



# 2017 Impact Summary

**Dartmouth North 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 78 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

Light Breakfast  
Community Lunch  
Family Supper  
Good Food Market and Café

## Food Skills Programs

Community Kitchens incl. Young Cooks, Food and Family, Early Learners, Fidget Spinners and Chicken Diners, FoodFit, Thursday Night Community Kitchen // Farm Fit Friday // Farm Drop-In // Young Farmers

## Education and Engagement Programs

Community Advocacy Office // Community Action Training // Fresh Food Market Leadership // Food and Health Workshops // Noise from the North // Food & Films

## Increasing access to healthy food



**16,603**

HEALTHY MEALS  
SERVED AND SENT HOME



90%  
of people surveyed say  
Dartmouth North CFC provides an  
**important source of healthy food**

*"If this place wasn't here I wouldn't be eating fruits and veggies. Couldn't afford them."*

*"Being able to have porridge for breakfast and a meal on Wednesdays, these guys have made an improvement to my life. Getting back on my feet. This place is helping me get there."*

## Building food skills



**141**

FOOD SKILLS  
SESSIONS  
OFFERED



88%  
of community kitchens and  
gardens participants say they've  
**gained new skills and knowledge**



86%  
of people have **made healthy changes to their diets**

*"They cook with a lot of combos of food that I never thought about and I'm trying some of those new ideas at home."*

## 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.

**63%**

of people have contributed to **positive changes in their physical health**

**67%**

of people have noticed **positive changes in their mental health since they started coming here**

## Increasing social support



**1,578**

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE



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

“The big thing here is acceptance. Everyone is welcome. I was in a very bad place when I started coming here. It’s given me purpose.”

“It turned my life around. Through meeting new people, it brought me back to life.”



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



of people have **made a new friend**

## Increasing community engagement



**102**

COMMUNITY ACTION SESSIONS HELD



**5,471**

VOLUNTEER HOURS CONTRIBUTED



of people also **volunteer** in programs



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

“Meeting all these people here, you realize it’s a strong community. And you want to come together to improve it.”

### Dartmouth North Community Food Centre

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Dartmouth North Community Food Centre @DartmouthCFC

The Dartmouth North 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.



community food centres  
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