



2017 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 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 healthy food access, knowledge, skills and behaviours, social inclusion and civic engagement.

Food Access Programs

Drop-in Breakfast

Drop-in Lunch

Taste of Regent Park Market

Food Skills Programs

After School Program // Community Kitchens incl. Cook Ahead, Freezer Days, Peer Nutrition, Breakfast + Snack Clubs, Harm Reduction Table, Women Gardener's Cooking // Community Gardens incl. Community Allotmentss, Women in the Garden, Senior's Garden, School Gardening

Education and Engagement Programs

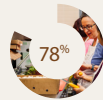
Community Advocacy Office
Social Justice Campaigns + Events
Biidaaban (Indigenous Advisory Board)

Increasing access to healthy food



63,085

HEALTHY MEALS
SERVED AND SENT



of people surveyed say
Regent Park CFC provides an
important source of healthy food

"There is ample space, you can sit and relax and reflect and enjoy your meal. You don't have to rush out. You can feel at ease."

"I'm on Ontario Works, so without this place, there's no way I'd get access to full, nutritious, steady meals. Of all the food centres I've been to, this is by far the best."

Building food skills

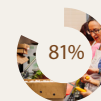


78

FOOD SKILLS
SESSIONS
OFFERED



of community kitchens and
gardens participants who have
gained new skills and knowledge



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

"I cut down on table salt. I cut down on food that are high in fat. I begin to eat more raw vegetables and more potatoes. I begin to eat more yogurt. My digestive function has improved markedly."



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.

49%

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

43%

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

Reducing social isolation



517

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT

“It makes me believe there are good people in the world who care about others.”

“I met a lot of new friends. It is a great pleasure. I don’t feel lonely anymore.”



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



of people have **made a new friend**

Increasing community engagement



185

COMMUNITY ACTION SESSIONS HELD



9,417

VOLUNTEER HOURS CONTRIBUTED

“The [CFC] has changed my life. It has given me the opportunity to give back to the community, for which I am becoming an Advocate. Also, I became housed and it changed my quality of life.”



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

“I feel that there is a strong bond in communities and more access to programs to help me educate and enhance my skills. It also makes me feel if I can overcome many challenges I can possibly help others do the same.”