



# the Table

community food centre

# ANNUAL REPORT 2022/23



a partner site of  
**community food centres**  
CANADA [cfccanada.ca](http://cfccanada.ca)

# THANK YOU

A sincere thank you to each of our donors who make our health and community building work possible. Listed below are businesses and organizations that contributed \$2,000 or more in 2022/23.



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



Dwayne's  
Painting



Johansen Larsen Foundation



Dr. Katherine  
Stolee Medicine



Jim Noble



Ontario  
REALTORS Care®  
Foundation



Thanks to Janet Rockburn and Joanna Kowalczyk for the 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.

## What does normal look like in 2023?

The 2022-23 fiscal year saw The Table return to programming that looked more like things used to before the COVID19 pandemic. For example, we were able to share our Community Meals around a table rather than providing take out meals at the door. It was wonderful to have the dining room full of chatter and laughs from community members and not stacks of take-out containers. We welcomed community members back to the Good Food Bank to shop in person and choose the groceries that suit their needs which also gives us a chance to do a check-in with them. The Community Navigators worked with people in person to resolve their challenges and access helpful resources. We started up our community kitchens again including new programs like Cooking Connections and Cooking for Budget, Body and Planet.

Not everything is back exactly as it was. Some of our programs continue to operate in new ways and we continue to apply lessons learned during the pandemic. At meals we offer limited take-out for folks who can't join us in person. The Good Food Bank operates with many more deliveries than before the pandemic and we continue to offer a convenient pick-up at our door option. With the ability to customize grocery choices using our online order form these options are more popular than our original in-person shopping model. Our Navigators continue to apply the lessons learned about offering remote services while also providing in-person service. Our social justice programs: Lanark County Community Action Network, and the Community Action Training and Engagement continue to use Zoom—that tool we all came love and hate over the last few years.

This past year saw the end of the substantial pandemic-era financial supports for front-line food programs. The pandemic was the first and only time in my nine years with The Table that there has been significant federal or provincial funding directed towards addressing food insecurity. Receiving these funds allowed us to keep up with the increase demand for our meal program, be flexible, and innovate as needed. While our income this year contracted in comparison, we are incredibly thankful to our community for coming forward to provide financial support that is significantly higher than the amount of pre-pandemic donations. A special thanks to RCL Automotive for another amazing Build a Mountain of Food campaign in November 2022.

We look forward to continuing to learn and adapt our programs to the changing realities of our community. Thanks to the staff, volunteers, participants and supporters for another successful year of building a healthier, more connected community.

Sincerely,



Ramsey Hart, Executive Director

# 2022/23 Programs

**The After School Program** was back in 2022/23 with fall and winter sessions building food literacy in our kids.

**Community Action Training and Engagement** created a greater understanding of our local community, the issues people are facing, and how we can work together to address those issues. This year we offered a hybrid version of the program.

**The Community Navigators** provided support to the community to access a variety of programs and services. We continued to offer remote support by phone and email and were excited to get back to meeting people in person.

**The Community Gardens & Allotment Garden** help people to grow more of their own food and to build social connections. In the community garden planning, tasks and harvests are shared, while the allotment gardens provide people with a plot of their “own” to work with. Thanks to the Town of Perth for providing the space and water for the gardens.

**Community Meals** provided nourishing meals, made from scratch by our chefs and volunteers. Through September and October we switched from our pandemic takeout and delivery service back to our in-person dining program.

**Community Kitchens** that teach food and other beneficial skills returned this year with our regular Drop-in Kitchen and two new programs. Cooking Connections was a mental health-focussed community kitchen while Cooking for your Body Budget and Planet focussed on cultivating affordable and sustainable cooking habits.

**Our Fresh Food Box** program made fresh produce available to the community at wholesale prices.

**Gentle Fit** is a weekly exercise program for seniors led by a certified volunteer instructor. Of course snacks and socializing follow each class.

**The Good Food Bank** provided groceries with a full “shop” once a month and weekly top ups on produce and other select items. We re-introduced in-person shopping but continue to offer delivery and pick-up at the door options for those who prefer them.

**Lanark County Community Action Network** provided a forum for people to discuss and take action on pressing social justice issues in our community. The group continued meeting online through 2022/23. **Build Lanark Affordable Housing** and **Basic Income Guarantee Lanark** were learning and discussion groups that grew out of our social justice program.

**Youth Programs** included a garden program run in collaboration with the South Lanark Community Garden that gave participants a hands-on education in growing food and the food system. We also developed programs for youth aging out of the foster care system and a job skills program in collaboration with our local employment centre.



## Summary Program Statistics

	2019	2020/21	2021/22	2022/23
<b>Number of Program Sessions</b>	894	671	678	724
<b>Total Meals Served &amp; Sent Home</b>	17,235	27,718	31,592	17,363
<b>Visits to the Good Food Bank and Deliveries</b>	4,586	3,052	3,224	2,938
<b>Volunteer Hours</b>	12,139	9,455	9,155	9,854
<b>Total Food Harvested (pounds)</b>	1,930	1,947	2,503	2,220

Over half (57%) of survey respondents changed their eating habits because of coming to The Table. The most frequent changes were eating more fruits and vegetables (46%) and eating a greater variety of foods (35%).

2022 Annual Evaluation Report



## We are growing : *The Falls Food Hub*

On the invitation of various community partners, The Table extended our meal, and food skills programs to near-by Smiths Falls. In January we started serving a weekly hot lunch out of Hanley Hall. We were fortunate to have Community Health Workers from Rideau Community Health Services on hand during each lunch to check in with folks and offer referrals to various services. We also took our Cooking for Your Budget, Body and Planet on the road to Smiths Falls. These programs are a prelude to operating a new facility we are calling The Falls Food Hub that will have a full suite of food and community engagement programs. Guided by a steering committee of Smiths Falls leaders, we conducted an extensive search for a home for the Falls Food Hub and continued establishing connections with the community.



**"I'm more committed to growing food. I used to like it but now I see food as medicine."**

**"Over seven-in-ten (72%) respondents reported improvements (somewhat or significant) to their physical and/or mental health because of coming to The Table. "**

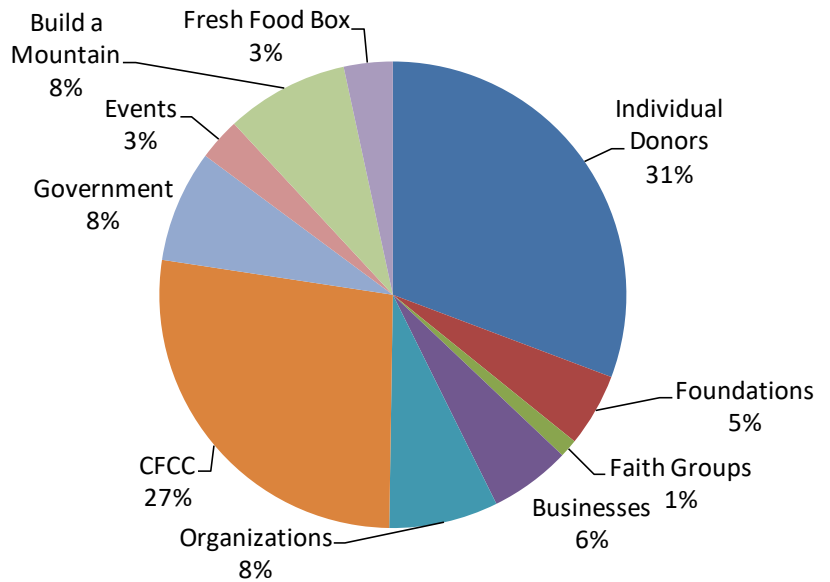


# Financial Summary

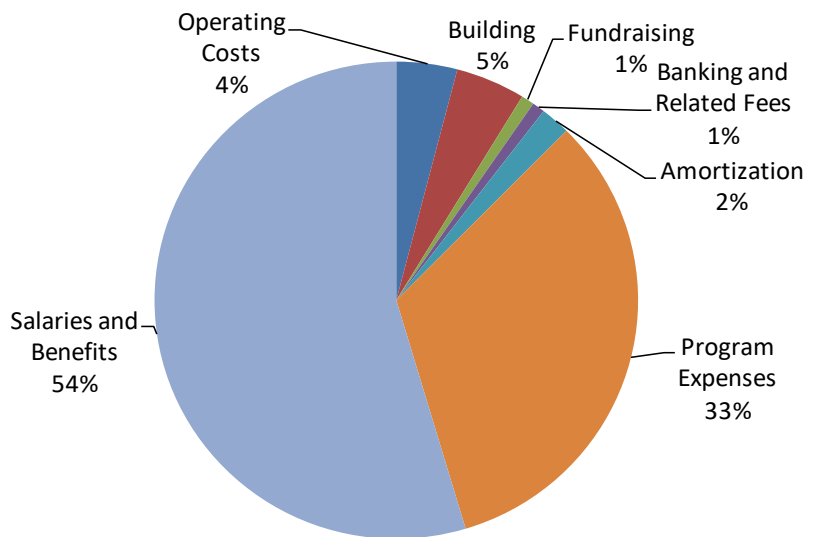
In 2022/23, The Table had total cash revenues of **894,106** and **\$384,222** in in-kind donations. Both cash and in-kind donations were lower than the previous two years but above pre-pandemic revenue. The largest single source of revenue (27%) was Community Food Centres Canada (CFCC). Individual donors made up 31% of revenue.

Total expenses for 2022/23 were **\$903,188** resulting in a deficit of **\$9,082**. A deficit was planned in our budgeting process in order to use some of the accumulated surplus from the previous years. Wages and benefits, including program and administrative staff, represented 54% of the expenses. Other direct program costs such as food, equipment etc. were 33% of the total.

Please see The Table’s complete audited financial statements for more details. They are available on our website or by request.



**2022/23 Revenue**



**2022/23 Expenses**



## Staff Team

Ramsey Hart, Executive Director

Stephanie Corrin & Youssef Sawan,  
Social Justice and Advocacy Coordinator

Joanne Edwards & Joey Wright , Community Chefs

Joanna Kowalczyk, Community Garden Coordinator

Wendy Quarrington & Eileen Powell, Good Food Bank Coordinators

April Smith, Fresh Food Box Administrator

Coral Sproule, Child & Youth Programs Coordinator

Theresa Welch, Book Keeper / Administrator

Community Navigators: Emmet Cameron, Coral McMahan, David Collins, Tracey Parker, Krystyna Pasut

Summer Youth Positions: Emmaleigh Garrett, Natalie Coghill, Zack Kerr

## Board of Directors

Brian Whitestone, Chair

Deborah Duffy\*, Outgoing Secretary

Madison Hainstock, Secretary

Nev Jande, Treasurer

Bel Angeles\*

Kandace Brown\*

Krystyna Chelminska\*

Samantha Davidson\*

Jean Dunning

Claire Smith

Sarah Stewart

Lori Taylor

Prashanth Vankayalpati

Steven Welchner

\*Terms ended during the 2022/23 fiscal year.



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