

# THE TABLE COMMUNITY FOOD CENTRE

## 2016 PROGRAM STATISTICS

### TOTALS

- 857 program sessions were offered across the whole organization for a total of 17,093 participant contacts.
- 13,441 healthy meals were served in the CFC and 2,292 healthy meals were sent home with participants for a total of 15,733 healthy meals shared.
- 2,436 healthy snacks were served.
- 9,967 hours of volunteer work were contributed by volunteers.
- \$10,195.90 was spent on Ontario food products.
- 3,943 Food Bank visits were made by a total of 770 unique households, representing 1,925 individuals: 2,680 standard visits, 840 top-up visits, 267 delivery visits, 137 emergency visits and 19 emergency delivery visits.
- 662 visits were made to the Advocacy Office by 364 distinct participants and 1,089 hours of work were contributed by the Community Advocates.
- 1,102 kilograms of fresh produce were harvested in the community gardens of which 54% was taken home by garden members and 46% was used in food programming.

Stats	2015	2016
Number of Program Sessions:	819	857
Total Participant Contacts:	17,383	17,093
Healthy Meals Served:	13,079	13,441
Healthy Meals Sent Home:	1,752	2,292
Total Meals Served & Sent Home:	14,831	15,733
Healthy Snacks Served:	1,278	2,436
Volunteer Hours:	10,740	9,967
Total Spent on Local Food (Ontario):	\$10,597.25	\$10,195.90
Total Food Harvested (kilograms):	1,260	1,102
% of Harvest Taken Home by Participants:	39.8%	54%
% of Harvest Used in Programs:	60.2%	46%

## ACCESS PROGRAMS

### COMMUNITY MEALS

<b>Stats</b>	<b>2015</b>	<b>2016</b>
Number of Program Sessions:	141	144
Total Participant Contacts:	10,980	10,141
Average Attendees per Session:	78	70
Healthy Meals Served:	10,196	10,074
Healthy Meals Sent Home:	808	814
Total Meals Served & Sent Home:	11,004	10,888
Volunteer Hours:	2,806	2,527

#### Stories from the Community Meals:

- I received a warm tight hug from a 74 year old participant tonight. She really feels a part of our community here. I love my job. – Community Chef
- Last Friday night I was a volunteer for the evening meal. There was a certain magic circulating that night. There was just something about the community, the sense of camaraderie, everyone all talking with each other, like a huge family reunion. One man, whose little daughter just had her birthday, had her on his shoulders, going from table to table. Each time, he and she were greeted warmly, as if by aunties and uncles or grandparents. It was a special evening. – Community Meals Volunteer
- We have been trying to make meals with 50% fruit and veg on the plate. We are also making one out of every 4 meals vegetarian. Tonight we served Moroccan vegetables with whole grain pilaf (barley, freekah, brown rice). I saw one of the first groups of participants look at their plates with horror. One asked loudly if it was CURRY? Also they sniffed the food at close range with skepticism! I was worried... They actually ate it and actually came up to me after to tell me they thought it was different but that they liked it!!! This is what I live for. – Community Chef

## GOOD FOOD BANK

<b>Stats</b>	<b>2015</b>	<b>2016</b>
Number of Program Sessions:	197	196
Total Recipients:	1,805	1,925
- Adults:	1,225	1,360
- Children:	572	554
- Infants:	8	11
Unique Households:	768	770
- Households Visited Only Once:	292	354
- Households Visited More than Once:	476	416
Average Visits per Household:	4.62	4.32
Total Visits:	3,837	3,943
- Standard:	2,668	2,680
- Top-Up:	747	840
- Delivery:	280	267
- Emergency:	132	137
- Delivery Emergency:	10	19
Average Visits per Session:	19.5	20.1
Volunteer Hours:	5,852	5,458

## SKILLS PROGRAMS

### AFTER SCHOOL PROGRAM

- 2 After School Program periods were held (1 in the winter and 1 in the fall).
- 50 program sessions were offered (23 in the winter and 27 in the fall).

<b>Stats</b>	<b>2015</b>	<b>2016</b>
Number of Program Sessions:	47	50
Unique Participants:	37	34
Total Participant Contacts:	634	653
Average Attendees per Session:	13.5	13.1
Healthy Meals Served:	839	975
Healthy Meals Sent Home:	237	535
Total Meals Served & Sent Home:	1,076	1,510
Healthy Snacks Served:	799	894
Volunteer Hours:	567.5	807.5
Produce Harvested (kg):	N/A	2.84

**Nutrition knowledge shared** included: Canada's food guide, food groups, how to make a healthy meal, whole versus refined foods, grocery store layout and where to find whole and processed foods, reading food labels for nutritional information and organic versus conventional foods.

**Healthy cooking skills shared** included: knife skills, reading recipes, measuring and measurement units and utensils, adapting dessert recipes to make them healthier and safe internal temperatures for meat.

**Gardening skills and knowledge shared** included: composting and worm composting, seed germination and saving, transplanting seedlings, soil amendment, birds as pest control, soil pH testing, and planting pollinator gardens.

**Stories from the After School Program:**

- One participant tried sauteed kale and LOVED it despite proclaiming that she is a picky eater.
- Three of the girls have been tasting greenhouse radishes every day to see if their taste buds have grown and changed from the last time they tried the radishes!
- One participant loved vermicomposting so much, he is going to start his own worm bin at home.
- We started "adventurous tasters" today where we recognize participants for trying new foods by using brightly coloured stars - it was very popular!
- Although the sprouting jars were optional, everyone was very excited to take one home and try growing sprouts over the March Break!
- An e-mail from a parent of an ASP participant: *"Hi Cedar, I wanted to thank you again for a wonderful session. [My daughter] thoroughly enjoyed the programming. She initiated making a snack for herself and her brother today and at dinner, she asked if she could make all the meals one day. We'll try it over the holidays. Enjoy the break and have a wonderful holiday."*

## COMMUNITY GARDENS

### Total

Stats	2015	2016
Number of Program Sessions:	91	101
Unique Participants:	73	51
Total Participant Contacts:	653	599
Average Attendees per Session:	7.2	5.9
Volunteer Hours:	718.25	133.5
Healthy Meals Served:	148	231
Healthy Meals Sent Home:	55	131
Healthy Meals Served and Sent Home:	203	362
Healthy Snacks Served:	36	91
Total Produce Harvested (kgs):	1,259.27	1,099.42
% Produce Sent Home:	39.9%	53.8%
% Produce Used in CFC programs:	60.1%	46.2%

**Gardening skills and knowledge shared** included: seed viability, companion planting, using manure for amending beds, seed broadcasting, importance of observation in the garden, weed identification, transplanting seedlings, using burlap as a germination aid, bug life cycles and natural pest management, seed saving, harvesting, succession planting, season extension, planting cover crops, methods of water conservation, no-till gardening and forest gardening.

### Stories from the garden:

- A participant mentioned that manning a booth at an event attended gives her an opportunity to become more comfortable in public situations. – Community Garden
- We learned how to grow sprouts in a jar and seeds, jars and screens were given out to each participant. There was a lot of discussion about trouble shooting soil sprouts that were started last week. We cooked today some recipes that feature sprouts, Kale and Sunflower Sprout Salad, Carrot and Sprout Salad, Squash and Sprout Wraps. – Seniors Indoor and Balcony Gardening
- This was the last session and I had a chance to hear from the kids about the program. Most of them thought that there should be more than 3 garden visits. The kids enjoyed the seed holders they got to take home. Everything they had tried in the garden was yummy. – Garden School Visits

**Garden School Visits**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	3
Total Participant Contacts:	54
Average Attendees per Session:	18
Volunteer Hours:	8

**Perth Community Garden**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	85
Unique Participants:	38
Total Participant Contacts:	347
Average Attendees per Session:	4.1
Volunteer Hours:	42.5
Healthy Meals Served:	28
Healthy Meals Sent Home:	16
Healthy Snacks Served:	20
Healthy Meals and Sent Home:	44
Total Produce Harvested (kgs):	1087.5
% Produce Sent Home:	53.6%
% Produce Used in CFC programs:	46.4%

**Garden Workshops**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	8
Unique Participants:	30
Total Participant Contacts:	131
Average Attendees per Session:	16.4
Volunteer Hours:	50
Healthy Meals Served:	141
Healthy Meals Sent Home:	88
Healthy Meals Served and Sent Home:	229
Healthy Snacks Served:	30
Total Produce Harvested (kgs):	5.9
% Produce Sent Home:	0%
% Produce Used in CFC Programs:	100%

### Seniors Indoor and Balcony Gardening (Spring)

Stats	2016
Number of Program Sessions:	4
Unique Participants:	13
Total Participant Contacts:	47
Average Attendees per Session:	11.8
Volunteer Hours:	33
Healthy Meals Served:	62
Healthy Meals Sent Home:	27
Healthy Meals Served and Sent Home:	89
Healthy Snacks Served:	41
Total Produce Harvested (kgs):	6.02
% Produce Sent Home:	100%
% Produce Used in CFC Programs:	0%

### COMMUNITY KITCHENS

#### Total

Stats	2015	2016
Number of Program Sessions:	97	67
Unique Participants:	92	96
Total Participant Contacts:	960	508
Average Attendees per Session:	9.9	7.6
Healthy Meals Served:	1,274	1,039
Healthy Meals Sent Home:	596	433
Total Meals Served & Sent Home:	1,870	1,492
Healthy Snacks Served:	387	750
Volunteer Hours:	669	593.5

**Healthy cooking skills and knowledge shared** included: baking instead of frying, healthy plant-based protein sources, the importance of reading a recipe, cooking with whole grains (e.g. brown rice, cracked wheat), the importance of including vegetables in every meal (including dark greens and vegetables with bright colours), how to sneak vegetables into dishes that kids will eat (e.g. squash in macaroni and cheese, pureed vegetables in meatballs and tomato sauce), making homemade stocks for soups and stews, using herbs as a seasoning to boost flavour in dishes, roasting vegetables and reducing the amount of salt and making healthier versions of regular recipes (e.g. adding beets to chocolate cake, and oven-baked “fried” chicken).

**Recipes prepared** included: marinated Greek chicken, healthy raspberry muffins, spinach and sweet potato frittata, Ethiopian vegetable stew, homemade yogurt, one pot chicken and rice, Cuban split pea

soup, lentil sloppy joes, roasted zucchini with tzatziki, ginger carrot soup, sesame ginger baked tofu and Moroccan roasted vegetables.

**Stories from the kitchen:**

- When rolling pitas, one family taught the next and so on until they all learned the technique. – Dads and Kids in the Kitchen
- One participant was doing an excellent job making chiffonade with mint and when complimented she remarked that she learns something new every week. – Tiny Tastes
- Everything we cooked this week, was from the community gardens except the rice and seasonings. There was a tomato tasting; 10 varieties of tomatoes and cherry tomatoes plus a talk on saving seeds. – The Harvest Kitchen
- The children were very keen to chop and participate in the kitchen today. Almost all of them tried the children's knives to do some prep work. One mom worked with several of the children to make biscuits which they cut with tiny cookie cutters. – Tiny Tastes
- We talked about how a lot of breakfast cereals are full of sugar and after you eat a bowl you are hungry very soon after. We also talked about how that is the case sometimes with pancakes. We made some recipes that would be more filling and nutritious breakfasts. We also talked about making pancakes ahead and freezing them and putting them in the toaster to warm up at breakfast. A parent encouraged her child to try the green smoothie and she did. We experimented with the pancake batter recipe by adding leftover sweet potato puree and one participant said she liked it better than regular fluffy pancakes. – Family Cook Ahead

**Perth Tiny Tastes**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	22
Unique Participants:	23
Total Participant Contacts:	118
Average Attendees per Session:	5.4
Healthy Meals Served:	355
Healthy Meals Sent Home:	119
Total Meals Served & Sent Home:	474
Healthy Snacks Served:	341
Volunteer Hours:	212.5



### Dads and Kids in the Kitchen

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	10
Unique Participants:	15
Total Participant Contacts:	118
Average Attendees per Session:	11.8
Healthy Meals Served:	134
Healthy Meals Sent Home:	69
Total Meals Served & Sent Home:	203
Healthy Snacks Served:	118
Volunteer Hours:	56

### The Harvest Kitchen

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	11
Unique Participants:	27
Total Participant Contacts:	94
Average Attendees per Session:	8.5
Healthy Meals Served:	203
Healthy Snacks Served:	117
Healthy Meals Sent Home:	75
Total Meals Served & Sent Home:	278
Volunteer Hours:	117.5

### Family Cook Ahead

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	14
Unique Participants:	19
Total Participant Contacts:	65
Average Attendees per Session:	4.6
Healthy Meals Served:	180
Healthy Meals Sent Home:	170
Total Meals Served & Sent Home:	350
Healthy Snacks Served:	174
Volunteer Hours:	173

### Monthly Drop-In Community Kitchen

<b>Stats*</b>	<b>2016</b>
Number of Program Sessions:	10
Total Participant Contacts:	113
Average Attendees per Session:	11.3
Total Meals Served & Sent Home:	187
Healthy Snacks Served:	0
Volunteer Hours:	34.5

\*This program was originally logged in Special Events, so totals have been subtracted from the Special Events totals and added here into Community Kitchens.

### FOODFIT

#### Total

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	47
Unique Participants:	67
Total Participant Contacts:	271
Average Attendees per Session:	5.8
Healthy Meals Served:	452
Healthy Meals Sent Home:	312
Total Meals Served & Sent Home:	764
Healthy Snacks Served:	425
Volunteer Hours:	282.5

#### Adult FoodFit (Perth, Spring)

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	12
Unique Participants:	18
Total Participant Contacts:	90
Average Attendees per Session:	7.5
Healthy Meals Served:	159
Healthy Meals Sent Home:	107
Total Meals Served & Sent Home:	266
Healthy Snacks Served:	157
Volunteer Hours:	84

**Adult FoodFit (Sharbot Lake)**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	12
Unique Participants:	14
Total Participant Contacts:	36
Average Attendees per Session:	3
Healthy Meals Served:	130
Healthy Meals Sent Home:	100
Total Meals Served & Sent Home:	230
Healthy Snacks Served:	130
Volunteer Hours:	43.5

**Adult FoodFit (Lanark, Fall)**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	11
Unique Participants:	11
Total Participant Contacts:	56
Average Attendees per Session:	5.1
Healthy Meals Served:	75
Healthy Meals Sent Home:	59
Total Meals Served & Sent Home:	132
Healthy Snacks Served:	75
Volunteer Hours:	44.5

**Adult FoodFit (Smiths Falls, Fall)**

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	5
Unique Participants:	14
Total Participant Contacts:	47
Average Attendees per Session:	9.4
Healthy Meals Served:	26
Healthy Meals Sent Home:	13
Total Meals Served & Sent Home:	39
Healthy Snacks Served:	26
Volunteer Hours:	61.5

### Adult FoodFit (Perth, Fall)

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	6
Unique Participants:	11
Total Participant Contacts:	42
Average Attendees per Session:	7
Healthy Meals Served:	46
Healthy Meals Sent Home:	30
Total Meals Served & Sent Home:	76
Healthy Snacks Served:	37
Volunteer Hours:	47

### Youth Food Fit

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	1
Unique Participants:	0
Total Participant Contacts:	0
Average Attendees per Session:	0
Healthy Meals Served:	18
Healthy Meals Sent Home:	3
Total Meals Served & Sent Home:	21
Healthy Snacks Served:	0
Volunteer Hours:	2

## OTHER PROGRAMS

### Exercise for Seniors (Winter)

<b>Stats</b>	<b>2016</b>
Number of Program Sessions:	5
Unique Participants:	26
Total Participant Contacts:	70
Average Attendees per Session:	14
Healthy Meals Served:	74
Healthy Meals Sent Home:	29
Total Meals Served & Sent Home:	103
Healthy Snacks Served:	20
Volunteer Hours:	11

\*This program was originally logged as a Community Kitchen, so totals have been subtracted from the Community Kitchens totals to reflect that this is a different type of program.

## ENGAGEMENT PROGRAMS

### COMMUNITY ACTION TRAINING

Stats	2015	2016
Number of Program Sessions:	7	13
Unique Participants:	18	24
Total Participant Contacts:	59	116
Average Attendees per Session:	8.4	8.9
Healthy Meals Served:	97	154
Healthy Meals Sent Home:	10	23
Total Meals Served & Sent Home:	107	177
Healthy Snacks Served:	51	56
Volunteer Hours:	9.5	3.5

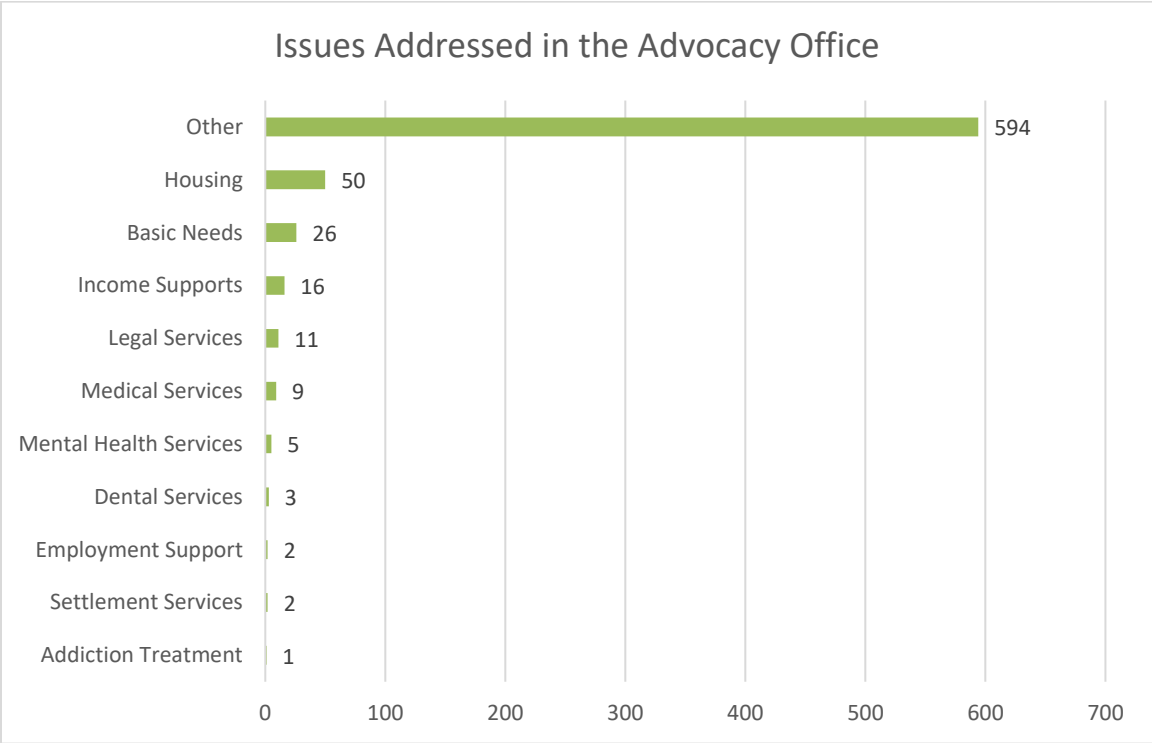
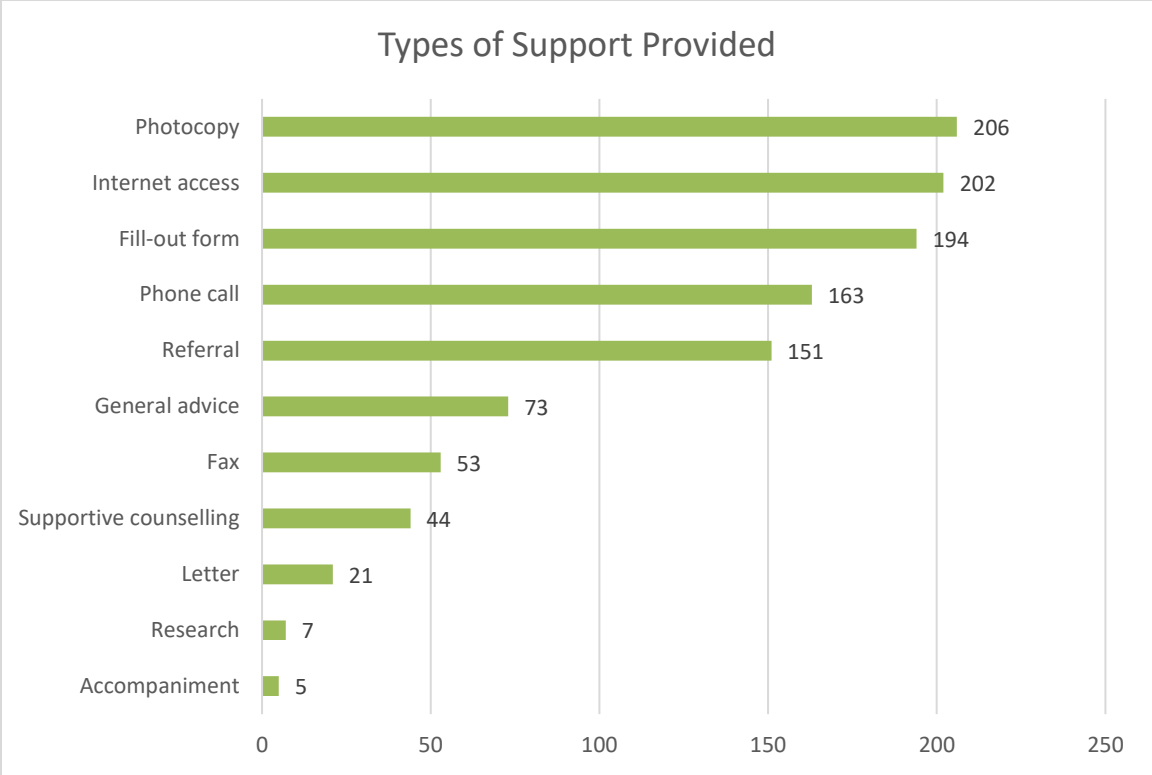
**Topics covered in the training:** setting goals; “Who is Accountable for What?: Canadian Government 101” (including Indian Act and Colonial legal legacy); collaborative communication; critical thinking and research; self-esteem, self-care, self-advocacy and boundaries; social determinants of health; power, oppression and authority.

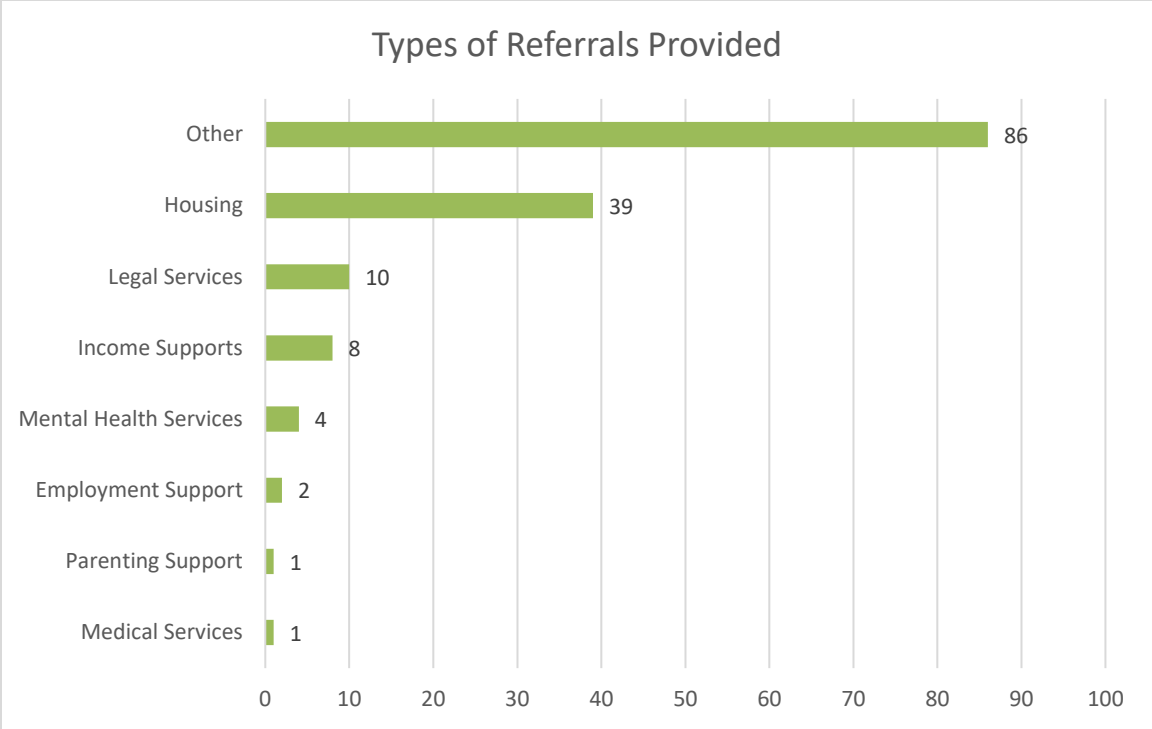
### COMMUNITY ADVOCACY OFFICE

Stats	2015	2016
Unique Participants:	178	364
Total Advocate Hours:	1,072	1,089
Total Visits:	417	662
Number of Program Sessions:	180	190
Average Attendees per Session:	2.3	3.5

#### **A story and a quote from the Advocacy Office:**

- A participant called in today to give many thanks for helping him with his extreme hydro bill. He got the funding from the County!
- *“Thank you for just letting me vent.”* – Advocacy Office visitor



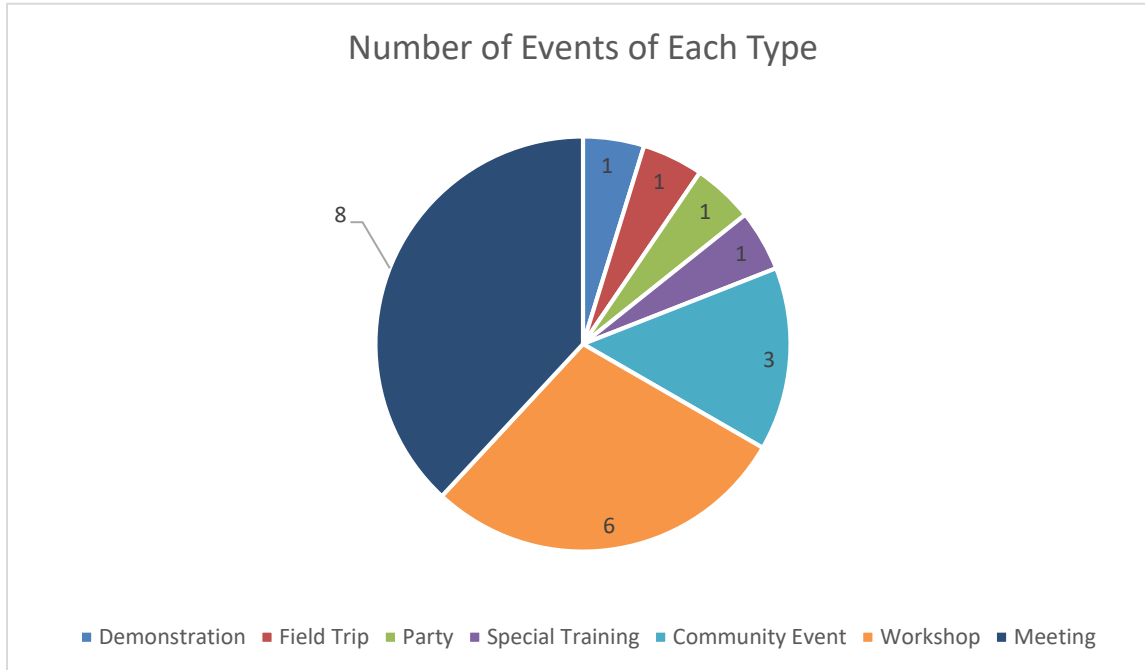


**SOCIAL JUSTICE CLUB**

<b>Stats</b>	<b>2015</b>	<b>2016</b>
Number of Program Sessions:	46	52
Unique Participants:	26	15
Total Participant Contacts:	281	230
Average Attendees per Session:	6.1	4.4
Healthy Meals Served:	279	201
Healthy Meals Sent Home:	17	15
Total Meals Served & Sent Home:	296	216
Healthy Snacks Served:	5	38
Volunteer Hours:	37.5	78.5

## SPECIAL EVENTS

Stats	2016
Number of Special Events:	21
Total People who Attended:	918
Number of Healthy Meals Served:	221
Number of Healthy Snacks Served:	162
Volunteer Hours:	72.5



**Special events included:** a community canning day, a kids cooking demonstration at the Perth Farmers’ Market, a visit by a group of Grade 5 and 6 students from a local school, a volunteer appreciation dinner, a restorative justice skills workshop, a Basic Income Guarantee/Guaranteed Annual Income workshop, a “Debt and Your Rights” workshop and a workshop on healthy holiday baking.