



Two years of COVID-19 have taken a real toll on communities—physically, mentally, and emotionally. Food insecurity remains a serious issue as the cost of living continues to rise across the country. And Community Food Centres have proven to be an invaluable resource, offering nourishing food and meaningful, regular connections for community members.

Programs offered in 2021

Hamilton Community Food Centre (CFC) is proud to be part of this national movement. From takeaway meals to good food boxes to check-in calls, we were there to support.



Food access programs

These programs increase access to healthy food and improve health

Weekly Take Out Meals - Healthy Dinner and Friday Lunch

Saturday Café - Grab & go breakfast takeout

Affordable Produce Market - 1-2x per week



13,165 healthy meals sent home

Food skills programs

These programs build healthy food skills and behaviours

Intercultural Community Kitchen - Cooking meals and sharing stories from across our cultures

Kid's Club - Hands-on meal kits for children aged 6-12 to cook at home

Cooking Up Justice Youth Kitchen - Ages 13-18 cooking meals and learning about the food system

Garden Days - Growing food and plants in the community garden



166 food skills sessions offered

Education and engagement

These programs reduce social isolation and increase community engagement

Mindful Movement Wellness - Physical activity and social wellness meet-ups

Community Action Training - Free 12-week course promoting community care

Community Action Network - Outreach activities

Advocacy Office 1:1 support

Planting the Seeds of Belonging - Workshop designed to create inclusive community spaces



56 Education and Wellness sessions with 630 visits from community members.

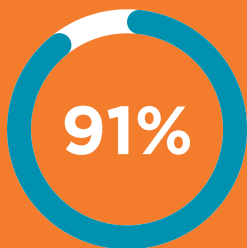
Hamilton CFC is one of fifteen Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all in partnership with Community Food Centres Canada.



a partner site of

community food centres
CANADA cfccanada.ca

Here's what people had to say:



of people said that Hamilton CFC was an important source of healthy food during COVID-19.

"The food was really nice, the experience was different than other meal programs. Lots of fresh vegetables, healthy. I liked the atmosphere of meeting others."

"[Without the CFC] It would be difficult for me to afford healthy food."



Community members reported having less stress knowing our services existed - as a safe outing and a way to connect socially.

"I see my friends. People know me. I feel that my ideas are heard and I like to help in the community kitchen."

"The staff is really friendly and I feel [like] myself in this healthy environment."



feel they belong to a community at the CFC, despite the isolation of the pandemic.

Even in these challenging circumstances, Hamilton CFC remains committed to supporting our local community. This means helping people stay connected and access healthy, culturally-appropriate food. And it means advocating for progressive policy change that solves food insecurity and poverty over the long term.

****This Impact Summary provides a snapshot of our 2021 program data, as well as key results from the 2020 Annual Program Survey (APS), interviewing 381 people across Canada.**

