

In 2022, food insecurity remained a top concern in communities all across the country. This critical issue was fuelled by skyrocketing inflation, economic uncertainty, and insufficient income support programs.

Community Food Centres, like **Hamilton Community Food Centre (CFC)**, were essential places where people could share not only a nourishing meal, but a sense of belonging and solidarity.



## 2022 PROGRAM HIGHLIGHTS

After two years of major adaptations and reduced capacity to connect, we were delighted to start welcoming more community members back to face-to-face programs.

### FOOD ACCESS PROGRAMS

These programs increased access to nourishing food and improved health.

#### Community Dinner

Nutritious community meal offered once per week

#### Friday Lunch

Nutritious community meal offered once per week

#### Saturday Market & Cafe

Fresh, affordable produce offered once per week

### FOOD SKILLS PROGRAMS

These programs nurtured food skills and strengthened health and well-being.

#### Intercultural Community Kitchen

Participants cook and enjoy a meal together and share food stories from their cultures

#### Cooking Up Justice

Youth ages 13-18 practice food skills, cook and share a meal together while discussing the food system and food justice

#### Garden Days

Participants learn and share gardening skills, and have fun planting, tending, and harvesting food

#### Kids' Club

Children ages 6-12 have opportunities to cook, grow food, and play in nature

### EDUCATION AND ENGAGEMENT PROGRAMS

These programs supported people to get involved, and equipped them with tools to take action.

#### Community Action Training

Training program designed to build capacity, advocacy skills, and community connection

#### Planting the Seeds of Belonging

Anti-oppression workshop designed to create inclusive communities

#### Advocacy Office

Weekly drop-in assistance, education, and support with systems navigation

#### Senior Connect Program

Telephone program connecting seniors age 55+ to wellness activities, healthy recipes, guest speakers, and discussions

*“You meet people from around the world, you learn about new things, new cultures. It’s good mentally.”*



## OUR IMPACT IN 2022

Especially in difficult times like these, Hamilton CFC remains committed to supporting our local community. This means helping people stay connected and access nourishing, culturally relevant food. And it means advocating for equitable policy change that solves food insecurity and poverty in the long term.

\*\*This Impact Summary provides a snapshot of our 2022 program data, as well as key results from the 2022 Annual Program Survey (APS), interviewing 977 people across Canada.

### IMPROVED ACCESS TO NOURISHING, CULTURALLY APPROPRIATE FOOD



**10,611**

Number of meals served and sent home



**92%**

of community members surveyed said the CFC was an important source of healthy food

### SUPPORTED HEALTHY FOOD SKILLS AND BEHAVIOURS



**169**

Number of food skills sessions

*“I am eating much healthier. I try vegetables prepared in different ways with spices.”*

### INCREASED SENSE OF BELONGING & SUPPORT



**72%**

of community members surveyed said they made new friends at the CFC

*“Like family, we can meet people from our community here.”*

### IMPROVED HEALTH



**76%**

of community members surveyed said that their mental health has improved due to coming to the CFC

*“I’m looking forward to doing exercise. It reminds me to keep moving and going.”*

### INCREASED COMMUNITY ENGAGEMENT



**2,918**

Volunteer hours contributed by community members



**46%**



of community members surveyed have become more involved in bringing about change in their community because of something they did or learned at the CFC

NEIGHBOUR  
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NEIGHBOUR



**HAMILTON**  
community food centre

**Hamilton  
Community Food Centre**  
10-310 Limeridge Rd W.  
Hamilton, ON L9C 2V2

@n2ncentrehamilton  
 @n2ncentre



**community food centres**  
CANADA good food is just the beginning

Hamilton CFC is one of 15 Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for the right to food for all in partnership with Community Food Centres Canada.