

# Hamilton Community Food Centre, Neighbour 2 Neighbour Final Report 2020 for Public Health Services, City of Hamilton

Reporting Term: Q1, Q2, Q3, Q4

Updated: January 2021, kdaoust

## Program Outcome Targets, Actuals, and Projections

Program	#	Outcomes	Measure	2020 Target	January – March Actuals Q1	April – June Actuals Q2	July – September Actuals Q3	October – December Actuals Q4	2020 Totals	Notes
<b>Program Area: Food Access</b>										
Good Food Market	1.1	<b>Increased access to safe, healthy, and culturally appropriate food; Increased community engagement and leadership</b>	<b>Attendance and purchasing statistics; participant survey results; number of items sold at market based on request for cultural relevance</b>	<b>1,000 visits to affordable produce market. 40 new participants who are referred by their physician as having cardiometabolic health risks, participating in market greens project and receive free produce for 6 months. COVID - \$80,000 in grocery gift cards distributed to community members as well as 50,000 lbs of fresh produce. Evaluation</b>	339 visits to market. 8 items offered that are requested by shoppers and are culturally relevant.	No market running due to COVID; To start again July 10, 2020  \$40,850 in gift cards provided to 1029 families; 3434 individuals (504 new participants  Lbs of produce distributed: 35,409	209 visits to market; 12 culturally relevant items offered;  Lbs of produce distributed : 63,198  (297 new household & 569 new individuals )	288 visits to market; 47 new people; 30 new household referred to market greens; 42 people  \$49,300 in gift cards provided to 1078 household; 3127 people	836 visits to market  42 people referred to market greens  \$90,150 grocery gift cards distributed  98,607 lbs fresh produce distributed  20 cultural relevant items offered  90.6% say the CFC	Market was closed during Q2 due to covid.

				<p>showing increased access to affordable, healthy food, and improved health outcomes. 15 items available in markets based on requests for cultural relevance to customers</p>					<p>provides them with an important source of healthy food. Majority report that their food situation would be worse off if not for the CFC due to financial constraints.</p> <p>75% report improved mental and physical health.</p>	
<p>Healthy Community Meals Shared</p>	<p>1. 2</p>	<p><b>Increased availability of healthy and culturally appropriate meals to the community</b></p>	<p><b>Number of meals served in community meal programs</b></p>	<p><b>5000 meals served in community meal programs (this includes rise up and seniors wellness breakfasts, Friday lunches and Thursday dinners); 20+ community meals with emphasis on diverse cuisines. Supporting</b></p>	<p>2157 meals shared; 8 with emphasis on diverse cuisines;</p>	<p>190 meals provided to shelters and food boxes delivered to 6 local farms for migrant workers (~90 meals)</p>	<p>458 meals shared; 10 with emphasis on diverse cuisines; food delivered to migrant workers at 4 farms (~60 meals)</p>	<p>539 meals shared, 10 emphasis on diversity</p>	<p>3496 meals served; 28 with emphasis on diverse cuisines</p>	<p>April – June, all on-site meal programs and group programming cancelled due to COVID.</p>

				shelters and migrant workers with meals during pandemic.						
Additional Healthy Meals Shared	1.3	Increased access to safe, healthy, and culturally appropriate meals to the community	Number of meals served in all other programs	1000 meals served through other food skills programs; including special events and workshops; 1000 healthy snacks served during programming (ie. Kids club, jump math). During COVID months – synchronous activities will provide food box in advance for participants to use during sessions.	798 meals shared through other program, workshop and special events; 854 healthy snacks provided.	16 meals created at Cooking up Justice	267 meals provided through community kitchens, workshops and kids club; 77 healthy snacks served.	383 meals provided through other programs;	1464 meals total; 931 snacks served	Increased take home meal kits to make up for not being able to host community dinners; Snacks reduced due to kids club being virtual
<b>Program Area: Food Skills</b>										
Community Kitchen program	2.1	Increased food skills, health food decisions and social connections	Program evaluation reports including participation statistics, and participants surveys	60 food skills sessions offered with 450 visits including Q2 & Q3 - 10 sessions of food skills programming that includes synchronous online activities promoting social	37 food skills sessions offered; 311 visits	3 Food skills sessions posted online; 1 garden skills demo posted; 48 participant contacts; Cooking up Justice	27 food skills sessions led (includes gardens); 3 Cooking up Justice online sessions; 246 visits	33 food skills sessions; 239 participant contacts/visits  Annual Program Survey 2020	100 food skills sessions; 844 visits  11 sync. online sessions	During COVID, modified programming includes online activities.

				<b>connection and healthy food choices. (includes CUJ)</b>		Youth online 2 sessions; 8 participants .		<p>indicates 90.6% say the CFC provides them with an important source of healthy food.</p> <p>81.3% said they learn a new skill, cooking, gardening or about nutrition. "the CFC gives me good ideas about how and what to cook"</p> <p>74.2% said they made a new friend they were able to rely on during the pandemic.</p>		
Community Gardens	2.2	<b>Increased gardening skills and knowledge</b>	<b>Garden club attendance and participation / visits; number of plot</b>	<b>At least 30 families engaged with 75%+ reporting improved gardening skills, healthy food</b>	2 garden get togethers – 11 people	5 garden club participants ; 25 plot gardens (25 families engaged);	12 garden club participants; 564 lbs produce harvested	9 garden club participants; 225 lbs produce harvested	Over 30 families engaged; see Hamilton Community Garden	

			<b>gardens; lbs of produce harvested</b>	<b>decisions, improved social connections</b>		21 lbs of produce harvested			Network Report 2020	
Child and Youth Skills Building Program	2.3	<b>Increased reach and engagement with children and youth in the community.</b>	<b>Number of children and youth reached through programs, workshops, and lectures; number of sessions and visits</b>	<b>300 children and youth reached; during pandemic, online sessions and activities will be offered.</b>	106 children and youth reached overall; 10 kids club sessions; 166 visits. 7 Cooking up Justice sessions; 26 visits. 4 art sessions for kids; 64 visits. Jump math 11 sessions ;119 visits; Kids in Kitchen 6 sessions; 46 visits.	8 youth reached through Cooking up Justice sessions online; children’s programming to start in July. (activity boxes throughout summer)	85 children and youth reached throughout summer with pick up learning and cooking boxes; online cooking up Justice); 243 meals shared & prepared	22 children in kids club programming; 7 youth in CUJ	228 children & youth reached overall.	Unable to host partner programs or tutoring sessions in house this fall due to pandemic.
<b>3. Program Area: Education, Engagement &amp; Outreach</b>										
Dignified, Welcoming Facility Maintained	3.1	<b>A welcoming space conducive to physical &amp; mental wellbeing is being provided</b>	<b>number of equity and inclusion trainings hosted and total attendance; Use of Space and Safe(r) Space Agreement</b>	<b>2 equity and inclusion trainings with a total of 15 people attending; policies reviewed and maintained annually; 90% or more of people expressed</b>	1 equity and inclusion training hosted; 3 people.	n/a	n/a	1 online equity and inclusion training developed – to be used in upcoming year, 2021 for volunteer recruitment and	1 training offered and 1 virtual session developed with plan for upcoming roll out in 2021  96.9% report	Target will be met for 2021 to include online sessions.

			<b>maintained; % of people reporting belonging to a community at the CFC (Impact Report)</b>	<b>belonging or having positive experience at the CFC.</b>				leadership training.	feeling that they belong to a community at the CFC per Annual Program Survey 2020.	
Community Action and Advocacy	3.2	<b>Increased community action and engagement around food justice and local issues</b>	<b>Number of people supported through advocacy office; participation in community action training; other education workshops and trainings</b>	<b>300 people supported (phone support during pandemic); 6 people attend community action training; 8 other education workshops and trainings.</b>	247 contacts with advocacy office; (79 unique); 2 education sessions (legal, tenant rights), 12 people supported; 6 food stories & arts 20 participants	87 people supported during pandemic by phone; CA training sessions to start in July.	84 people supported by phone; 10 people participate in community action sessions; 6 sessions held virtually with some outside meet-ups; workshops.	92 people supported by phone; 4 wellness sessions run for 12 people;	510 people supported; 6 attend CA training; 10 education and wellness workshops	
Community Awareness / Use of space	3.3	<b>Increased awareness of Community Food work; social justice programming; providing space for new partners</b>	<b>Number of special events (such as festivals, cultural celebrations, PA day workshops) hosted at the CFC; Number of speaking</b>	<b>5 special events hosted engaging 250 people; 10 speaking engagements/tours engaging 200 people; 20 partner meetings hosted onsite</b>	IWD special event; 126 people; workshops: dolma, sprouts, chocolate PA day 43 people; 6 partners programming hosted	n/a	2 special workshops; canning and making jam; 9 people attend.	2 flu clinics run with Hamilton paramedics; Gather Film Virtual Screening; 162 people attend; 2 speaking engagements,	2 special events; 288 people; 5 speaking engagements; 169 8 partner meetings hosted	Speaking engagements and partner meetings hosted lower due to pandemic

			<b>engagement s and tours (with schools, partner agencies, conferences , etc); number of partner meetings hosted</b>		onsite. (22 meetings); 3 speaking engagement McMaster University (43 students); Dundas Valley Montessori (2 classes); 33 students)			McMaster and DV Montessori		
Collaboration with Public Health and City Programming	3.5	<b>Increased partnerships and community engagement</b>	<b>Number of collaborations with Public Health and the City</b>	<b>Continue collaboration on Welcome Baby and facilitated 1 new health related collaboration</b>	Welcome baby sessions running this quarter; 10 sessions 115 visits	n/a	n/a	2 flu clinics with paramedics; cancer screening coach		
Hamilton Community Garden Networking Program	3.6	<b>Increased community engagement ; showed positive impact of gardens on City</b>	<b>Number of inquiry responses and consultation ; Annual review to update garden directory and summarize impact of gardens on the City; resource boosts of</b>	<b>200+ inquiries responded to; 30+ consultations with new and existing gardens; 1 annual report showing City-wide impact; 15 gardens supported with \$8,000 total resources provided.</b>	6 consults; 89 inquiries 1 knowledge swap meeting (6 coordinators in attendance – in person)	12 consults; 161 inquiries; 2 virtual knowledge swap meetings (27 attending); \$6328.45 provided in resource boosts to 21 gardens across the city.	3 consults; 22 inquiries; 11 city-wide gardens supported with \$2285.92 in resource boosts	5 consults; 22 inquiries; 1 knowledge swap meeting	26 consults; 294 inquiries 4 knowledge swap meetings	Resource boosts = \$8,614.37 to 32 gardens
							Annual report and			

			<b>materials and tools to gardens</b>				survey wrap up to be completed next Q			
Food Literacy Networking	3.7	<b>Increased community engagement</b>	<b>Edible Education Guide update completed in 2020; Number of networking events cohosted with Public Health Services, &amp; Food Literacy Month; Number of actions hosted for Food Literacy Month</b>	<b>2 Food Literacy networking events cohosted; 3 actions hosted for Food Literacy Month (October)</b>	N/a	N/a	n/a	n/a		We were unable to host food literacy events in partnership with Public health this year.



**Hamilton Community Food Centre**  
**City of Hamilton Financial Report 2020**  
prepared: January 2021, kdaoust

EXPENSES	Budget	2020 Totals	Variance - Budget to Actuals	Notes	Jan - Mar 2020 (Actuals)	April - June 2020 (Actuals)	July - December 2020 (Actuals)
Personnel	\$ 360,060	\$ 355,897	\$ 4,163		\$ 80,807	\$ 91,203	\$ 183,887
Program Supplies & Costs	\$ 51,670	\$ 36,620	\$ 15,050		\$ 7,684	\$ 9,702	\$ 19,234
Food Costs	\$ 55,000	\$ 177,278	\$ (122,278)	food costs higher than budgeted due to emergency grocery gift cards distributed to community & food purchased	\$ 13,941	\$ 30,345	\$ 132,992
Office Costs	\$ 15,030	\$ 11,430	\$ 3,600		\$ 2,797	\$ 2,421	\$ 6,212
Facility Costs	\$ 145,350	\$ 137,837	\$ 7,513		\$ 25,086	\$ 34,104	\$ 78,647
<b>SUBTOTAL OPERATING</b>	<b>\$ 627,110</b>	<b>\$ 719,062</b>	<b>\$ (91,952)</b>		<b>\$ 130,315</b>	<b>\$ 167,775</b>	<b>\$ 420,972</b>
<b>Administration (financial and organizational oversight) 16%</b>	<b>\$ 100,338</b>	<b>\$ 115,050</b>	<b>\$ (14,712)</b>		<b>\$ 20,850</b>	<b>\$ 26,844</b>	<b>\$ 67,356</b>
<b>TOTAL OPERATING EXPENSES</b>	<b>\$ 727,448</b>	<b>\$ 834,112</b>	<b>\$ (106,664)</b>		<b>\$ 151,165</b>	<b>\$ 194,619</b>	<b>\$ 488,328</b>

<b>INCOME</b>	<b>Budget</b>	<b>2020 Totals</b>	<b>Balance</b>	<b>Notes</b>	<b>January - March 2020 (Actual)</b>	<b>April - June 2020 (Actual)</b>	<b>July - Dec 2020 (Actual)</b>
Public Health Services, City of Hamilton	\$ 200,000	\$ 200,000	\$ -		\$ 50,000	\$ -	\$ 150,000
Community Food Centres Canada	\$ 250,000	\$ 380,590	-\$ 130,590		\$ -	\$ 235,260	\$ 145,330
Service Canada Summer Students	\$ 17,086	\$ 28,476	-\$ 11,390		\$ -	\$ 6,395	\$ 22,081
Grants and Donations	\$ 197,296	\$ 221,353	-\$ 24,057		\$ 36,319	\$ 87,142	\$ 97,892
<b>TOTAL INCOME</b>	<b>\$ 664,382</b>	<b>\$ 830,419</b>	<b>-\$ 166,037</b>		<b>\$ 86,319</b>	<b>\$ 328,797</b>	<b>\$ 415,303</b>
<b>BALANCE</b>	<b>-\$ 63,066</b>	<b>-\$ 3,693</b>	<b>-\$ 59,373</b>		<b>\$ 64,846</b>	<b>\$ (134,178)</b>	<b>\$ 73,025</b>