

# The Falls Food Hub

A project of



## Local realities

Food insecurity is a growing concern in Smiths Falls. Before the pandemic, Stats Can estimated that at least 9.4 % of the population of Leeds-Grenville & Lanark was food insecure and that 27% of the households in Smiths Falls had an income below \$40,000 making them at risk of food insecurity. With rising costs of living, food in particular, we know there are even more people now struggling with access to good food.

The pandemic showed us the importance of being together but for those living on a low income, social isolation compounds the other challenges of getting by and has a profoundly negative impact on health and well being.

Together we can create solutions to these challenges that respond to Smiths Falls' unique situation, needs and opportunities.

## Our Vision....

The Falls Food Hub will be a dynamic, welcoming space in Smiths Falls where people can get a healthy meal, socialize, learn, grow and find some support to get ahead in life.

The goal of the Food Hub is to help alleviate food insecurity and social isolation, and ultimately improve the health and well-being of residents in Smiths Falls and surrounding areas. Our priority will be to develop programs and services to support low-income community members. Programs will compliment, not duplicate those that currently exist. Some programs will be universal, welcoming the whole community, This will help to reduce the stigma of participating.



## Collaboration is on the menu

We have worked with: Town of Smiths Falls, Rideau Community Health Services, Canopy Growth, Lockmaster Taphouse, Station Country Kitchen & Eatery, Smiths Falls Community Food Bank, St. Francis Catholic Women's League, Big Brothers and Big Sisters, ConnectWell, Smiths Falls Nurse Practitioners Clinic, The Legion Ladies Auxiliary, Carebridge, Community Home Support, Wills Transfer, SIP Bistro and many amazing volunteers.

## Building on Success

The Table Community Food Centre has been operating in Perth for 10 years. Evidence from our programs, and other Food Centres across Canada clearly show the positive impact that our model of community programming can have.

**92% of people feel they belong to a community at The Table**

**"I am getting proper nutrition and community care from The Table."**

**9,641 = the number of volunteer hours in 2022**

From The Table's 2022 Annual Program Survey



## We've already gotten started

- Financial support for take-out lunch programs
- 2022 Christmas Community Supper
- Community Lunch serving 80-90 meals/week
- Community Kitchen programs
- Youth programming with WAK
- Secured a location with a 10-year lease. Centrally located on Chambers St.
- Active steering committee of community leaders.

## Capital and Operating Costs

- Installing a commercial kitchen \$180,000
- Other facility upgrades and equipment - \$80,000
- Annual Operating Costs - starting at \$175,000.

## Financial Commitments

- The Table - \$75,000 towards capital project
- Town of Smiths Falls \$70,000 to capital and operating for 2022 & 2023
- Canopy Growth - \$50,000 for capital and operating in 2022
- Catholic Diocese of Kingston- \$5,500 for operating in 2022.

## Join us!

Will you join us in building a healthier and more connected Smiths Falls?

- Sign up as a monthly donor at [www.thetablecfc.org](http://www.thetablecfc.org)
- Make a capital campaign contribution
- Volunteer your time.

"This type of program and venue has long been needed in Smiths Falls. The long-standing collaborative effort of so many groups is a testament to the commitment to create this safe and welcoming space where nourishment goes beyond food."

Amy Rensby, Smiths Falls resident and business owner.

## Hungry for more?

- [thetablecfc.org](http://thetablecfc.org)
- [cfccanada.ca](http://cfccanada.ca)
- LGL Health Unit Food Insecurity Infographic
- PDCF Vital Signs Report

Contact Ramsey Hart,  
Executive Director  
The Table CFC  
613-267-6428 x 108  
[ramsey@thetablecfc.org](mailto:ramsey@thetablecfc.org)