

# 2023 IMPACT SUMMARY



**the Table**  
community food centre

Our experience shows that as we help people realize their right to food, The Table also improves people's mental health by providing an inclusive and welcoming space, and by reducing social isolation. As an affiliate of Community Food Centres Canada, The Table is proud to be part of a national movement committed to food security and social justice.



## PROGRAM HIGHLIGHTS

- » Mobilized community resources and financial support for **27** residents of 75 Harvey St. who were displaced by a fire.
- » The Social Justice program helped launch new community initiatives including Linden Housing Co-op, Lanark Transportation Working Group, and Lanark Basic Income Network.
- » Two members of the Lanark County Community Action Network (LCCAN) spoke with MPPs at Queen's Park about the importance of income-based solutions to food insecurity.

## 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
- Smith Falls Community Lunch
- Good Food Bank
- Fresh Food Box
- After School Program
- Senior's Gentle Fit
- Drop-in Community Kitchen
- Budget, Body, Planet Friendly Cooking
- Family Cooking
- Food Skills for Youth
- FoodFit
- Youth Centre Food Skills in Smith Falls and Perth
- Community Garden
- Youth Community Gardens Program
- Community Action Training
- Cultural Celebrations Meal
- Community Navigators' Office
- Herbal Gardening Workshops
- Lanark Basic Income Network
- Build Lanark Affordable Housing (BLAH!)
- Lanark County Community Action Network
- Cooking Connections



*“Socializing is really good for the soul.”*

The Table CFC remains committed to supporting the local community. This means providing a place where people can connect and access good food – food that nourishes the body and spirit. It also means centering Equity, Diversity and Inclusion in our policies and programs, and advocating for policies to equitably address 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). 56 people from The Table CFC were interviewed.*

*“I see how great the need is and I don’t feel alone in that. I’m able to give a voice to others who may not be able [speak up].”*

## THE TABLE’S IMPACT IN 2023

### IMPROVED ACCESS TO NOURISHING, CULTURALLY APPROPRIATE FOOD



of community members surveyed said The Table is an important source of healthy food.

*“I’m able to eat some really great healthy food here. They serve more of a variety than what I’d usually eat.”*

### SUPPORTED HEALTHY FOOD SKILLS AND BEHAVIOURS



made changes to their eating habits.

*“I’m able to access a lot of different and affordable food options. It inspires me.”*



### INCREASED COMMUNITY ENGAGEMENT



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

*“I feel less isolated and uncomfortable. I’m able to speak up about these issues more in this space.”*

### IMPROVED HEALTH AND WELL-BEING

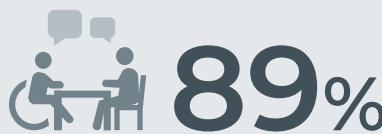


of community members surveyed said their physical health, mental health, or both improved when coming to The Table CFC.

*“Coming here has improved my mental health, it makes you feel good to know it’s here.”*



### INCREASED SENSE OF BELONGING & SUPPORT



of community members surveyed feel they belong to a community at The Table.

*“I realize I am not the only one in this boat. I have a sense of community.”*



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The Table 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.