

2023

# FOOD DISTRIBUTION PROGRAM

## Annual Impact report



**LITTLE MOUNTAIN**  
**NEIGHBOURHOOD HOUSE**  
NEIGHBOUR HELPING NEIGHBOUR

# 2023: A YEAR IN REVIEW

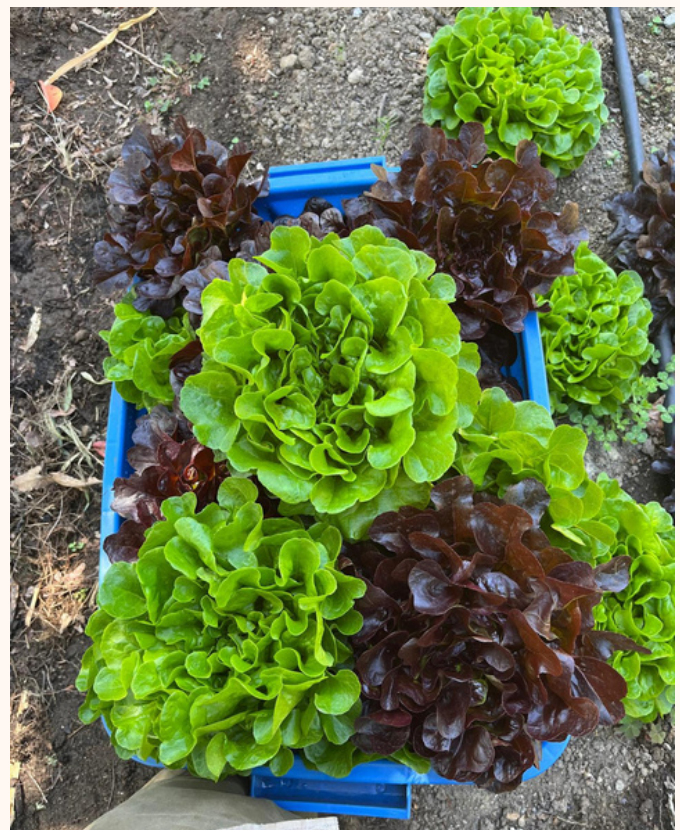
The Food Distribution Program was created in 2020 due to rising food insecurity during COVID-19. The program has grown so much in the last three years and has continually adapted to meet the needs of our community.

During 2023 the program faced the challenge of overcoming a total loss of food, physical space and infrastructure, due a fire the facility had on July 2nd 2023. In collaboration with volunteers, partners and the Neighbourhood House team, the program has been able to continue providing food to the participants for the rest of the year. Due to the fire, there was a significant loss of information, for this reason this report only accounts for the second half of 2023.

Our program has truly become a space where people can come to feel connected to community, access good food, and receive a variety of supports. At a time of rising uncertainty related to food access, we are grateful for the ongoing support of our partners, volunteers, and community members in helping us to increase access to quality food in our community



Carrots and squash grown by UBC Farm



Lettuce grown by Yard Garden Program

Reflecting on the past year, we are so proud of everything our team of staff and volunteers has accomplished. We have:

Increased the amount of people we serve on average each week, prioritizing single parents and families with kids.

Strengthened relationships with long-standing partners and new partnerships with community members such as Holy Cross Japanese Canadian Anglican Church.

Increased food variety by providing a diversity of vegetables.

## HIGHLIGHTS AND SUCCESSES

Acquired two new fridges to be able to store fresh produce

Completed our third annual vegetable survey with participants

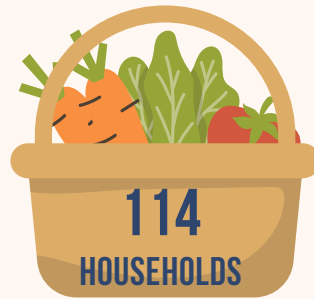
Updated information on participants and saved in digital files.

Enrolled new volunteers

# COMMUNITY IMPACT

The demand for our program and support with food access has grown this past year. We worked hard to find ways to increase our capacity and serve more clients. This information includes the direct participants of the Food Distribution Program and also the families who joined the Settlement team.

In 2023, we served:



Volunteers at our indoor Food Distribution Program

# PARTNERSHIPS

The Food Distribution Program is made possible with the support of a variety of partners who provide us with a diverse array of food items.

The **Greater Vancouver Food Bank (GVFB)**, provided a weekly delivery of perishable and non-perishable food items to distribute at the program. They also provide funding to the program.

**Food Stash Foundation** provided a weekly delivery of rescued food items. We use these items for our "Choose One" table where participants can choose from a variety of items including: breads, fruit and vegetables, deli items, and baked goods.



Volunteer with items received through Food Bank



Volunteer with items received through Food Stash

**Vancouver Food Runners** facilitated a weekly delivery of freshly baked bread donated by Terra Breads. During summer and fall, they also delivered UBC Farm produce to the program.

In the winter, we supplemented food items at the program with culturally appropriate fruits and vegetables we purchased from our local grocer, **East West Market**.

# PARTNERSHIP SPOTLIGHT: URBAN FARMS

## YARD GARDEN HARVEST PROJECT (YGHP)

The YGHP, a program of the LMNH Food Hub, grows food on yards shared by neighbours in the Riley Park-Little Mountain neighbourhood. All produce grown in these shared yards is chosen by Food Distribution Program clients and donated to the program.



Lettuce, bok choy and swiss chard grown by YGHP



Carrots grown by UBC Farm Practicum Students

## UBC FARM

2023 was the third year that UBC Farm provided fresh vegetables for our program. This year, each UBC Farm practicum student also volunteered for a shift at the program. It was a great reciprocal learning experience as they learned more about the program and we learned more about growing food.

## CITY BEET FARM

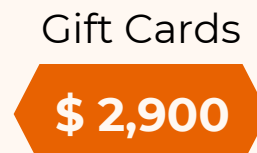
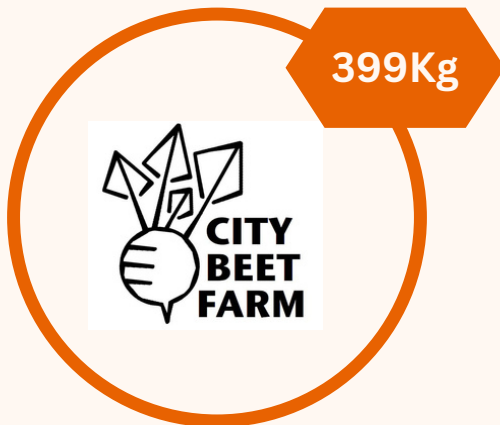
This year, was our second year partnering with City Beet Farm, which grow a wide diversity of vegetables and flowers on a network of 13 front and backyards in the Mount Pleasant and Riley Park neighbourhoods of Vancouver.



Kohl Rabi grown by City Beet Farm

# FOOD DISTRIBUTION STATISTICS

We are grateful to our partners and donors whose continued support has allowed us to provide a greater amount and diversity of food items for our clients to choose from as well as gift cards to distribute. In 2023, we distributed:



\*Food received in 2023

# VOLUNTEER APPRECIATION

Volunteers are the heart of our program! Our volunteers have shared knowledge, skills, and ideas that have helped our program to develop and grow throughout the past year. They have also brought kindness, compassion, and empathy to the program and fostered the development of a fun, welcoming, and dignified atmosphere for everyone.

We are so grateful for the continued dedication and hard work of all our volunteers, many of whom have taken on leadership opportunities in the program and helped to guide and orient other volunteers. Without the ongoing support of our amazing volunteers, the Food Distribution Program would not be the community-based program it is today!







**40**  
**TOTAL**  
**VOLUNTEERS**

**585**  
**VOLUNTEER**  
**HOURS**

While I initially thought I would only volunteer for a few months, I ended up staying because of the community, both with those who help out as volunteers and those who show up for the program for the food.

I think the program is important, as it not only provides food for those who need it, but I've also noticed that many seniors in the program use it as an opportunity to chat with their friends. I think this is important, as seniors often struggle with loneliness, and the program gives them a reason to go out and chat with others

*Volunteer's story, 2023*

# THANK YOU!

We would like to sincerely thank all of the amazing partners, funders, donors, staff, volunteers, and community members who have helped to make 2023 a great success despite the challenges. We are so grateful for all of the support this amazing community has provided and we are excited to continue to work together to increase access to quality food and build community in the year ahead!



## Community Services Recovery Fund

