

THE TABLE COMMUNITY FOOD CENTRE

2015 PROGRAM STATISTICS & STORIES

TOTALS

- In 2015, over 2,282 Perth and area community members (approximately 580 children and the remainder adults) were impacted by programs at The Table Community Food Centre: 1,513 through direct participation in CFC programs and an additional 769 through food taken home to their families from the Good Food Bank. Over 237 participants attended more than one program.
- 819 program sessions were offered across the whole organization with an average attendance of 33.1 participants per session for a total of 27,171 client contacts.
- 13,079 healthy meals and 1,278 healthy snacks were served in the CFC and 1,752 healthy meals were sent home with participants.
- 10,740 hours of volunteer work were contributed by volunteers (including 66 people who are also participants in The Table's programs).
- \$10,597.25 was spent on Ontario food products including 11 farms and local food producers within 100 kilometres of Perth. Food donations were given by more than 19 farms and local food producers within 100 kilometres of Perth.
- 3,840 Food Bank visits were made: 2,668 standard visits, 474 top-up visits, 280 delivery visits, 132 emergency visits and 10 emergency delivery visits.
- 417 visits were made to the Advocacy Office by 178 distinct participants and 1,072 hours of work were contributed by the Peer Advocates.
- 1260.27 kg of fresh produce were harvested in the community gardens of which 39.9% was taken home by the 70 garden members for use in their own kitchens and 60.1% was donated back to the CFC for use in food programming.

Unique Participants:	1517
Number of Program Sessions:	819
Total Client Contacts:	27,171
Healthy Snacks Served:	1,278
Healthy Meals Served:	13,079

Healthy Meals Sent Home:	1752
Total Meals Served & Sent Home:	14,831
Volunteer Hours:	10,740
Total Spent on Local Food (Ontario):	\$10,597.25
Total Food Harvested (kgs)	1260.27
Percentage of Food Harvested Taken home by Participants	39.8%
Percentage of Food Harvested Donated to The Local	60.2%

ACCESS PROGRAMS

COMMUNITY MEALS

Number of Program Sessions:	141
Unique Participants:	605
Total Client Contacts:	10,980
Average Attendees per Session:	78
Healthy Meals Served:	10,196
Healthy Meals Sent Home:	808
Total Meals Served & Sent Home:	11,004
Volunteer Hours:	2,805.5

Stories from the Community Chef:

- A participant who is often very fussy about much of what we serve here ate all of her Asian kale salad first, then frittata and tzatziki potato salad. She made a point of telling me how good the kale salad was.
- A longtime participant who is known for not eating his vegetables remarked on arrival that he didn't want the kale salad. I teased him and asked him to taste it. He did and ate everything on his plate. Remarkable!!

Participant Quote:

- *"Oh my goodness, this is exactly what I needed today."*
- *A regular meal participant came up to me before a meal and asked: "What does Butternut Squash taste like?" I answered "It tastes delicious" He wasn't sure, said he doesn't usually like squash. That night we served it roasted with sunflower oil, fresh rosemary and a little maple syrup. I looked over during dinner and he flashed me a big smile and 2 thumbs up!*

"Since I have been coming to The Table, I have really been paying a lot more attention to the food that I eat. I come to all the community meals, Young at Heart and I participated in Food Fit. I really look at the labels of food now."

GOOD FOOD BANK

Good Food Bank:

Number of Program Sessions:	200
Total Recipients:	1805
-Adults:	1,225
-Children:	572
-Infants:	8
Unique Participants:	769
Households Visited Only Once:	293
Households Visited More than Once:	537
Average Visits per Household:	4.62
Total Visits:	3,840
Average Attendees per Session:	19.2
Volunteer Hours:	5,852

Visit Type	Count
Delivery	280
Delivery Emergency	10
Emergency	132
Standard	2668
Top-Up	747
Total	3837

Stories from the Food Bank Coordinator:

- A longtime client phoned and thanked us all for all we have done for him because he will no longer need our service as he has turned 65 and will be receiving his pension.
- Yesterday we had a man bring in ten \$10.00 Tim Horton cards to be given out to those who come in and are having a really hard time. He was on assistance and finally has got a job and got off assistance and wanted to give back to others. He said there were many times he could not even afford a cup of coffee when he was on assistance.

Participant Quote:

- The statement we hear the most is "*How do I afford presents for my children when it takes every cent I have to pay my rent, hydro and heat?*"

SKILLS PROGRAMS

AFTER SCHOOL PROGRAM

- 2 After School Program periods were held (1 in the winter and 1 in the fall)
- 40 program sessions were offered (26 in the spring and 13 in the fall)

Number of Program Sessions:	40
Unique Participants:	37
Total Client Contacts:	551
Average Attendees per Session:	14
Healthy Snacks Served:	672
Healthy Meals Served:	710
Healthy Meals Sent Home:	204
Total Meals Served & Sent Home:	914
Volunteer Hours:	479

Nutrition knowledge and skills shared: yeast as a leavening agent, gluten and yeast intolerance, value of home-grown vegetables, gardening for nutrition, whole foods vs. processed foods, how to plan a balanced meal, nutritional value of sprouts, healthier version of pancakes, planning a balanced meal based on good food box ingredients, health benefits of eating fish and possible toxins, healthy 'junk food' and alternative sweeteners.

Cooking knowledge and skills shared: measuring wet and dry ingredients, chemistry of baking, cracking and frying eggs, knife skills, how to use a grater, food processor and juicer, canning basics, caramelizing sugars, timing the addition of different vegetables in a stir fry, cooking pasta, kneading dough, making soup from everyday ingredients, converting leftovers into something new, and cooking healthy dishes from scratch including pizza, baked and stove-top mac and cheese with cauliflower and squash, vegetable soup, buttermilk soda bread, pork lettuce wraps, crepes, fruit salad, spaghetti and tomato sauce with vegetables, tacos, healthy desserts, spaghetti using spaghetti squash and apple cider.

Gardening knowledge and skills shared: the edible parts of vegetables (root, stalk, leaf, fruit, etc.), seed selection, germinating seeds, planning your garden, vegetables that grow in our climate, growing garlic, garden safety, identifying weeds, soil structure and ways to add nutrients, mulching, spacing plants, cold framing, vermicomposting, how apples grow and raised bed cultivation.

Stories from the After School Program Coordinator:

- One participant who is new to the community was excited to teach the group a game that he knew as my icebreaker games were falling apart. He seemed to enjoy taking the lead, and made some new friends as well. His mom had trouble getting him to leave at the end of day!
- More than half of the participants say they have a garden themselves or have helped with someone's garden.
- One of the kids was joyously competitive about his willingness to try and eat different foods-he ate almost an entire pepper to himself for snack!

- One of our participants has been having some difficulty fitting in and was considering dropping out. The boys from his school were disappointed and reassured him that they would ‘stick together’. Once we began walking back to The Table one said, "No man left behind! You know the four of us are best friends in the After School Program." The boys were so sweet, comforting and supportive. It was a great bonding experience for them all. They all had a great day cooking and the boy is returning on Thursday!
- One of our participants with a slight anxiety and attention disorder was a complete natural at handling our bread dough. He barely needed to be shown, and was kneading like a pro! It was a good confidence builder for him in the kitchen, and a good activity to maintain his focus.
- The democratic process of selecting the menu for the meal was interesting. I think the kids learned a lot about trying to come to consensus when there are many varying opinions and ideas, editing down the selection and then looking at the criteria for deciding the meal. In the end it seems most kids felt their ideas had been heard and they all seemed relatively satisfied with the menu.
- As always the kids were so proud of their achievement and were on their best behaviour once their families arrived. One of our most enthusiastic participants would almost not sit down for his dinner he was so intent on his serving job.

Participant Quotes:

- *"You know, I like lots of different things – I even love onions! Not many kids like onions."*
- *"I saw the peppers and I was like, 'Aw yeah!'"*
- *"I didn't think I'd like these, but they are REALLY good!"*
- *"You actually made a pizza that she likes!"- impressed participant's parent*
- *"This is the best apple juice ever!"*
- *Played "Garden Veggie Pictionary" as a group to help kids remember what the veggies look like. One girl drew a circular eggplant and the kids had trouble guessing it she said "Well there are all different shapes of eggplant in the seed catalogue". A good lesson on plant diversity.*

"Nobody likes kale chips?! What's wrong with you?!"

COMMUNITY GARDENS

Total

Number of Program Sessions:	91
Unique Participants:	73
Total Client Contacts:	3152
Average Attendees per Session:	34.6
Volunteer Hours:	718.25
Healthy Snacks Served:	36
Healthy Meals Served:	148
Healthy Meals Sent Home:	55
Total Produce Harvested (kgs):	1259.27
% Produce Sent Home:	39.9
% Produce Used in CFC programs:	60.1



Garden School Visits

Number of Program Sessions:	9
Total Client Contacts:	167
Average Attendees per Session:	18.6
Volunteer Hours:	5

Garden skills and knowledge taught: the benefits of companion planting and specifically 3 sisters gardening and the cultural significance, how food was originally cultivated around the world including six garden designs from six continents, planting and garden maintenance, plant identification and classification, composting, weeding and mulching.

Perth Community Garden

Number of Program Sessions:	77
Unique Participants:	60
Total Client Contacts:	2924
Average Attendees per Session:	38
Volunteer Hours:	680.25
Healthy Snacks Served:	36
Healthy Meals and Sent Home:	110
Total Produce Harvested (kgs):	1257.12
% Produce Sent Home:	39.7
% Produce Used in CFC programs:	60.3

Garden skills and knowledge taught: selecting varieties, using a seed catalogue, the differences between open-pollinated, hybrid, genetically modified and organic seeds, testing seed viability, growing micro-greens, planning and maintaining a garden, soil mixes, transplanting seedlings, cutting back perennial herbs, pruning fruit trees, mulching, crop rotation, plant spacing, weed and pest control, staking tomatoes, determinate vs. indeterminate tomato varieties, harvesting and storing crops and greenhouse gardening.

Stories from the Garden Coordinator:

- A garden member sharing how they have been giving garden advice to their friends and family. It was really obvious how knowledgeable she has become and I asked when she started gardening. Turns out, she started with us three years ago!
- Everyone was abuzz today as we looked through the donated seeds we received.
- The group had lots of questions and enjoyed applying the theory learned to both old and young apple trees.
- The garden session went over by half hour for a few members today. People were very determined to finish that row they were seeding or path they were weeding.

Participant quotes:

- *“Can I brag for a second? I just want to say that I ate a salad last night from my indoor garden and I've got more than one bean growing now.”*
- *“Can I be part of the team? Yay! I'm part of the garden team. I have always wanted to be part of the garden team. Can I help you?!” (Enthusiastic grandchild of garden members).*

Garden Workshops

Number of Program Sessions:	5
Unique Participants:	18
Total Client Contacts:	61
Average Attendees per Session:	12.2
Volunteer Hours:	33
Healthy Meals Served:	78
Healthy Meals Sent Home:	15
Healthy Meals Served and Sent Home:	93
Total Produce Harvested (kgs):	2.15
% Produce Sent Home:	100%
% Produce Used in CFC Programs:	0%

Gardening knowledge and skills shared: Peter Fleischl of our Lanark Wild Foods Club facilitated a trail walk on the edge of Perth to help people learn how to identify and sustainably and safely harvest edible wild foods available to us in the area; local farmer and environmental scientist Bradley Wright discussed basics of soil biology, soil health, needs of a variety of garden locations, soil make-up, soil testing, soil amendments; how to efficiently use space through vertical and container gardens; edible perennials; plant breeding techniques; the dos and don'ts of seed saving for personal and commercial use.

Stories from the Garden Coordinator:

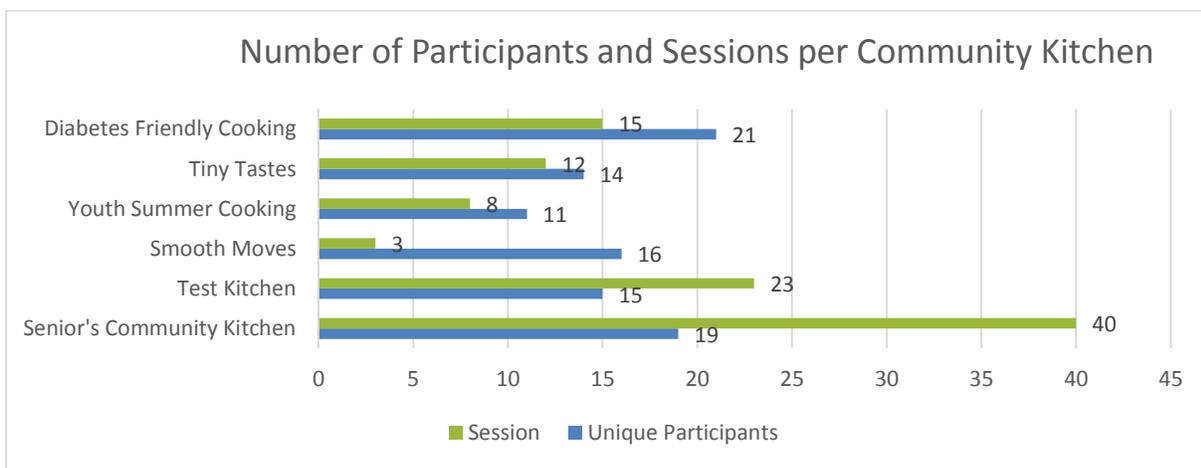
- Everyone was saying that the wild and edible food walk was "the best" garden workshop so far. It was really fun and hands on for all participants. People were most surprised at the flavour of the young milkweed shoots that tasted similar to asparagus. Everyone had a job to harvest a particular part of our meal and we were amazed that we were able with little effort to harvest a feast for over 20 people.
- The vertical and container gardening workshop was a fun learning experience for everyone. It was a good opportunity for sharing personal experiences and the small group size made it easy to attend to individual needs and questions.
- Gardeners found the talk on seed saving somewhat overwhelming but very informative. They enjoyed the hands-on and tactile demonstrations which our facilitator offered. Many were able to take home seed which we cleaned on site today.

"This is the best Saturday I've had all year!"

COMMUNITY KITCHENS

Total

Number of Program Sessions:	97
Unique Participants:	92
Total Client Contacts:	1,057
Average Attendees per Session:	10.9
Healthy Snacks Served:	387
Healthy Meals Served:	1,274
Healthy Meals Sent Home:	596
Total Meals Served & Sent Home:	1,870
Volunteer Hours:	669



Seniors' Community Kitchen (Year-round)

Number of Program Sessions:	40
Unique Participants:	19
Total Client Contacts:	423
Average Attendees per Session:	10.6
Healthy Meals Served:	520
Healthy Meals Sent Home:	236
Total Meals Served & Sent Home:	254
Volunteer Hours:	254

Nutrition skills and knowledge shared: using whole wheat flour in baking, quinoa and bulgur as alternative grains, lentils and chickpeas as alternative proteins, coconut milk as an alternative to cream, substituting cottage cheese for ricotta, dates, honey and fruit as alternative sweeteners, seasonal cooking, new ways to use cauliflower, how to incorporate more greens into your diet, draining the fat from red meat, strained yogurt instead of sour cream, additives and sodium in store-bought dips, and the health benefits of brown rice, whole grains, legumes, fresh herbs, greens, brassicas, grapefruit, avocado, cassava and plantain, sweet potatoes and celery root.

Cooking skills and knowledge shared: making simple recipes nutritious & delicious, cooking with leftovers, cooking for one, how to stock your pantry for a power outage, preparing dried beans, roasting garlic, marinating, poaching, roasting chicken, roasting vegetables, cooking brown rice and quinoa, reducing or multiplying recipes, soup vs. chowder, technique for crepes, cooking greens, key ingredients in Asian food, roasting nuts and how to cook a variety of healthy dishes from scratch.

Stories from the Food Skills Coordinator:

- There was a casual discussion about food security and justice related to quinoa's popularity and how this is driving up the price of the staple in Peru.
- There were two new volunteers today and they were both excited about meeting new people and the quality of the food being prepared in the program.
- One of our long time participants came to me and said that she had tried many more vegetables and fruits since coming here. She said that she had never tried pears and that she really liked them.
- A participant was asked to come in as a guest cook. She shared how much she appreciates the community here at the Table and how she finds life here wonderful compared to the hardships in Uganda.
- One of our long time participants officially became a volunteer this week.
- The group really enjoyed cooking outside at the garden. A few participants had never been there.
- We had a discussion about the price of hydro and talked about ways to modify recipes to use the stove top instead of the oven.
- Many participants will return for other programs and they expressed interest in meeting socially as a group at a meal coming up.

We cooked a chili recipe that was given to us by The Local CFC. It was very tasty and full of goodness.

Participant Quotes:

- *"I didn't know it was that simple to make your own baked beans."*
- *After rolling the spanakopita, a participant said, "Thank you for giving me the opportunity to do this, I would have not otherwise tried it."*
- *"While completing my placement at The Table Community Food Centre, I have acquired a number of skills. When I started at the Table, I was, 'cooking from the box' and eating whatever was quick. I have learned a lot about cooking healthy foods and have even begun cooking at home. I was welcomed by friendly staff that made me feel like a part of the team. I learned a lot about the organization and all that they do for the community. I will always remember the warm atmosphere and the kind and caring people who work, volunteer, and benefit from The Table Community Food Center." (summer student)*

Test Kitchen (January-June session)

Number of Program Sessions:	23
Unique Participants:	15
Total Client Contacts:	197
Average Attendees per Session:	8.6
Healthy Meals Served:	277
Healthy Meals Sent Home:	171
Total Meals Served & Sent Home:	448
Volunteer Hours:	157.5

Nutrition skills and knowledge shared: healthy substitutions (cottage cheese for ricotta, whole wheat pasta for white), how to get more vegetables and fruit into your daily meals, health benefits of fresh herbs, reading nutrition labels, sodium levels in canned soup, fiber and protein levels in cereal, fat content in meat, additives in processed foods, the Healthy Eating Plate, chickpeas as an alternative protein, smoothies as a way to eat greens and how to reduce your carbohydrate intake.

Cooking skills and knowledge shared: braising, steaming, frying, basic spices, how to guide people through a recipe without being bossy, how to prioritize and break down the tasks in a recipe, baking eggs, layering lasagna, making risotto, making a basic curry, what is yeast, making your own bread and pizza dough, cheese making, weighing produce and calculating how much it will cost, marinades vs. dressings, thickening soup, making smoothies, how to plate food for a group, using a meat thermometer and how to cook a variety of healthy dishes.

Stories from the Food Skills Coordinator:

- A new volunteer was happy that I felt confident enough in him to have him take charge of a recipe.
- Everyone ate everything even though they were skeptical at first.
- We cooked for and served 41 people today. Each participant brought two guests to eat lunch with. They also received a certificate, a cookbook as a gift and a personal card from me.

One family said that they have started letting their brother who has a developmental delay, help out in the kitchen.

Participant Quotes:

- "So after we eat the Freekeh, will we freak out?"
- When asked what three Test Kitchen participants could bring as volunteers to the new Youth Summer Cooking Series, one said, "I think I can share the cooking skills and knife skills I have and how to work as a team"; another, "I can bring leadership skills, patience and safety" and the third said, "I can bring how to read a recipe, chopping skills, how to break down a recipe." When asked what they would like to get out of it, one said, "how to communicate without frustration", the second, "learning a new kind of leadership skills, patience and how to have fun" and the third, "making more friends and getting more people in town to join the groups here."

Smooth Moves (spring session)

Number of Program Sessions:	3
Unique Participants:	16
Total Client Contacts:	156
Healthy Snacks Served:	33
Volunteer Hours:	12

Nutrition skills and knowledge shared: the health benefits of milk substitutes and natural peanut butter, sweetening foods with bananas and the vitamins in raw vegetables.

Cooking skills and knowledge shared: how to use a hand blender and juicer and baking with ‘fiber waste’ from the juicer.

Participant quotes:

- *"I never tried to make a smoothie because I didn't know how."*
- *"There is really only peanuts in there? You really don't need any sweetener. That is amazing!"*

Youth Summer Cooking

Number of Program Sessions:	8
Unique Participants:	11
Total Client Contacts:	78
Average Attendees per Session:	9.8
Healthy Meals Served:	65
Healthy Snacks Served:	21
Healthy Meals Sent Home:	22
Total Meals Served & Sent Home:	87
Volunteer Hours:	63

Nutrition skills and knowledge shared: how foods affect your mental and physical health, why to cook from scratch, Healthy Eating plate, Canada’s Food Guide recommendations, proper serving sizes, how to read nutrient labels, sodium in canned soups and salad dressings, sodium and sugar levels in chocolate milk and slushies, the importance of whole grains, what is yeast and how it works, stocking your pantry to cook from scratch, tour of the Good Food Bank, cooking for one or two on a budget, beans as an alternative protein, coriander vs. cilantro and how to add more vegetables to your recipes to up the nutrient content.

Cooking skills and knowledge shared: separating dry and wet ingredients, de-boning a chicken, using the whole bird, marinating meat, cooking rice, knife skills and chopping veggies, using an emulsifier,

testing yeast, making dough, testing when crust is cooked, weighing produce and calculating how much it will cost, pricing per meal, determining what is locally grown, shopping in bulk, plating, serving, busing tables, dividing tasks in the kitchen for efficiency, creating a welcoming atmosphere for the community meal and cooking and serving a large meal.

Stories from the Food Skills Coordinator:

- We spoke a lot about the reality and challenges that people face who are out of work and receiving benefits from Ontario Works. We also talked about the stigma and feelings around using the food bank.
- We talked briefly about the Canada Food Guide and then broke into groups and measured out exactly how much food is recommended each day from each food group. We put all the food out on the table and had a discussion about how it compared to our own realities.
- Many of the youth seemed to be excited for the responsibility of cooking the community meal and took ownership of their dish. They seemed surprised by how well they did.

Participant quotes:

- "I am having a lot more fun than I expected."

"I am much more excited to try something when I make it myself."

Tiny Tastes (fall session)

Number of Program Sessions:	12
Unique Participants:	14
Total Client Contacts:	90
Average Attendees per Session:	7.5
Healthy Meals Served:	234
Healthy Snacks Served:	238
Healthy Meals Sent Home:	64
Total Meals Served & Sent Home:	298
Volunteer Hours:	136

Nutrition skills and knowledge shared: eating whole grains, rainbow fruits and vegetables, incorporating vegetables and protein into every meal, sodium and additives in processed foods, yeast and gluten, alternative proteins, the Healthy Eating Plate, proper serving sizes, adding vegetables into smoothies, fiber and fat in avocado, tips for encouraging kids to eat healthy meals and limiting their sugar intake, substituting apples and bananas as sweeteners and using whole oats in baking.

Cooking skills and knowledge shared: making homemade soups and salad dressings, one pot meals, roux, pastry, quiche and curry sauce, proofing yeast, making and rolling out pizza dough, braising beef for stew, cooking whole grains and rice, de-boning chicken, chopping small to hide veggies, starting simple with kids pallets, working with phyllo dough, proper food handing and cooking a variety of healthy dishes from scratch.

Stories from the Food Skills Coordinator:

- We had a discussion about challenges of picky eaters. We used Ellyn Satter's Dividing Responsibilities and Regular Meals with no grazing as a framework. There was some discussion of issues that parents are having at home and ideas to try.
- A participant said she has been making her own soups ever since we learned about the basic ingredients.

Participant quotes:

- *"I was always afraid to roll out the dough. Now I know not to be so delicate with it."*
- One child turned to her mother after trying the Mac and Squash and said, *"Mommy can we make this at home?"*

"Now that we made this I have more confidence to try making crust on my own."

Diabetes Friendly Cooking (fall session)

Number of Program Sessions:	5
Unique Participants:	21
Total Client Contacts:	120
Average Attendees per Session:	24
Healthy Meals Served:	98
Healthy Snacks Served:	95
Healthy Meals Sent Home:	54
Total Meals Served & Sent Home:	152
Volunteer Hours:	29

Nutrition skills and knowledge shared: understanding carbohydrates: the foods that contain them, bowel health, Glycemic Index, how often to eat them and how it affects blood sugar, natural vs. refined sugars, limiting sugars, alternatives to sugar, eating protein with a carb snack to slow down the carbohydrate absorption; understanding fibre: why fibre is important, sources of soluble and insoluble fibre; understanding fat: the different kinds of fats, omega 3 fatty acids, role of fats in diet and diabetes, how to limit fats from animal sources and how to read a nutrition label for fats trans fats, protein, fibre and sugar.

Cooking skills and knowledge shared: planning meals with whole grains, cooking brown rice and lentils, cooking with oils, cooking fish, reducing sugars in baking, deboning chicken, simple chicken soup, homemade salad dressing and croutons.

Stories from the Food Skills Coordinator:

- In Lanark there was interest in the Table so I spent some time describing the CFC, the philosophy and the programs available.

- There was a discussion about aspartame, its safety and when to use it. The dietitian explained that artificial sweeteners are very well tested and safe, but she encouraged participants to eat close to nature and use artificial sweetener only in small amounts, for example in coffee/tea.
- The dietitian did an activity where she talked about how many sugar packets are in certain beverages and packaged foods, surprising many people.
- There were several reports of participants using food bags to make recipes, including the swiss chard roll recipe from last week.

Participant quotes:

- *"It is not often you go to a place where you learn a lot, get to cook, get fed and it is all free."*
- *"I made those kale chips and I ate them all, they are better than chips in a bag."*

"My Granddaughter loves the fennel salad we made here and she wants me to cook it again."

ENAGEMENT PROGRAMS

COMMUNITY ACTION TRAINING

Number of Program Sessions:	5
Unique Participants:	12
Total Client Contacts:	50
Average Attendees per Session:	10
Healthy Meals Served:	71
Healthy Snacks Served:	46
Healthy Meals Sent Home:	5
Total Meals Served & Sent Home:	76
Volunteer Hours:	0

Advocacy topics: social determinants of health, power, oppression, authority, privilege, conflict, social movements, collective action and working together.

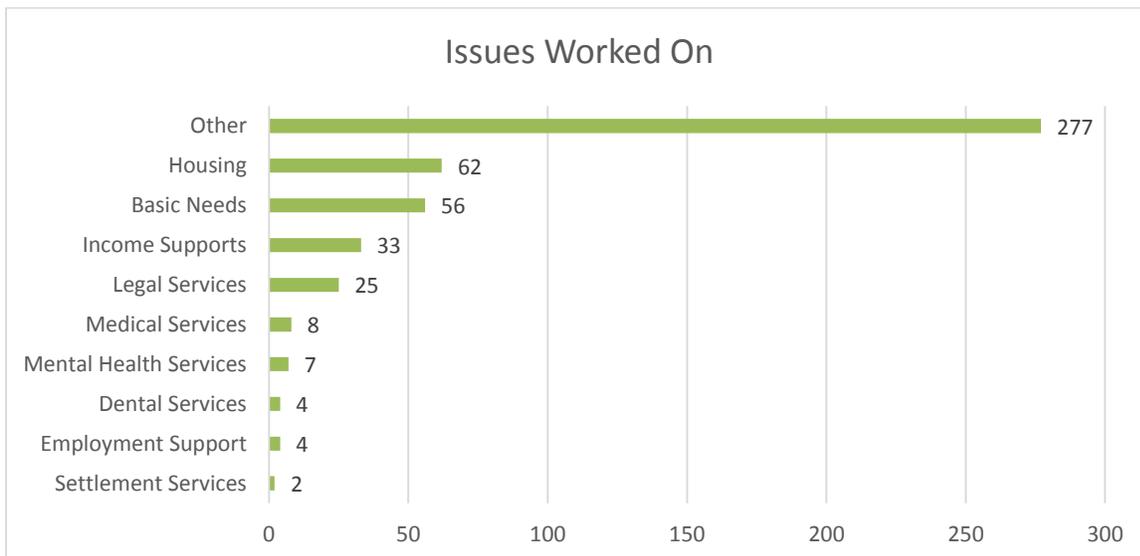
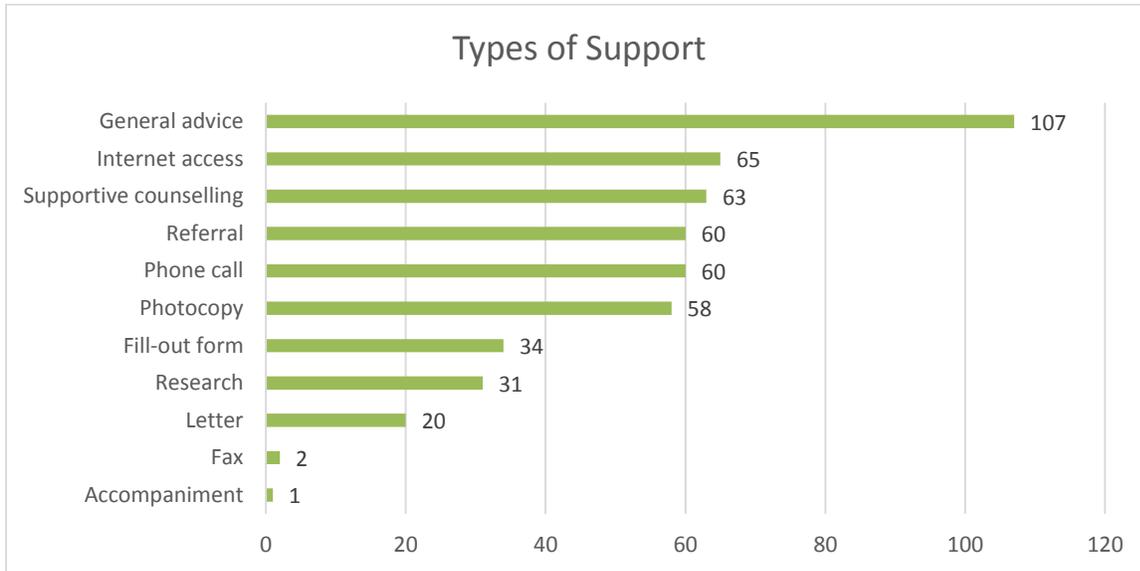
Stories from the Advocacy Coordinator:

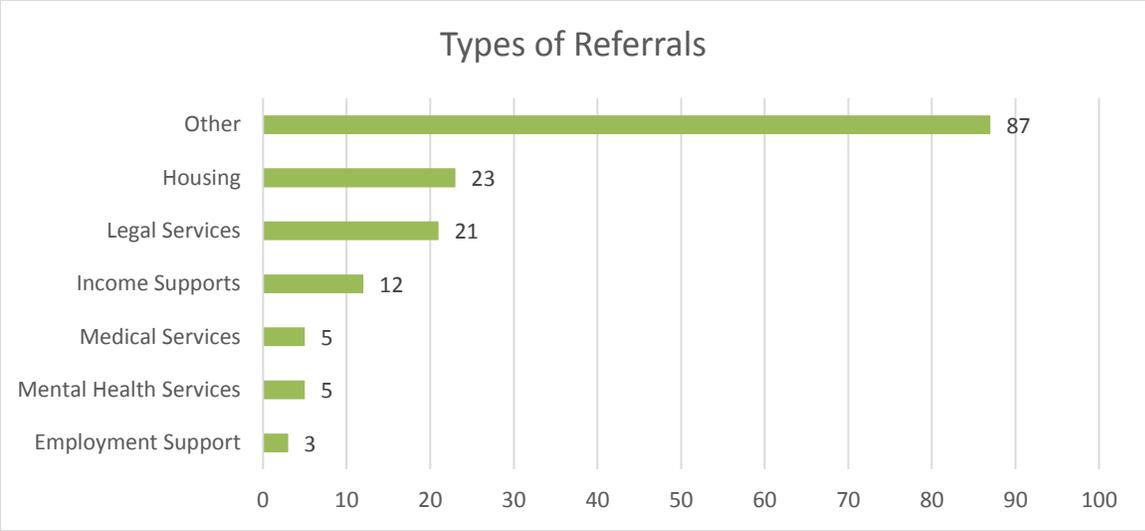
- Today we hosted an agency lunch and had a chance to hear from local agencies; what services they offer, what is new at their agency, and some of the challenges they are facing.

Advocacy partners: Put Food in the Budget, Raj Patel and CFCC.

COMMUNITY ADVOCACY OFFICE:

Unique Participants:	178
Total Advocate Hours:	1,072
Total Visits:	417
Number of Program Sessions:	180
Average Attendees per Session:	2.3





Story from the Community Advocates:

- A visitor came in to say ‘thank you’ for helping him with his hydro bill. He is now employed.
- We had a visitor come in to say they had received partial funding to help cover prosthesis costs from the Lion's club based on a letter we helped him write.
- We had a visitor call in today that was referred to us by the local legal clinic.
- A visitor said how much she enjoyed our workshops and would like us to call her next time there is one, as she cannot make it to community meals lately.

Participant Quote:

- *“I thought it would take much longer, but it didn't.”*
- *“Thank you for the call and thank you for all you guys do.”*
- *“Finally I am writing this much overdue letter of gratitude to The Table Advocacy office. It has been one long year since a shadow of myself stepped inside 190 Gore Street and broke down with troubles too large to overcome alone. I realize now that my deep depression and isolation from spiraling financial desperation was all too familiar to the wonderful outreach workers. Hardest for me was to swallow the pride of a self-determined, previously successful business owner and accept help. I did not know where to turn and was even considering self-destruction. There are not enough words of praise to describe the advice, support and encouragement I and many others have received over the past months. With this assistance I have found security and value in my life. I have also had conversations with less fortunate people and witnessed positive change in many others. Big thanks to everyone at The Table dedicated to helping fellow humans manage through difficult times.”*

“I don't know what we would do if you guys weren't here.”

SOCIAL JUSTICE CLUB

Number of Program Sessions:	46
Unique Participants:	26
Total Client Contacts:	322
Average Attendees per Session:	7
Healthy Snacks Served:	5
Healthy Meals Served:	279
Healthy Meals Sent Home:	17
Total Meals Served & Sent Home:	296
Volunteer Hours:	37.5

Participant Quote:

- *“Ever since I saw [Just Eat it, a Food Waste Story] here, I've been a real fanatic about not wasting food.”*

SPECIAL EVENTS

41 special events were held, with a total of 610 participants.

