A sincere thank you to all our many donors and sponsors in 2018, and in particular to the major donors listed below who each contributed $2,000 or more to our programming. Thanks also to Omya Canada and Jim Noble RBC for being the lead sponsors of our fundraising gala *Barns, Farms and Wicked Chefs*.

**THANK YOU**

Susan and Greg Best - Edward Danner - Deborah Duffy - Dr. Caroline Ehrat
Kathy Fyfe and Gordon Bell - Keenan Family - Pam Hart - Dr. Robin Kennie
Rick and Denise Lombardo - Estate of Paul Maxwell - Jim & Colette McIntosh - Cheryl O’Connor
Dr. Paula and David Stewart - Dr. Kate Stolee - David and Ann Trick - HP Ward Foundation
Our Mission

The Table will empower our community to: improve access to healthy food; improve food skills and food literacy; advocate for individual well-being; and educate, engage and advocate for policies to address food insecurity and poverty.

Good Food Principles

As a proud affiliate of Community Food Centres Canada we are committed to:

- Taking action from the individual to the systemic (through food access, food skills, and civic engagement programs);
- Believing and investing in the power of good food;
- Creating an environment of respect and community leadership;
- Meeting people where they are at; and
- Aiming high for our organization and our community.
2018 Program Achievements

933 program sessions were offered (↑ 4%)
People participated in a program 19,553 times (↑ 9%)
16,747 healthy meals shared (↑ 13%)
10,264 hours contributed by volunteers (↑ 2%)
4,236 visits made to the Good Food Bank (↑ 13%)
696 visits made to the Advocacy Office (↑ 17%)
1,931 lbs of produce harvested in the Community Gardens (↑ 11%)

2018 Programs

After School Program
Community Action Training
Community Garden
Community Meals
Container Gardening
Cooking With Cents
Drop-in Kitchen
Family Cook Night
Flavours From Your Neighbours
FoodFit & FoodFit Alumni

Garden Workshops
Good Food Bank
Good Food in Schools Forum
Harvest Kitchen
Kids Can - School Snack Prep
LCCAN Social Justice Club
Newcomer Homework Help
Peer Advocacy Office
Seniors Cooking
Seniors Gentle Fit
Annual Program Survey

Every year, with the support of Community Food Centres Canada, we conduct a survey of program participants to evaluate if we are meeting our objectives and creating positive impacts in the community. The survey also provides an opportunity to get feedback from program participants. Here are few examples of what we learned from the 75 adult participants we interviewed in 2018.

When asked if their involvement with The Table had sparked healthy changes in their diet, participants frequently mentioned that they were becoming more conscious of what they were eating, consuming less salt, sugar, fat, carbohydrates and meat, and preparing more meals at home.

79% report eating more fruit and vegetables.

69% report eating fewer fast foods.

70% of participants stated that their mental health is better.

Creating a Welcoming Space

A fundamental part of the Community Food Centre model is creating a welcoming space for community members with diverse backgrounds and life situations. It is important to us that our physical space reflects this priority. To improve the accessibility, function, environmental performance and aesthetics of our facility, we undertook a major renovation of our front entrance in 2017 and 2018. The renovation included the installation of a lift to make both floors of the centre accessible. The project was funded by grants from the Trillium Foundation and the federal government, and a private donation. We are very pleased with the results, and importantly, so are our program participants. Additional resources through a Welcoming Spaces Fund from Community Food Centres Canada allowed us to have the exterior painted, install grow boxes at the front of the building and mount a number of beautiful photos taken during our programs by local photographer David Zimmerly. We will continue to make improvements to our space as resources are made available.
In The Table’s 2016 strategic plan, we identified developing new partnerships as a high priority. Since then we have built upon pre-existing partnerships while developing new ones. These partnerships help bring significant resources to The Table and allow us to reach a wider audience with our programming. Here is a look at a few of our partnerships in 2018.

**Community Food Centres Canada**

Our most significant partnership continues to be with Community Food Centres Canada. It was with their inspiration, program models and financial support that The Table grew from our former food bank operation into the Food Centre we are today. Being an early adopter, we now actively share our successes and challenges with other Community Food Centres and Good Food Organizations across Canada. This helps to spread and refine our model of inclusive and empowering programs.

**Feed Ontario and Food Banks Canada**

Feed Ontario is the provincial organization of food banks and Food Banks Canada is our national organization. Both organizations provide grants to support our core operations and special projects. Feed Ontario also facilitates significant in-kind donations. In 2018, contributions from Feed Ontario had a value of $38,616. Both organizations are increasingly taking on political advocacy work promoting policies to address the root causes of food insecurity. The Table brings these efforts to our local community and political representatives. We support these provincial and national networks by providing data from the Good Food Bank, as well as sharing our experience with the changes we have made in the Good Food Bank.

**Build a Mountain of Food**

The Hinton Auto Group’s *Build a Mountain of Food* is a major food and fundraising effort supporting 11 community food banks including The Table’s. Many local businesses support the campaign. The Table provides volunteers and promotional support. In 2018 it raised 71,000 lbs of food and $15,000 for The Table.

**Area Youth Centres**

We have been very pleased to partner with the youth centres in Perth, Smiths Falls and Lanark Highlands. Twice a month we run food literacy programs with youth at these three centres. The youth have learned a wide variety of skills, recipes and nutritional information. For some of the youth it has also been an introduction to future careers in the food sector. These partnerships have been possible thanks to generous funding from President’s Choice Children’s Charity through CFCC.

**LGL Health Unit**

The Table and the Leeds, Grenville and Lanark (LGL) Health Unit are active members of the foodcore LGL network and have co-hosted 3 editions of the Good Food in Schools Forum. We provide input on The Health Unit’s annual food insecurity infographic and have done joint media interviews on the issues of food insecurity in our community. The Health Unit has also provided dieticians to support a number of our programs.

**Community Alliance for Refugee Resettlement and St. John’s Parish**

The Table, Community Alliance for Refugee Resettlement and St. John’s Parish collaborated on a successful grant application to support newcomers to the community. In 2018, we organized an after school homework/literacy program and ensured the children were able to take
Financial Summary

In 2018 The Table had cash revenue of $762,180 as well as $465,034 of in-kind donations (primarily food) for a total of $1,227,214. This is a 26% increase over 2017 revenues.

The Table has a diverse funding base with Community Food Centres Canada being our largest single funder, contributing 22% of revenues. Our local community continues its generous support through individual and business donations. Thanks in part to a substantial bequest, our individual donations increased from $131,591 in 2017 to $171,769.

Total operating expenses in 2018 were $1,189,096 of which $725,171 were cash expenses resulting in a $38,118 operating surplus.

In addition to the operating revenues and expenses, we received $73,303 in grant revenue that was dedicated to the now completed renovation of the front entrance.

In 2016, The Table established an endowment fund with the Perth and District Community Foundation. At the end of 2018 there was $16,626 in the fund.

Please see our audited financial statements for more details about our financial performance in 2018. These are available on our website or at The Table.
2018 Staff Team
Ramsey Hart, Executive Director
Judy Dempsey, Community Chef
Joanna Kowalcyk, Community Garden Coordinator
Cedar McLean, After School Program Coordinator
Beth Schilling, Social Justice and Advocacy Coordinator
Coral Sproule, Youth Food Skills Coordinator
Aisha Toor, Community Kitchen & Volunteer Coordinator
Wendy Quarrington, Good Food Bank Coordinator
Theresa Welch, Book Keeper / Administrator

2018 Board Members
Mary Pat Shaw, Chair
Tamara Woods, Vice Chair
Emma Postlethwaite, Secretary
Cindy Laprade, Treasurer
Krystyna Chelminska
Rev. Ken Davis
Deborah Duffy
Craig Halpenny
Shannon Miller
Robyn Mulcahy-Reid
Jim Noble
Ann Trick

Thank You Volunteers
The Table is a true community asset, and could not succeed without the 138 active volunteers who dedicate their time, passion and energy to help bring our mission to life.

We thank our volunteers for all of their ongoing support and the 10,264 hours they dedicated to our programs.

Together, we are providing the ingredients for a stronger, healthier community.

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TheTableCFC on Facebook, Instagram and Twitter