

# 2017 Impact Summary

The Table 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 70 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

Community Dinners  
Good Food Bank

## Food Skills Programs

After School Program // Family Cook Night // Flavours from Your Neighbours // Harvest Kitchen // Drop-in Kitchen // FoodFit // Cooking with Cents // Tiny Tastes // Dads and Kids in the Kitchen // Community Gardening + Workshops

## Education and Engagement Programs

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

### Increasing access to healthy food



**14,814**

HEALTHY MEALS SERVED AND SENT HOME



**3,737**

VISITS TO THE GOOD FOOD BANK

"It's gotten me through the last year. My husband's on disability and I got hurt so I haven't worked. But I'm getting better and going back."



92%  
of people surveyed say The Table CFC provides an **important source of healthy food**

"The most important difference is it certainly helps me with finances because I'm on a limited budget. Price of groceries are too high. Everything is going up and up."

### Building food skills



**219**

FOOD SKILLS SESSIONS OFFERED



**1,746**

POUNDS OF FOOD HARVESTED



71%  
of people have **made healthy changes to their diets**



100%  
of community kitchens and gardens participants who have **gained new skills and knowledge**

"I'm learning about healthy growing, cooking, eating, keeping fit. Learning how to cook different vegetables different ways."

## Increasing social support



597

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT



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

"For me, it's the social aspect. Meeting people. It's a very positive and rewarding experience coming here... It's the socializing that's really nice, and contributing."

"I had a lot of depression and low self-worth and here I've met other people who helped me realize that it wasn't my fault. Talking to others has helped me get through it."



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



of people have **made a new friend**

## Increasing community engagement



285

COMMUNITY ACTION SESSIONS HELD



10,032

VOLUNTEER HOURS CONTRIBUTED

"I have enjoyed the social aspect of meetings and learned that as a group, we have a voice and can get things done."



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

"I felt more empowered and confident to make decisions and go back to school."



### 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.

43%

of people have noticed **positive changes in their physical health** since they started coming to programs

56%

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

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The Table Community Food Centre @TheTableCFC

The Table 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.

