

# 2018 Impact Summary

**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 2018 program data, as well as the results from our 2018 Annual Program Survey. The survey was conducted as an in-person interview with 75 adult participants across a variety of our programs, and helps us to better understand outcomes in the areas of healthy food access; knowledge, skills and behaviours; social inclusion and civic engagement.

Food access programs	Food skills programs	Education and engagement programs
Seniors' Wellness Morning and Breakfast	After school program	Community Advocacy Office
Global Roots Lunch	Intercultural Community Kitchen	Community Action Training
Family Dinner	Middle East Community Kitchen	Cooking Up Justice
Good Food Market and Café	Make and Take Meals	Women's Self-care Group
		Social Justice Campaigns and Events
		Seniors' Skill Share Circle
		Hamilton Community Legal Clinic
	Self-care Club	
	Welcome Baby	
	Garden Club	
	Summer Kids Club	

What's the **most important difference** Hamilton CFC makes?

68% of our members told us it's **COMMUNITY CONNECTION.**



*"I feel like I have my second home here. I've met a lot of people from other countries and we learn about healthy food from these countries—which is very important and special. I feel very happy here."*



## Increasing access to healthy food



**11,937**

HEALTHY MEALS  
SERVED AND SENT  
HOME



88%  
of people surveyed say  
our programs provide  
an important source of  
healthy food

## Building healthy food skills and behaviours



**218**

FOOD SKILLS  
SESSIONS  
OFFERED



81%  
say they're eating more  
fruits and vegetables

## Improving health



74%  
say our programs have  
contributed to positive  
changes in their mental  
health

*“When your  
health falls into  
place, you’re a  
happier person.”*

## Reducing social isolation and increasing support



**1,320**

VISITS TO THE  
ADVOCACY OFFICE FOR  
SUPPORT



95%  
feel they belong to a  
community at The  
Hamilton CFC

## Increasing community engagement



**3,948**

VOLUNTEER HOURS  
CONTRIBUTED



**74%**

74%  
of people have become  
more involved in their  
community because of  
something they learned at here

*“After completing the  
Community Action  
Training I became more  
involved and can help my  
community more.”*

Hamilton CFC is one of ten 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.

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