



London and Area Food Bank Inc. Information Sheet 2016

- Currently an average of 3,528 families a month (or 8,820 individuals) come to the food bank for help. This is a 12.4% increase over the same period last year.
- It is still true that most people use the food bank as a last resort. In fact, in 2014, 35% of families came to the food bank only once in the year for help. The majority of families came to the food bank 3-4 times a year. Less than 2% came each month.
- 36% of all individuals we help are children and youth under the age of 17.
- It is important to note that only an emergency supply of groceries is given to those that need it - a family of 3 receives around \$100 worth of food items during one visit.
- We also help over 25 other social agencies with the food given to the food bank. This includes meal programs like school breakfasts and the Memorial Boys and Girls Supper Club; drop-in programs like Youth Action Centre and Glen Cairn Resource Centre, and residential programs like the Unity Project, Mission Services and Women's Community House.

Where Do the Funds from Business Cares Food Drive Go?

Currently the funds from the "Business Cares" go into 3 major programs:

- **Community Harvest** – A program to increase the amount of fresh produce donated from local farmers to the food bank. This includes growing projects, harvest and gleaning teams and straight food donations. In its fifth year, over 300,000 pounds (\$600,000 value) of fresh local fruit and vegetables have been donated this year. Another 120,000 pounds of produce from the region have been shared with Food Banks across the province. The direct cost of this program is only \$40,000.
- **Milk Purchases:** In a program with the OAFB (Ontario Association of Food Banks), the Dairy farmers, producers, processors, packagers and transporters were donating milk to most of the Ontario Food Banks. Currently we receive enough milk donations to help about a quarter of the clients coming in. We now purchase enough to make sure every family gets fresh milk.
- **Egg Purchases:** Eggs are purchased so that every family also has a source of good quality protein. Eggs are the most cost effective way for a family in need to increase the amount of protein in their diet.
- **Food purchases.** Throughout the year we get opportunities to buy food that is great value or purchases of skids arranged by the Ontario Association of Food Banks, and local fresh purchases including fruit and vegetables.
- **Baby Food:** Volunteers purchase monthly baby formula tailored to the current demand.

Because of the generosity of Business Cares the London Food Bank continues to maintain its monthly handout at our desired level of monthly emergency giving. This level gives approximately 4-5 days of good nutrition to a family in need.

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