



regina  
foodbank

**FIGHTING  
HUNGER  
& FEEDING  
HOPE** **FOR** **35** **YEARS**

**2016-17 ANNUAL REPORT**

# DEAR FRIENDS,

For more than 35 years, it has been our honour to help put food on the table for families in need. These simple hampers that we provide to our neighbours are not just full of food items, they are filled with the hope that tomorrow will be a brighter day. They are also filled with incredible generosity from their community that ensured time and again that our warehouse had enough nutritious food to fill those hampers.

Thanks to this tremendous community support in 2016-17, we have been able to respond to thousands of neighbours who find themselves in a difficult space. We have been able to build a network of supports for our families by working together with our incredibly dedicated volunteers, partner agencies and program sponsors. As we look to the success of the past year, we are well prepared to face the challenges in the next few years of how together we can make a difference.

We invite you to help us truly celebrate the difference you have made in the lives of families for over 35 years, and help us plan for the future. We will continue to reach out to you in shaping what your community food bank will look like in the future and join in our vision of a Regina community where no one needs to go hungry.



Steve Compton  
CEO Regina & District Food Bank



**The Regina & District Food Bank was officially established in November of 1982, becoming Canada's second food bank. "There is a critical need in Regina for an organization that collects, stores, and distributes food to organizations that are feeding hungry people. And the food we're talking about is that which is ordinarily wasted." - Mr. Eldon Anderson, Chair of the first board of the Regina Food Bank.**

# DONATIONS COLLECTED

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**3,247,791 LBS**  
of product collected



**In 1983, we distributed 90 tons of food in our first six months, or 15 tons per month. From 1984 to 1990, we distributed on average 526 tons of food a year, or 43 tons per month.**

## RETAIL FOOD DONATIONS



**69%**

## GENERAL PUBLIC AND FOOD DRIVES



**11%**

## PRODUCT RECLAMATION



**9%**

## PURCHASED FOOD



**2%**

## FOOD BANKS CANADA



**9%**

# VOLUNTEERS

Over the last year, our dedicated volunteers put in the equivalent of NINE full-time positions, helping the Regina & District Food Bank fight hunger and feed hope. From sorting and distributing donations, staffing special events, or helping us engage in the community, volunteers are absolutely essential in helping us making a difference in our community.

NUMBER OF    
HOURS VOLUNTEERED  
**19,203**

NUMBER OF VOLUNTEERS  
**3,265**  




**Over the last thirty-five years, volunteers have contributed more than ONE MILLION volunteer hours, the equivalent of 15 full time positions each year.**

## NUMBER OF REQUESTS FOR SERVICE

# 91,550



### ADULTS & CHILDREN

Adults Served - 53,379

Children under 18 Served - 37,371

Children are 41% of the total served

### GENDER BREAKDOWN

Male Clients - 47%

Female Clients - 53%

### HOUSEHOLD DEMOGRAPHICS

Total Unique Households Served - 5,686

### HOUSEHOLD BREAKDOWN

Single Parent - 30%

Two Parent - 14%

Two Adult Household with no children - 5%

Single Person - 44%

No Fixed Address - 7%

### AVERAGES

7600 requests for service per month

250 per day



**In our first six months of operation in 1983, we received 1,140 requests for service every month (1,266 adults and 2,952 children). From 1984 to 1990, we averaged 17,500 requests for service annually serving 27,000 adults and 27,516 children each year.**



# AGENCY PARTNERSHIPS

  
POUNDS OF FOOD DISTRIBUTED  
TO PARTNER AGENCIES  
**79,708**

  
NUMBER OF LOCAL  
PARTNER AGENCIES  
**120**

POUNDS OF NON-FOOD HOUSEHOLD  
PRODUCT DISTRIBUTED TO PARTNER AGENCIES   
**88,087**

## TESTIMONIALS FROM OUR AGENCY PARTNERS

*"It allows us to provide our clients with the essentials that we do not always have budget for. It also allows us to provide clients with basic living products and items when they move out of our residence. It helps to assist clients in stepping forward toward independence."*

*"[The Food Bank] really helped our very poor families, families without transportation, and supported those families that have large numbers of children especially. Our working families sometimes have less than families on assistance, so it is really helpful for them to get items that are otherwise considered luxury items."*

*"We operate on a limited budget so cleaning supplies, tissue and other household products allow us to use the funds we have towards programming and not on operating costs related to operations and housekeeping."*

*"There are no words to express how thankful we are for this program - it is extremely important to our families and the community at large. Many have nothing and appreciate anything we are able to offer."*



**We have been working with local agency partners since we officially opened our doors in 1983. Pictured here is former food bank General Manager Ed Bloos with a bulk flour donation waiting to be distributed to community organizations.**

# LEARNING OPPORTUNITIES

## MAKING COMMUNITY CONNECTIONS

Hosted on a regular basis, this event welcomes community partners into the Food Bank to set up information tables so they can connect with our clients and discuss the programs and services they offer including housing, health, wellness, employment and parenting to name a few.

*“After we attend an event, our clinic always has more people through its doors on the following Saturday. It’s great to get out there and promote our clinic to both clients and the other organizations attending.” - Kelly Husack, SEARCH*

The Food Bank also partners with community organizations that provide programming for our clients and the community including drop-in counselling, learning about chronic conditions and chronic pain, diabetes screening, Q&A’s with a pharmacist, dental assessments and more.

## NUTRITIONAL COOKING LEADERSHIP PROGRAM

This 12-day course gives food bank clients and community members an opportunity to participate in hands-on workshops learning to cook from scratch, meal planning and preparation, grocery shopping on a budget, Level 1 Food Safety, and giving back to the Food Bank and the community through the preparation and serving of two large scale meals.

*“Trying recipes at home with my family helps us all stay healthy and work together as a team. Today we made a meal for the Food Bank and giving back to the community made me feel happy.” - Program Participant*

## PERSONAL FINANCIAL MANAGEMENT PROGRAM

This two-day workshop focuses on budgeting, banking, credit & debt and consumerism, all the while taking into consideration some of the challenges of making ends meet while living on a limited income. The program is also available online for participants who are unable to attend in person.

*“After the workshop I talked to my bank to negotiate service charges, savings, RRSPs and Savings Bonds. I save \$30 per month on my service fees. I was paying too much!” - program participant*

*“Since the workshop I’ve started savings accounts for my kids!” - program participant*

Our sincerest thanks to Conexus Credit Union on being our program partner for both the Nutritional Cooking Leadership and the Personal Financial Management Programs.

## FOUR SEASONS URBAN AGRICULTURE PROJECT

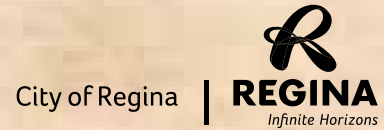
We launched our Co-op Community Greenhouse in the fall of 2016 thanks to a \$100,000 grant from the Co-op Community Spaces Project. The greenhouse is home to 48 garden towers. Not only does the project enable the Food Bank to grow fresh produce for its clients, it also provides an opportunity for our clients and the community to learn about gardening, composting and more. With the incredible support of Mosaic, we will also be developing some unique in-school programming to help teach youth about where their food comes from.



# FIGHTING HUNGER SPONSORS



Sherwood



PotashCorp  
Helping Nature Provide



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