



# 2017 Impact Summary

The Local 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 78 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

- Yoga Breakfast
- Monday Night Dinner
- Seniors' Lunch
- Community Access Market

## Food Skills Programs

- After School Program // Loving Spoonfuls // Seed, Feed and Lead // FoodFit // Healthy Cooking for People with Diabetes // Family Harvest Kitchen // Drop-in Gardening // Green Team Seniors Gardening

## Education and Engagement Programs

- Community Advocacy Office
- Community Action Training
- EPIC Social Justice Club
- Social Justice Campaigns and Events

## Increasing access to healthy food



**24,692**

HEALTHY MEALS SERVED AND SENT HOME



**30,662**

LBS OF AFFORDABLE PRODUCE SOLD AT OUR COMMUNITY ACCESS MARKET

*“When I’m really sick mentally, I can’t take care of myself, I can’t cook, so I’ve come here and know I could get one good meal to help me get back on track.”*



93% of people surveyed say The Local CFC provides an **important source of healthy food**

*“Cauliflower for \$5 at the store, I won’t buy. Cauliflower here for \$1.50, I will buy, maybe even two.”*

## Building food skills



**427**

FOOD SKILLS SESSIONS OFFERED



**1,000**

POUNDS OF FRESH PRODUCE HARVEST FROM THE GARDEN



100% of community kitchens and gardens participants say they’ve **gained new skills and knowledge**

*“There’s so much I’ve learned from different programs. Doing something different. Trying foods I’d never tried because I didn’t know how to cook them or what they tasted like.”*



79% of people have **made healthy changes to their diets**

## 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.

**53%**

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

**51%**

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

## Increasing social support



**360**

COMMUNITY MEMBER VISITS TO ADVOCACY OFFICE FOR SUPPORT



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

*"It helps me feel like I'm actually a part of a community and helping others, which makes me feel better."*

*"I feel like I belong. This is a place I'm accepted, and I'm happy here."*



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



of people have **made a new friend**

## Increasing community engagement



**191**

COMMUNITY ACTION SESSIONS HELD



**9,710**

VOLUNTEER HOURS CONTRIBUTED



of people also **volunteer** in programs



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

*"I've joined the EPIC [social justice club] as well as become a Peer Advocate and really hope to make some noise and some changes."*

The Local 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.

### The Local Community Food Centre

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The Local Community Food Centre @TheLocalCFC



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