ANNUAL REPORT 2019
A sincere thank you to all our many donors and sponsors in 2019, and in particular to the major donors listed below who each contributed $2,000 or more to our programming. Thanks also to Jim Noble RBC and Andress’ Independent for being the lead sponsors of our Harvest Moonshine fundraiser.

THANK YOU

Thank you to David Zimmerly for the photos on the cover and pages 3 and 5 of the report.

Estate of Bruce Sells, David & Dr. Paula Stewart, Jim & Colette McIntosh, Docs on Ice, Dr. Kathrine Stolee Medicine, Powell Foundation, Deborah Duffy, Volundur Thorbjornsson, Kathy Fyfe & Gordon Bell, Grant O’Connor, Jeff Carruthers, Caroline Ehrat Medicine Corp., Donna Crain, George Lunan Foundation, Robin Kennie Medical Corp.
Our Mission is to foster a healthier and more connected community. We do this by improving 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.

Good Food Principles

As a proud affiliate of Community Food Centres Canada we are committed to:

- Taking action from the individual to the systemic (through food access, food skills, and civic engagement programs);
- Believing and investing in the power of good food;
- Creating an environment of respect and community leadership;
- Meeting people where they are at; and
- Aiming high for our organization and our community.
2019 Program Stats Summary

<table>
<thead>
<tr>
<th></th>
<th>2016</th>
<th>2017</th>
<th>2018</th>
<th>2019</th>
</tr>
</thead>
<tbody>
<tr>
<td>Number of Program Sessions:</td>
<td>857</td>
<td>895</td>
<td>933</td>
<td>894</td>
</tr>
<tr>
<td>Total Participant Contacts:</td>
<td>17,093</td>
<td>17,896</td>
<td>19,553</td>
<td>20,718</td>
</tr>
<tr>
<td>Total Meals Served &amp; Sent Home:</td>
<td>15,733</td>
<td>14,814</td>
<td>16,747</td>
<td>17,235</td>
</tr>
<tr>
<td>Healthy Snacks Served:</td>
<td>2,436</td>
<td>2,182</td>
<td>2,826</td>
<td>2,913</td>
</tr>
<tr>
<td>Volunteer Hours:</td>
<td>9,967</td>
<td>10,031.7</td>
<td>10,264</td>
<td>12,139</td>
</tr>
<tr>
<td>Total Food Harvested (pounds):</td>
<td>2429.49</td>
<td>1,745.85</td>
<td>1,959</td>
<td>1930.43</td>
</tr>
</tbody>
</table>

2019 Programs

After School Program  
Community Garden  
Community Meals  
Cooking With Cents  
Drop-in Kitchen  
Family Cook Night  
FoodFit & FoodFit Alumni  
Garden Workshops  
Good Food Bank  

Kids Can - School Snack Prep  
LCCAN Social Justice Club  
Newcomer Kitchen  
Peer Advocacy Office  
Seniors Gentle Fit  
Tiny Tastes  
Perth, Lanark and Smiths Falls Youth Centres Food Skills Programs  
6 by 16 with Lanark 4H
Annual Program Survey

Every year, with the support of Community Food Centres Canada, we conduct a survey of program participants to evaluate if we are meeting our objectives and creating positive impacts in the community. Featured below are the responses from the 83 people surveyed on the most significant changes they felt the Table had made in their lives.

- **34%** Improved health and well-being
  - "I feel I am more positive. My family has seen a change in me - with my chronic pain and my emotional state. I am happier."

- **29%** Increased socialization/ more involved in community
  - "Getting to know the community. I’ve made some good relationships - it’s a good way to connect with Perth."

- **18%** New knowledge/skills
  - "My mother doesn’t work so I’m the only one who works. I am more happy when I work. I gain skills like cutting veggies."

- **14%** Improved diet/eating habits
  - "I’m feeling better, I try to eat healthier now. The food is also working with my medication now. And it wasn’t before."

We also asked what contributed most to these changes. The following were the most frequently noted responses:

- **31%** Feeling supported/ encouraged by CFC community
  - "This change happened because the staff and people here didn’t give up on me. There’s a great lack of judgement from the employees."

- **26%** Socialization/ reduced isolation
  - "You can sit down and talk things over with open people. It’s like having a family who you can sit and talk with."

- **19%** Improved access to healthy foods
  - "Access to the meals and food bank [prompted significant changes]."

- **15%** Learned new knowledge/skills
  - "Learned things I didn’t know before about food & housing insecurity, legal rights, and feeling that my voice matters."

A National Movement

At The Table, we are very proud of being one of the initial locations for what has become a truly national movement. There are now 13 full-fledged Community Food Centres and others in development. With the support and guidance of Community Food Centres Canada each one of these locations applies a uniquely adapted version of our model. Our growing family of Community Food Centres now includes:

- North Grove CFC, Dartmouth NS;  Natoaganeg CFC, Eel Bar First Nation NB;
- The Depot CFC, Montreal QC;  Qajuqturvik CFC, Iqaluit NU;  Harmony CFC, Toronto ON;
- Hamilton CFC, Hamilton ON;  The Local CFC, Stratford ON;  The Alex CFC, Calgary AB;
- North West Co-op CFC, Winnipeg MB;  Birch Narrows CFC, Birch Narrows SK;
- Mount Paul CFC, Kamloops ON;  and Nelson CFC, Nelson BC
Late in 2019 the board of directors, with input from staff, volunteers, participants, and community stakeholders started a process of examining The Table’s directions for the next five years. The result is a new strategic plan for The Table covering the period of 2020 to 2025. The process validated our current programs and identified a number of areas to begin working on or further develop. These strategic directions are listed below. The full plan is available on our website.

4 Priority Strategic Directions

- Focus on longer term, higher impact fundraising
- Explore opportunities for social enterprise
- Further establish our presence and partnerships with the health system
- Explore transportation solutions

3 Additional Strategic Directions

These additional directions will be pursued as progress is underway on the above priority directions and time is available.

- Develop a food recovery and waste reduction plan
- Clarify our role in and build capacity for our advocacy program
- Enhance the breadth and depth of participant engagement

Small Victories

You may notice the Coke bottle on the table in the photo at left. Not something you might expect to see but if you look closely you will notice that it is actually filled with water. Todd, at right in the photo, is a volunteer and participant with The Table. He used to bring Coke with him but thanks to encouragement from The Table’s staff he switched to bringing water whenever he comes. Once he made the switch he proudly shared his decision with the other volunteers and staff.
In 2019 The Table had cash revenue of $741,533 and $476,688 of in-kind donations (primarily food) for a total of $1,218,221. Our 2019 cash revenues decreased slightly by 2.7% and our in-kind donations increased by 2.5%.

The Table has a diverse funding base. Community Food Centres Canada (CFCC) continues to be our largest single funder, contributing 41% of cash revenue.

Total operating expenses in 2019 were $1,222,981 of which $746,313 were cash expenses resulting in a small $4,780 operating deficit.

In 2016, The Table established an endowment fund with the Perth and District Community Foundation. At the end of 2019 there was $42,813 in the fund up from $16,626 at the end of 2018.

Please inquire with the Executive Director or see our audited financial statements for more details about our financial performance in 2019. The statements are available on our website or at The Table.
2019 Staff Team
Ramsey Hart, Executive Director
Judy Dempsey, Community Chef
Joanna Kowalcyzk, Community Garden Coordinator
Cedar McLean, After School Program Coordinator
Youssef Sawan, Social Justice and Advocacy Coordinator
Coral Sproule, Youth Food Skills Coordinator
Aisha Toor, Community Kitchen & Volunteer Coordinator
Katrina Toth, Communications and Development Assistant
Wendy Quarrington, Good Food Bank Coordinator
Theresa Welch, Book Keeper / Administrator
Peer Advocates: Andrew Atkins, Tracey Parker, Jennifer Soucy, Sue Van Slooten, Susanne Wallner
Summer Students: Fox Creighton, Fiona Dobson, Esther Hardy

2019 Board of Directors
Mary Pat Shaw, Chair
Tamara Woods, Vice Chair
Deborah Duffy, Secretary
Nev Jande, Treasurer
Krystyna Chelminska
Rev. Ken Davis
Craig Halpenny
Shannon Miller
Robyn Mulcahy-Reid
Jim Noble
Emma Postlethwaite
Brian Whitestone

Thank You Volunteers
The Table is a true a community asset, and could not succeed without the 140 active volunteers who dedicate their time, passion and energy to help bring our mission to life.

We thank our volunteers for all of their ongoing support and the 12,139 hours they dedicated to our programs in 2019.

Together, we are providing the ingredients for a stronger, healthier community.

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TheTableCFC on Facebook, Instagram and Twitter