

2022 IMPACT SUMMARY



theTable
community food centre

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 **The Table 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.

Good Food Bank

Fresh, nutritious food offered four times per week

Community Meals

Nutritious drop-in meals offered three times per week

Fresh Food Box

Fresh produce distributed to community members twice per month

FOOD SKILLS PROGRAMS

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

Kids' Kits

Take-home meal and food literacy lesson kits for families

Community Garden

Participants build skills in growing food and make social connections

After School Program

Hands-on food literacy program for kids ages 8-11

Youth Garden Experience

Hands-on learning for youth about growing food and the food system

Cooking Connections

A mental health support program that incorporates nutrition and food skills

EDUCATION AND ENGAGEMENT PROGRAMS

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

Lanark County Community Action Network

Biweekly meetings to learn, discuss and take action on local issues, with a focus on housing

Community Advocacy Office

Offering resources, referrals, and supports, including regular check-in calls

Community Action Training

Shared learning about local social issues and how to build a more equitable and inclusive community

“It’s a confidence builder when you have what you need.”



OUR IMPACT IN 2022

Especially in difficult times like these, The Table 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

24,540

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

253

Number of food skills sessions

“My kitchen skills are better than most people. [I’ve learned] food safety and professional skills.”

INCREASED SENSE OF BELONGING & SUPPORT

76%

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

“[I] speak up for myself when I have something to say. Even if I don’t have the right words, I feel safe here.”

IMPROVED HEALTH

72%

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

“I suffer from bouts of depression and anxiety and can isolate myself. But I want to come to The Table and am excited to.”

INCREASED COMMUNITY ENGAGEMENT

9,641

Volunteer hours contributed by community members

38%

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