

2020 was a year like no other. The economic impacts of COVID increased food insecurity by 39%. Now 1 in 7 Canadians are affected. Low-income and racialized communities have been hit the hardest, which highlights the systemic inequities in our society.

Yet Community Food Centres found innovative, safe ways to provide healthy food and connect with community members. Despite COVID restrictions, thousands of people across the country accessed our food programs multiple times a month.



The Alex Community Food Centre (CFC) is proud to be part of this national movement. From food pick-ups to check-in calls to virtual skill building, we were there to support.

PROGRAMS OFFERED IN 2020

Food access programs

These programs increase access to healthy food and improve health

Outdoor Fresh Routes Market – bi-weekly

Grocery Box Delivery – weekly, with healthy food and simple recipes

Takeaway Meals – three times per week



37,512 healthy meals served and sent home

Food skills programs

These programs build healthy food skills and behaviours

Wild Stew With The Crew – online cooking program with an Indigenous focus

Dads in the Kitchen – Dads and their children team up to cook healthy food at home

Home for the Holidays – recipes and tips to make a small holiday meal for the family



58 food skills sessions offered

Education and engagement

These programs reduce social isolation and increase community engagement

Turtle Island Teachings – online

Stretch and Stroll – weekly walks

Social check-in calls to participants – offering health support and referrals

Greater Forest Lawn Connects – an online group to keep people connected, increase awareness of resources, and engage participants

Community Advocacy Office – providing information and referrals by phone



360 visits to the Advocacy office

The Alex CFC is one of thirteen 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.



a partner site of
community food centres
CANADA cfccanada.ca

Here's what people had to say:

92%

of people said that The Alex CFC was an important source of healthy food during COVID-19.

"So grateful to be eating more nutritious food—thank you!"

"I got gift cards that made me feel less stressed to get food for my kids."

Community members reported having less stress knowing our services existed - as a safe outing and a way to connect socially.

"I enjoy the people I've met here. I feel like I'm part of a community."

"I feel at home. The people at The Alex CFC are trustworthy."



90%

feel they belong to a community at the CFC, despite the isolation of the pandemic.

Even in these challenging circumstances, The Alex CFC remains committed to supporting our local community. This means helping people stay connected and access healthy, culturally appropriate food. And it means advocating for progressive policy change that solves food insecurity and poverty over the long term.

**This Impact Summary provides a snapshot of our 2020 program data, as well as key results from the 2020 Annual Program Survey (APS), interviewing 381 people across Canada. The program data above reflects the experience of The Alex CFC community members.



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