

2017 Impact Summary

NorWest Co-op 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 and the results from our 2017 Annual Program Survey. The survey was conducted as an in-person interview with 75 adult participants from across 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

- Food Access Programs
- Healthy Movement, Healthy Breakfast
- Community Lunch
- Gilbert Park Community Dinner
- After School Smoothie Drop-in
- Affordable Produce Markets

Food Skills Programs

- Filipino Family Cooking
- Diabetes Cooking Group
- Make and Take Community Kitchen
- Healthy Baby Program
- Kids' Cooking and Gardening
- Drop-in Gardening

Education and Engagement Programs

- Community Advocacy Office
- Community Action Training
- Social Justice Campaigns and Events

Increasing access to healthy food



17,507

HEALTHY
MEALS
SERVED



of people surveyed say
NorWest Co-op CFC provides an
important source of healthy food

**“Eating more fruits and
veggies is the main
reason I come here.”**

“The best thing for me is the quality of food: protein, fibre, nuts, berries, veggies, good herbs—The Community Chef even bakes his own bread. This is the best place you’re gonna find to eat healthy. If I don’t come here, the food I eat is out of a bag, box or bottle.”

Building food skills



303

FOOD SKILLS
SESSIONS
OFFERED



of community kitchen and garden
program participants have **gained
new skills and knowledge**

**“This place provided me with the
options for healthy food and healthy
living. Before, I thought healthy food
wouldn’t taste good. But now I know
healthy food can be tasty too. They
also always want to hear our opinion
and find out what we can do to make
things better.”**



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

“I mostly ate processed food before, but now I stopped eating them... before I wasn’t really into cooking. Now, I started learning new Canadian vegetables, using spices, and I can control how much salt and sugar is in it.”



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.

66%
of people surveyed say our programs have contributed to **positive changes in their physical health**

51%
of people have noticed **positive changes in their mental health** since they started coming here

Increasing social support



427

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 **made a new friend**

“It’s getting me out of my house. Meeting people. Less isolated. Quite honestly, this is a lifeline for me. There’s so many wonderful people here, the staff are wonderful.”



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

Increasing community engagement



147

COMMUNITY ACTION SESSIONS HELD



of program participants also **volunteer** in programs

“Being a newcomer, being involved in this community really helped me adapt because [I’m] involved in some place.”

“I think it’s wonderful here. It’s a great resource for me. It’s getting me out and involved which I haven’t done in many years.”

The NorWest Co-op 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.

NorWest Co-op Community Food Centre

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