



the Table
community food centre

ANNUAL REPORT 2021/22



a partner site of
community food centres
CANADA cfccanada.ca

THANK YOU

A sincere thank you to all of our many donors who make our health and community building work possible. Listed below are businesses and organizations that contributed \$2,000 or more in 2021/22.



community food centres
CANADA good food is just the beginning



Thanks to David Zimmerly for his photos found throughout this report.

Our Mission is to foster a healthier and more connected community. We do this by increasing access to healthy food, improving food skills and food literacy, advocating for individual well-being, and educating, engaging and advocating social policies to address food insecurity and poverty.

Progress on Strategic Priorities

Late in 2019, the board, staff, participants, volunteers and several community stakeholders came together to examine where our work at The Table could take us in the coming 5 years. We identified eight strategic directions, and from these prioritized four: higher impact fundraising, social enterprise opportunities, links to the healthcare sector, and transportation to improve access to our programs and services. The full strategic plan is available on our [website](#) under the “Resources” menu.

Our new strategic plan was released in early 2020, just in time for the start of the COVID19 pandemic. While the last two years created challenges in moving forward with the strategic priorities identified in the plan, we still made progress.

Our main accomplishment in the higher impact fundraising priority is the growth of The Table’s endowment fund. Our goal is to have a fund large enough with a return on investment that creates a significant, new, and independent source of revenue for The Table. With a targeted fundraising campaign, we increased the fund from \$128,607 at the end of our last fiscal year to \$205,788. This puts us well on our way to the goal of having \$2-million in the fund.

The social enterprise priority combines a business and revenue generating approach with a specific social benefit, for example our Fresh Food Box program. The objective is to increase access to fresh produce, while the fees for the boxes cover the wholesale costs of the food. To date, we have not identified other social enterprises to develop. However, through our explorations, we have greatly increased our organizational knowledge about the opportunities and pitfalls of these approaches.

In order to build links with the healthcare sector we joined the regional “Ontario Health Team” (OHT) as a supporting partner. This collaborative body replaces the Local Health Integration Network. To date, our participation in the OHT has not yielded concrete results, but we hope this will change. We also successfully applied for funds to launch a produce prescription program with local healthcare providers. This program is being implemented in 2022, the grant provides Fresh Food Boxes to people given a prescription by a member of their healthcare team.

The pandemic spurred a substantial advance in our work to overcome transportation barriers to our programs. In partnership with Lanark Transportation, and thanks to numerous volunteer drivers, we established a much more robust delivery service across multiple programs. We will evaluate which of these delivery options become more permanent parts of our programs as we return to more in-person programming and assess our program funding.

As our focus shifts away from the pandemic we are re-visiting our strategic priorities and look forward to making additional advances in achieving these goals.



2021/22 Programs

Community Action Talks built a greater understanding of our local community, the issues people are facing, and how we can work together to address those issues.

In the Community Advocacy Office our Community Navigators provide support to the community to access a variety of programs and services. Our Navigators are friendly, non-judgmental and help check up on isolated individuals. In 2021/22 the Navigators continued operating primarily by phone and email.

Community Gardens, Allotment Garden and the Garden Support Program help people to grow more of their own food and to build social connections. New in 2021, with financial support of the Perth and District Community Foundation, the Garden Support Program provided materials and guidance to improve participants' home gardens.

Community Meals provide nourishing meals, made from scratch by our chefs and volunteers. In 2021/22 we continued the takeout and delivery service we established in 2020.

Our Fresh Food Box enterprise makes fresh produce available to the community at wholesale prices.

The Good Food Bank provides groceries with a full “shop” once a month and weekly top ups on produce and other select items. Throughout 2021/22 the food bank continued with an expanded delivery service and grocery pickup at the door.

Kids Kits was a weekly program where families took home recipes, the food to make them, and related food literacy information.

Lanark County Community Action Network provides a forum for people to discuss and take action on pressing social justice issues in our community. The group continued meeting online through 2021/22 with a focus on housing.

The Youth Garden Program gave participants a hands-on education in growing food and the food system. It was run in collaboration with the Plan B Community Garden, now the South Lanark Community Garden.



Summary Program Statistics

	2018	2019	2020/21	2021/22
Number of Program Sessions	933	894	671	678
Total Meals Served & Sent Home	16,747	17,235	27,718	31,592
Visits to the Good Food Bank and Deliveries	4,236	4,586	3,052	3,224
Volunteer Hours	10,264	12,139	9,455	9,155
Total Food Harvested (pounds)	1,959	1,930	1,947	2,503

“It was a very positive experience being part of the garden program. We learned some things and felt like we were eating really healthy. Doug very much enjoyed volunteering. Feeling like he was helping out and meeting other gardeners was such a blessing to him.”



Partner Spotlight



Since 2007, Build a Mountain of Food (BAM) has raised funds and food for food banks in Lanark and adjacent areas of Leeds Grenville.

The first campaign supported The Table's precursor organization, the Perth and District Food Bank and at that time raised 3,200 lbs of food and \$1,400.

With the support of local businesses and dedicated volunteers, BAM has grown to support 11 communities. In 2020, long-time BAM leader and spokesperson, Hugh Colton, passed the coordination baton to Chris Craig of RCL Automotive. The campaign has continued to thrive under Chris' leadership. In 2021 BAM, raised \$120,663 and 154,719lbs of food, which included 73,000lbs of food and \$33,000 for The Table! Barnabe's Independent, Foodsmiths, Giant Tiger and Metro are key partners in this success. We also receive great support from the congregation of Asbury Free Methodist Church and numerous other dedicated volunteers. We look forward to continuing our work with BAM to ensure we improve our capacity to meet people's right to good food.



"With these meal kits and the recipes I was able to experiment these wonderful meals at home with the help of my son and I am very happy to tell you that we will definitely make them again and again."

"Thanks so much for everything. I went over today and met Eileen and also spoke to Joanne in the kitchen. I think all should be in place now. Me and my husband are so overwhelmed with the niceness and generosity from all those we have come in contact with at The Table. It's not easy for us to ask for help and it's honestly been amazing to have the positive support."



Financial Summary

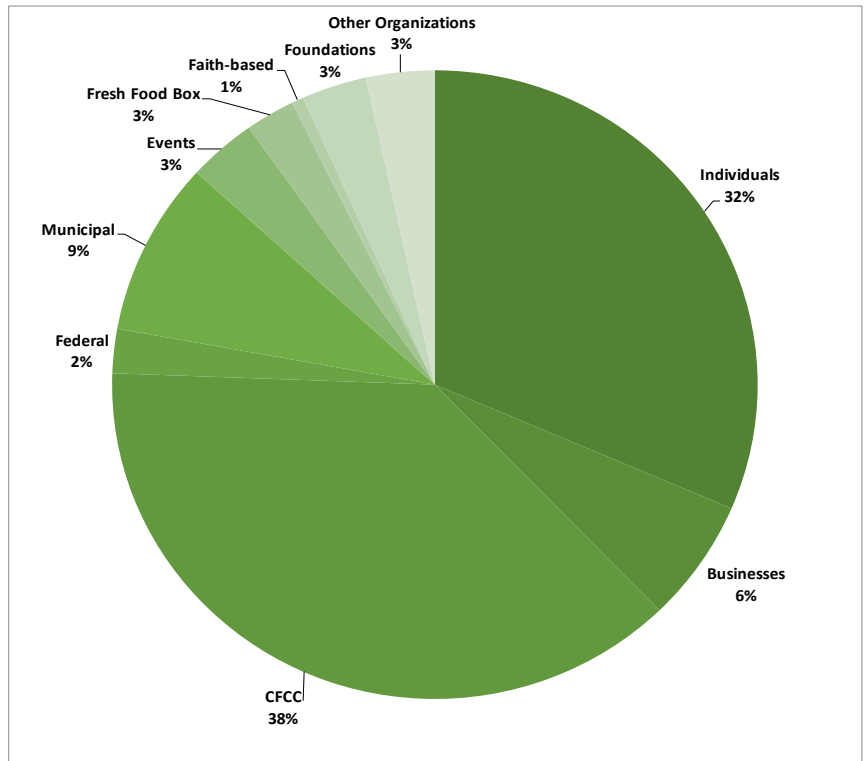
In 2021/22, The Table had total cash revenues of **\$1,013,756** and **\$413,403** in in-kind donations. This is comparable to our previous fiscal year but significantly higher than our pre-pandemic revenue. The largest source of revenue (38%) was Community Food Centres Canada (CFCC). This includes pandemic-related funding that the federal government provided to CFCC for distribution to frontline organizations.

Donations from individuals were much higher than prior to the pandemic, as was the amount of municipal funding. Due to the pandemic, our event-based fundraising efforts were curtailed with a corresponding decrease in revenues.

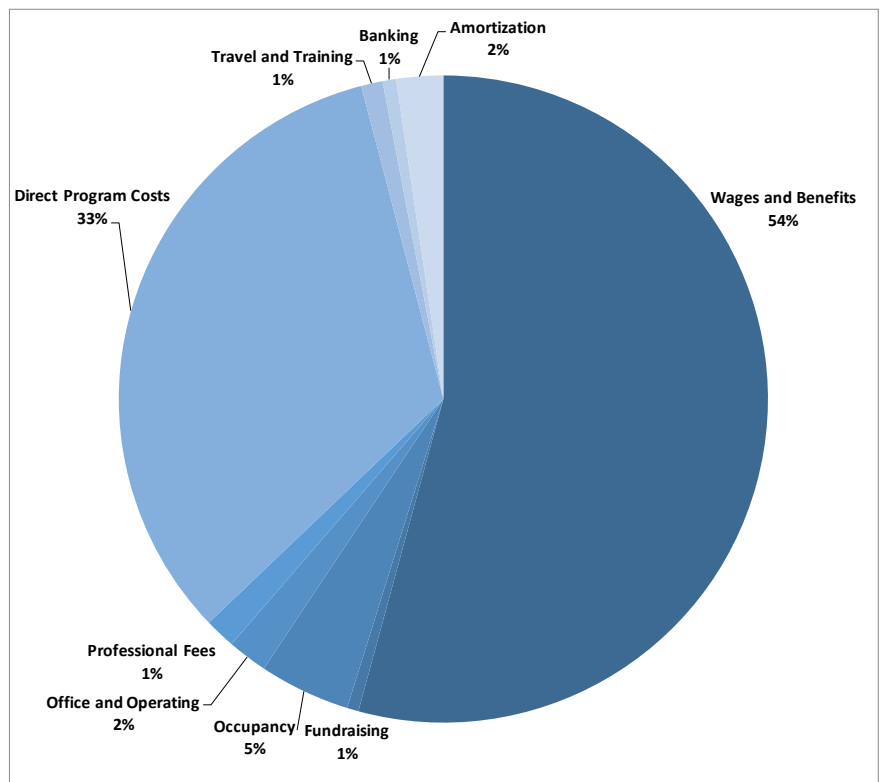
Total expenses for 2021/22 were **\$861,222** for a surplus of **\$152,534**. Wages and benefits, including program and administrative staff, represented 54% of the expenses. Other direct program costs such as food, equipment etc. were 38% of the total.

Surplus revenues will be used to transition The Table out of the pandemic period and to build our operating and capital reserve funds.

The Table’s audited financial statements are available on our website or by request.



2021/22 Revenue \$1,013,756



2021/22 Expenses \$861,222



Staff Team

Ramsey Hart, Executive Director

Joanne Edwards & Joey Wright , Community Chefs

Joanna Kowalczyk, Community Garden Coordinator

Wendy Quarrington & Eileen Powell, Good Food Bank Coordinators

Youssef Sawan, Social Justice and Advocacy Coordinator

Coral Sproule, Youth Food Skills Coordinator

Aisha Toor, Community Kitchen & Volunteer Coordinator

Theresa Welch, Book Keeper / Administrator

Community Navigators: Emmet Cameron, David Collins,
Tracey Parker, Sue Van Slooten

Board of Directors

Brian Whitestone, Chair

Jim Noble, Vice Chair*

Deborah Duffy, Secretary

Nev Jande, Treasurer

Bel Angeles

Kandace Brown

Krystyna Chelminska

Samantha Davidson

Rev. Ken Davis*

Jean Dunning

Madison Hainstock

Craig Halpenny*

Robyn Mulcahy-Reid*

Claire Smith

Prashanth Vankayalpati

*Terms ended during this fiscal year.



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