feel they **belong to a community here**



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



of people surveyed say they've **made a new friend** at the CFC

“Here at CFC, I feel like I’m at home.”

## Increasing community engagement



**123**

COMMUNITY ACTION SESSIONS HELD



**3,355**

VOLUNTEER HOURS CONTRIBUTED

“It’s made me look at the whole concept of community differently. To actually view a group as a community.”

“Interacting with different people from different cultures makes you think differently.”