

Two years of COVID-19 have taken a real toll on communities—physically, mentally, and emotionally. Food insecurity remains a serious issue as the cost of living continues to rise across the country. And Community Food Centres have proven to be an invaluable resource, offering nourishing food and meaningful, regular connections for community members.

The Alex Community Food Centre (CFC) is proud to be part of this national movement. From takeaway meals to affordable produce baskets, to outdoor cafes with the Peer Advocates, we were there to support.



## Programs offered in 2021

### Food access programs

These programs increase access to healthy food and improve health

**Community Meals (to-go & in-person) - Twice a week**

**Affordable Produce Market - Weekly**

**New Roots Affordable Market**

**New Roots Cultural Meals**

**Winter Artisan & Affordable Produce Market**



**31,921 healthy meals sent home**

### Food skills programs

These programs build healthy food skills and behaviours

**Food Fit - Healthy cooking and connection**

**Families Grow, Cook, Create- Families build skills and connections with each other in the garden and kitchen. Kids get their hands dirty learning in the soil and tag-team with their parents to a family meal in the kitchen.**

**Home for the Holidays- Families learn new recipes, share stories of cultural celebration and work together to create festive meals from around the world.**



**533 food skills sessions offered**

### Education and engagement

These programs reduce social isolation and increase community engagement

**Wild Stew on the Prairies- Land-based learning through traditional Indigenous teaching in local parks; whether wandering through the woods, crafting or enjoying a meal.**

**Activate Forest Lawn-Community members create micro-projects to build community, advance Truth & Reconciliation, facilitate community education, arts & culture experiences.**

**New Roots Project- Exploring the ways that immigrants in the area experience food insecurity through culturally-themed affordable produce markets and meals to go, pop-up kitchens and engagement activities.**



**307 visits to the Advocacy Office**

## Community Programs

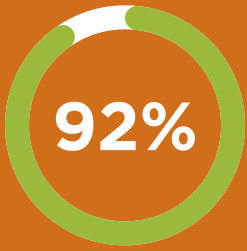
The Alex CFC is a Community Hub, an intentionally designed space to help people fight poverty; somewhere people can go to make friends, pursue common interests and find support when they need it. It's a place that's welcoming, inclusive and connecting. Community Hub activities included the New Roots immigrant engagement project; "Cards for Community" a creative neighbourhood storytelling project and Activate Greater Forest Lawn community-building micro grants project.

The Alex CFC is one of fifteen 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](http://cfccanada.ca)

# Here's what people had to say:



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

“They really make a difference. I was short [on] food, so when I called they really helped me.”

“I love that I always go home with some healthy food.”



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

“It's been really helpful, empowering, life-saving. They made it extremely easy for me.”

“People care about me here. [There's] no judgement [and] always someone I can talk to.”



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 2021 program data, as well as key results from the 2020 Annual Program Survey (APS), interviewing 381 people across Canada.**



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