

2019 Impact Summary

The Alex Community Food Centre (CFC) offers food access, food skills and education and engagement programs in a dignified and welcoming space that brings the community together to grow, cook, share and advocate for good food. This Impact Summary provides a snapshot of our 2019 program data, as well as key results from the 2019 Annual Program Survey (APS). The APS was conducted as an in-person interview with 75 adult participants from a variety of our programs.

Programs Delivered in 2019:

| Food access programs | Food skills programs | Education and engagement programs |
|----------------------------|--------------------------------|-----------------------------------|
| Drop-in Breakfast | Kids Grow, Cook, Create | Peer Advocacy Office |
| Drop-in Lunch | International Ave Kitchen | Youth Hub: What Feeds Us |
| Drop-in Dinner | Kids in the Kitchen | |
| Fresh Routes Mobile Market | Healthy on a Budget | |
| | FoodFit/FoodFit Alumni | |
| | Wild Stew with the Crew | |
| | Teens Cook! | |
| | Level Ground Drop-in Gardening | |
| | Green Kids Gardening | |
| | Intro to Gardening | |

What has **changed for you because of your involvement** with The Alex CFC?

Most common answers

- I am more sociable and involved in the community.
- My health and well-being have improved.
- I have gained new knowledge and skills.



“Because of the CFC, I’m happier, lighter, brighter. Not as down, not as dismal. I’m more alive. I’ve lost weight. I have a healthier heart, mind and body.”



Increasing access to healthy food



25,181

HEALTHY MEALS
SERVED AND SENT
HOME



99%
of people surveyed say
The Alex CFC provides
an important source of
healthy food

Building healthy food skills and behaviours



249

FOOD SKILLS
SESSIONS
OFFERED



78%
say they've made
healthy changes
to their diet

Improving health



70%
say programs have
contributed to positive
changes in their mental
health



53%
say programs have
contributed to positive
changes in their physical
health

Reducing social isolation and increasing support



2,039

NUMBER OF VISITS TO
THE ADVOCACY OFFICE
FOR SUPPORT



92%
feel they belong to a
community at
The Alex CFC

Increasing community engagement



8,007

VOLUNTEER HOURS
CONTRIBUTED



2 out of 3

people have become more
involved in their community
because of something they
learned at The Alex CFC

*"Because of the CFC, I
have a lot more confidence
in advocating for food
and being in places that
haven't made space for me
before. I want my kids to
see me involved, especially
as a female of colour."*

The Alex CFC is one of eleven Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all in partnership with Community Food Centres Canada.

