

# 2023 IMPACT SUMMARY

This year, high rates of inflation added to the stress felt at individual, family and organizational levels. We saw demand for all types of programs and services skyrocket across the country.

Hamilton CFC is part of a national movement committed to well-being, belonging and social justice. We create welcoming spaces where people gather to grow, cook, share, and advocate for good food.



## PROGRAM HIGHLIGHTS

- » Community Meals, Cafe, and Markets served **6,978** nourishing dine-in and take-out meals.
- » Community Kitchens for adults and youth held **44** sessions throughout the year, sharing **751** meals with participants.
- » Volunteers contributed **2,480** hours to Community Food Centre programs in 2023!

## PROGRAM LIST

All Community Food Centres offer a special mix of programming. Key ingredients include cooking and food-growing skills, healthy food access, and ample community engagement opportunities. Here's what was served up in 2023.

- Community Meals
- Affordable Produce Market
- Intercultural Community Kitchen
- Cooking Up Justice Youth Kitchen
- Kids Club
- Kids in the Kitchen
- Hamilton Community Garden Network
- Garden Club
- Morning Cafe
- Community Action Training
- Advocacy Office - Community Support & Referrals
- Social Justice Workshops
- Justice Circles
- Land-based Learning
- Mindful Movement
- Planting the Seeds of Belonging - Anti-Oppression Education
- Seniors Connect - Phone Outreach
- Welcome Baby Prenatal Education & Support
- Morning Yoga with the YWCA
- Tai Chi
- YWeConnect Morning Fitness
- Self-care Workshops



*“I’m eating healthier and feeling healthier.”*

Hamilton CFC remains committed to supporting our local community. This means providing a place where people can connect and access good food – food that nourishes the body and spirit. And it means advocating for equitable policy change that addresses food insecurity and poverty in the long term.

*\*\*This Impact Summary provides a snapshot of our 2023 program data, as well as key results from the 2023 Annual Program Survey (APS). 49 people from Hamilton CFC were interviewed.*

*“It’s broadened my perspective on the issues that affect people that I wouldn’t have been exposed to otherwise.”*

## OUR IMPACT IN 2023

### INCREASED SENSE OF BELONGING & SUPPORT



of community members surveyed feel they belong to a community at the CFC.

*“Every time I come here I meet and talk to different people. [...] I feel like we are all coming together here.”*

### IMPROVED HEALTH AND WELL-BEING



of community members surveyed said their physical health, mental health, or both improved when coming to Hamilton CFC.

*“It feels like my problems go away when I get to talk to people and play chess.”*

### IMPROVED ACCESS TO NOURISHING, CULTURALLY APPROPRIATE FOOD



of community members surveyed said the CFC is an important source of healthy food.

*“I have less financial worry knowing I can eat well [here]. They offer a lot of organic foods. Sometimes in the morning, we can eat granola and yogurt. That’s easy, healthy.”*

### SUPPORTED HEALTHY FOOD SKILLS AND BEHAVIOURS



made changes to their eating habits.

*“The CFC has made me aware of more types of beans and veggies to incorporate into dishes.”*



### INCREASED COMMUNITY ENGAGEMENT



of community members surveyed are more confident speaking up about social issues.

*“The CFC offers a friendly and safe environment to share ideas and opinions with others freely. I feel more at home and am able to speak up about issues that affect me and my community.”*

NEIGHBOUR  
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NEIGHBOUR



HAMILTON  
community food centre



community food centres  
CANADA good food is just the beginning

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Hamilton CFC is one of 15 Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all, in partnership with Community Food Centres Canada.