



BRINGING  
FRESH IDEAS  
TO THE TABLE

Food Banks BC  
2019 Impact Report



W  
RY PROGI



# WELCOME TO A NEW GENERATION OF FOOD BANKS

Today's food bank is not a warehouse stacked high with cans and cartons of dried non-perishable food and the clients who rely on them aren't the people you might assume. Aided by modern technology and logistics solutions funded in part by the Province of BC, community food banks have become a vibrant, bustling hub for food distribution.

## WE ARE WHAT WE EAT

Food contains more than nutrients, fibre and minerals. The variety and freshness of the food we eat has a huge impact on our physical, emotional and mental health.



# THE NEW CANADA FOOD GUIDE

Food Banks BC's Perishable Food Recovery program aligns with the new Canada Food Guide and its emphasis on more fresh fruits and vegetables.

HAVE PLENTY  
OF VEGETABLES  
AND FRUITS

EAT PROTEIN  
FOODS



MAKE WATER YOUR  
DRINK OF CHOICE

CHOOSE WHOLE  
GRAIN FOODS

# A LEGACY OF INNOVATION, WITH AN APPETITE FOR CHANGE.

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For more than 20 years, Food Banks BC has been the voice of community food banks across the province. Our vision is:

## A HUNGER-FREE FUTURE FOR OUR PROVINCE

We believe in taking a fresh approach to the way food is distributed in our communities, resulting in innovative programs and solutions that have made BC Canada's leader in food security.

FOR ITS DEVELOPMENT OF PERISHABLE  
FOOD RECOVERY IN BC, FOOD BANKS BC WAS  
AWARDED THE PRESTIGIOUS NATIONAL AWARD  
OF "PROVINCIAL INNOVATOR" OF 2019.



Most recently, and with the generous support of the Province of BC, we created the Perishable Food Recovery program, a province-wide initiative that gives community food banks the ability to:

- BUILD THEIR REFRIGERATION CAPACITY, IN THE FORM OF REFRIGERATORS, COOLERS, FREEZERS AND REFRIGERATED VEHICLES.
  - SUCCESSFULLY DEVELOP A PERISHABLE FOOD RECOVERY INITIATIVE FOR THEIR COMMUNITY.
  - PARTNER WITH GROCERY STORES TO ENSURE NO EDIBLE, WHOLESOME FOODS ARE WASTED BY DUMPING.
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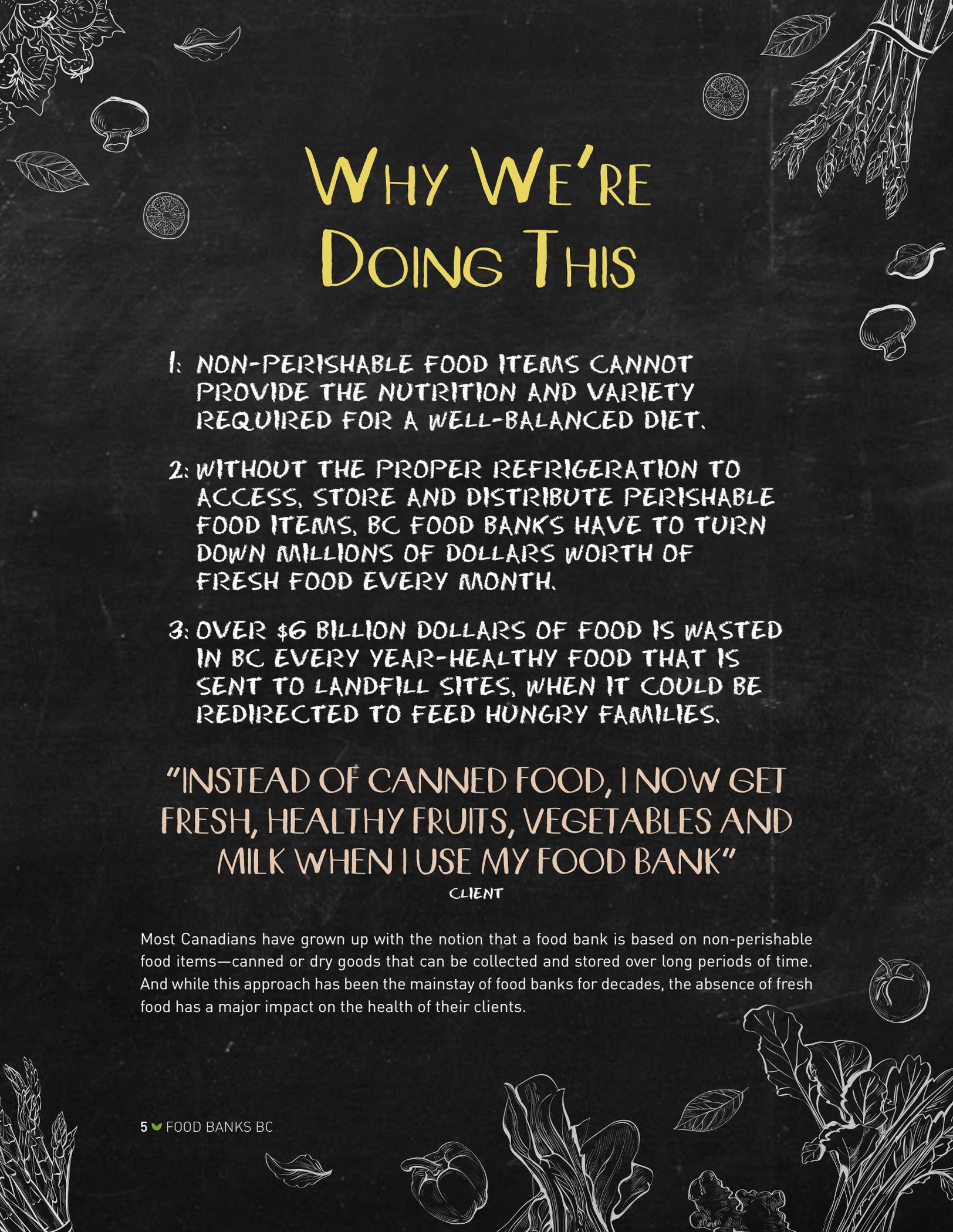
## GLOSSARY

**Best Before Date\***—product manufacturer’s date until which the unopened product will retain its durable life if properly stored. *\*Does not necessarily indicate food is unsafe or not fit for consumption.*

**Client**—refers to the individuals that access the services of a food bank, may also be referred to as members, recipients or guests.

**Food Recovery**—collection of all surplus food and its redirection to best and most appropriate use.

**Surplus Food**—Any foods that may be close-dated, past the best-before date, overstocked, damaged packaging, changed packaging, cosmetically undesirable, mislabeled, recovered from bulk packaging where only a portion is inedible, unharvested fields and orchards.



# WHY WE'RE DOING THIS

- 1: NON-PERISHABLE FOOD ITEMS CANNOT PROVIDE THE NUTRITION AND VARIETY REQUIRED FOR A WELL-BALANCED DIET.
- 2: WITHOUT THE PROPER REFRIGERATION TO ACCESS, STORE AND DISTRIBUTE PERISHABLE FOOD ITEMS, BC FOOD BANKS HAVE TO TURN DOWN MILLIONS OF DOLLARS WORTH OF FRESH FOOD EVERY MONTH.
- 3: OVER \$6 BILLION DOLLARS OF FOOD IS WASTED IN BC EVERY YEAR-HEALTHY FOOD THAT IS SENT TO LANDFILL SITES, WHEN IT COULD BE REDIRECTED TO FEED HUNGRY FAMILIES.

"INSTEAD OF CANNED FOOD, I NOW GET FRESH, HEALTHY FRUITS, VEGETABLES AND MILK WHEN I USE MY FOOD BANK"

CLIENT

Most Canadians have grown up with the notion that a food bank is based on non-perishable food items—canned or dry goods that can be collected and stored over long periods of time. And while this approach has been the mainstay of food banks for decades, the absence of fresh food has a major impact on the health of their clients.



## FIVE THINGS TO KNOW ABOUT FOOD BANK USAGE IN BC:

- OVER 80,000 PEOPLE ACCESS OUR FOOD BANKS EVERY MONTH
- 1 OF EVERY 3 OF THESE CLIENTS IS A CHILD
- MORE THAN 10,000 ARE SENIORS
- 11,000 ARE EMPLOYED BUT THEIR INCOME IS INSUFFICIENT
- IN BC, THERE ARE 100 FOOD BANK MEMBERS WORKING TOGETHER AS FOOD BANKS BC



# FROM SCARCITY TO ABUNDANCE

There is no shortage of healthy food in our community. The challenge is finding an efficient way to distribute it. That's where the Perishable Food Recovery program comes in.

## WHAT IS FOOD RECOVERY?

Food recovery maximizes the surplus perishable food in a community, and ensures it is directed to its best and highest use.

Fresh food comes from a variety of sources, including produce that is shipped in, as well as food that is produced by local farms. Once it enters the distribution chain, such as a supermarket, the clock is ticking. Most perishable foods are stamped with 'best before' dates, and produce that is not sold before that time is pulled off the shelf and disposed of, most often to landfill sites.

The majority of this food is still perfectly edible and nutritious, but may have some minor cosmetic blemishes. A portion of the surplus food may not be suitable for human consumption, but is good for farm animals. The remaining amount of organic food makes excellent compost.

Food recovery is the process of collecting the perishable food in a community and sorting it into three categories:

- 1) FIT FOR HUMAN CONSUMPTION
- 2) FIT FOR ANIMAL CONSUMPTION
- 3) FIT FOR COMPOST

With food recovery, there is virtually no waste in the food chain, with benefits to every partner along the way.





# BENEFITS

## GROCERY STORES

No longer have to pay to dispose of their perishable products or see food wasted.

## FARMERS

Surplus crops are not left to rot in the field.

## FOOD BANK CLIENTS

Adds quantity and quality of fresh, nutritious foods to their diet, and widens their choice of meal options.

## LIVESTOCK

Supplements their diet with free, fresh produce.

## COMPOST

High-grade organic material yields rich, nutritious soil which in turn can create more quality, human-grade food.



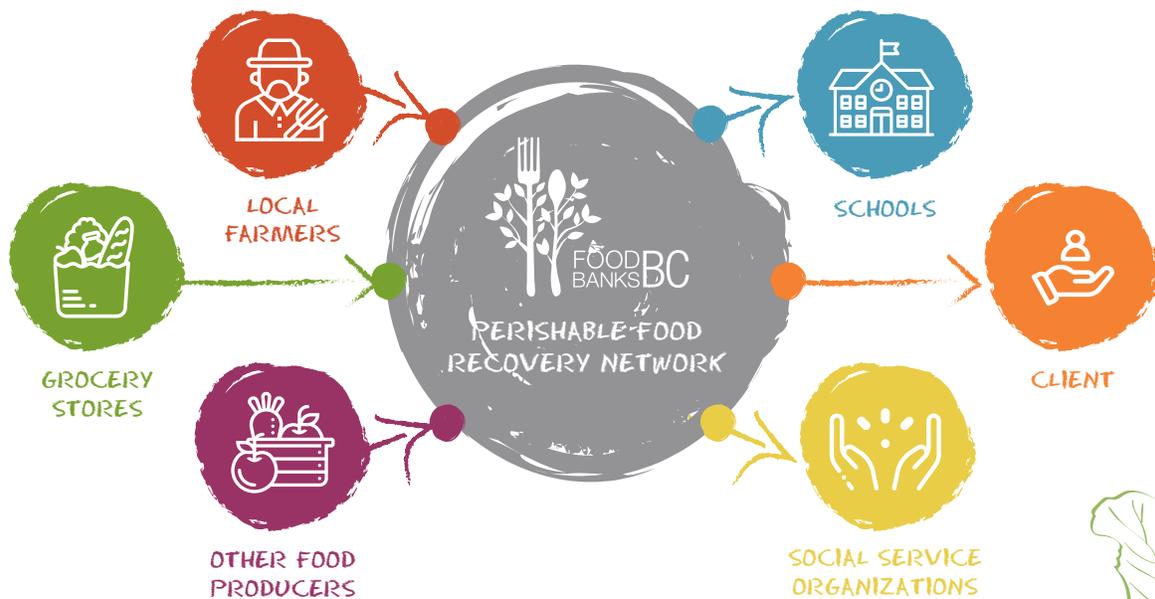
# HOW DOES THE PERISHABLE FOOD PROGRAM WORK?

Using a \$10 million grant from the Province of BC, Food Banks BC was able to provide 89 community food banks with the walk-in coolers and freezers, refrigerated trucks and related infrastructure they needed to create their own local food recovery programs. With all this new equipment in place, food banks were immediately able to accept food donations from a much larger range of sources. The result? For the first time, food bank clients now have the ability to receive fresh fruit, produce, milk, cheese and meat to supplement the dry good staples that they used to get in their hampers.

## PARTNERSHIPS MAKE IT POSSIBLE

The success of the Perishable Food Recovery program rests on our ability to create a 'cold chain' that connects every part of the distribution network, from the farmers who grow our food to the families who eat it. Food Banks BC has worked closely with our community stakeholders to create strong partnerships between grocery stores, local farmers, schools and social service organizations.

As a result, food banks have evolved from being an 'end point' in the food distribution chain, to now becoming a vital and dynamic hub.









LAKE  
COUNTRY  
FAMILY

NORBEC

2017 REFRIGERATION GRANT



FOOD BANKS BC

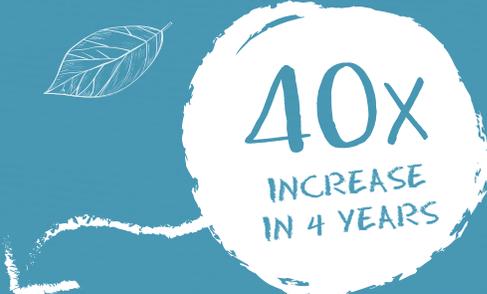
Kathy



## LAKE COUNTRY



## MORE MEALS, LESS LANDFILL



40x  
INCREASE  
IN 4 YEARS

“Three years ago, we would receive maybe 5,000 pounds of fresh produce. The first year we moved in, we received 20,000. The year after that, it was 43,000. Last year was 198,000 pounds of fresh products.”

**JOY HAXTON, LAKE COUNTRY FOOD BANK**

“We’ve become really proud of the quality of food we can put out for clients. Also the quality of food and the quantity of food that we can share with our partners because that’s been pretty critical and we’ve seen that increase exponentially. We’re supporting farmers with food that you know is not fit for humans, but it’s certainly fit for animals and we’re contributing to composting which of course helps enrich the soil and grow more and more.”

**CAROL AUBADE-GIRARD  
LAKE COUNTRY FOOD BANK VOLUNTEER**

## A COMMUNITY OF FOOD BANKS

“One of the things that was most empowering that came out of this food recovery was the community of food banks and the initiative and the progressive thinking that developed. Food banks that never spoke to each other even though they were an hour away, suddenly started to communicate and it created a buzz. The food doesn’t just go one direction—it started to come from every direction and you’d get a phone call. ‘I have got, you know, hundreds of dozens of eggs—can you move those?’ And I think that was really exciting, because it created a community to become the infrastructure for moving all this extra food.”

**JOY HAXTON, LAKE COUNTRY FOOD BANK**

“To be able to come in and get fresh bananas, grapes and lettuce that wasn’t available to them before. It just is so much more healthy to get those things.”

**PAT FISTER  
LAKE COUNTRY FOOD BANK VOLUNTEER**

“Your meals now are so expanded because you were limited as to what you could make. And now with all the vegetables, it’s incredible the difference it makes.”

**ANNE LARMER  
LAKE COUNTRY FOOD BANK CLIENT**



## WATERMELONS & WALLABEES

“We had watermelon that wasn’t suitable for clients come in, like cases of it, in the fall. So, we called the kangaroo farm and we fed our lovely little kangaroos and whatever animals they also have at the farm—the watermelon—and they were just thrilled to get all that produce.”

CAROL AUBADE-GIRARD  
LAKE COUNTRY FOOD BANK VOLUNTEER



## SOOKE

### HAVE FOOD, WILL TRAVEL

“The van has been a blessing. We can reclaim three times as much perishable food. The van, with the signage, gives us much-needed exposure in the community. It gives us all a sense of pride and adds value to all of our hard work.”

KIM METZGER, SOOKE FOOD BANK

300%  
IN PERISHABLE  
FOOD INTAKE



	BEFORE VAN	AFTER VAN
EXTRA PROTEIN	Never	Turkey/Hams/Eggs/Tofu/Patties
DAIRY	Never	Cheese/Milk/Yogurt/Margarine
FRUIT	Approx. 200lbs	About 600+ lbs
VEGETABLES	Approx. 200lbs	About 400+ lbs
FROZEN FOODS	Never	Pizzas/Meat Pies/Fruits/Vegs/Treats

# SCHEDULE

6:30AM

TRUCKS BEGIN  
PICKING UP AT  
PARTNER GROCERY  
STORES

8:45AM

FIRST TRUCK BACK  
TO WAREHOUSE

9:00AM

VOLUNTEERS START  
SORTING FOOD

10:00AM - 2:00PM

OTHER NON PROFITS  
COME PICK UP FREE  
FOOD FOR THEIR  
PROGRAMS

11:00AM

SECOND TRUCK  
BACK TO WAREHOUSE

12:00PM

SORTED FOOD  
SHIPPED OUT TO  
FOOD BANK DEPOTS

5:30PM

VOLUNTEERS  
DELIVER FOOD TO  
SHUT-INS AT HOME

7:30PM

VOLUNTEERS FINISH  
UP SORTING FOOD

## NANAIMO

# A DAY IN THE LIFE OF THE LOAVES & FISHES FOOD BANK

“We have people from young to old who are unemployed. We have people every week who come to the food bank who never dreamed in a million years that they would ever need the services. They’ve lost a job. They’ve come into an unexpected circumstance and we’re here no matter what the reason is that brings someone to the food bank to make sure that they have food to eat.

With the 10 million dollars that the Province of BC provided to Food Banks BC, we were able to access critical infrastructure that we needed to take our food recovery program to the next level. This investment into food banks across BC has paid not just immediate benefits, but long-term benefits. So here in Nanaimo, because of this funding, **in one year alone, we accessed over 1 million dollars more food than we did the year before. That is 1 million dollars more food that is going to be continually put into our community year after year.**

There is actually more food in our communities than there are people to eat it. And when you run a food recovery program, you can tap into that abundance and make that abundance of food available for everyone.”

**PETER SINCLAIR**

LOAVES & FISHES FOOD BANK, NANAIMO

THROUGH FOOD  
RECOVERY, FOOD  
BANKING CAN BE ABOUT  
ABUNDANCE.



## A TASTE OF HOME

“When people come to the food bank they get to choose the food that they go home with. So what this means is that as people come to us with their diverse needs, whether they are people that have grown up in Canada or people that have recently immigrated here from places like Syria, we are actually able to provide food that is suitable to them. For example, we got lots of eggplant donated and typically people from Canada don’t eat a lot of eggplant, and we had a situation where we had all this eggplant and we didn’t know what we were going to do with it. We sent it out to our depots and what we found was that the Syrian refugees loved it, and they just took all that eggplant away and probably made babaganoush or something with it. We actually saw this was a way for us to serve the community better.”

**PETER SINCLAIR, LOAVES & FISHES FOOD BANK, NANAIMO**



## VICTORIA

## NOTHING GOES TO WASTE

“Food recovery is a big priority for The Mustard Seed; we are currently running our Food Security Warehouse which rescues 4000lbs of fresh produce and dairy 6 days a week. These items are then re-distributed through the Food Share Network to agencies impacting 36,000 individuals. As we continue to grow this program, we are taking on more agencies and more grocery stores. The need is there, and the capacity is continuing to grow.”

**JANIENE BOICE, THE MUSTARD SEED STREET CHURCH**







WHAT'S ON THE MENU TODAY



## KNOWING WHERE YOUR NEXT MEAL IS COMING FROM

“It’s not normal to go to the grocery store and come out with two grocery bags of only canned goods to serve your family. The impact on health as we roll this out is going to be massive. We know the impact of non-perishable processed foods and we’re hearing constantly that we need to lower that intake in our diets. And that’s the same for the people that we serve.”

**LUCAS DRIEDIGER, ABBOTSFORD FOOD BANK**

“Poverty doesn’t fit one type of mold. It’s a vast array of people and it touches everybody at some point in their lives. You’re really serving your neighbour sometimes. What you are doing is trying to help bring everybody up to a level where they can participate in the community. By having funding for this, we can try and work to have those people become citizens again. So when the people come in to see us, they feel like the community has their back and wants them to have nutritious food.”

**CORRINE STEFAN, ABBOTSFORD FOOD BANK VOLUNTEER**





## PARTNERS IN THE COLD CHAIN

“18 months ago, we were generously awarded the funding that allowed us to purchase two new fully refrigerated vehicles. Now we have the ability to do longer journeys within Abbotsford, for fresh delivery and pick-up. We now also have twice the amount of fridge space throughout our facility to accept more fresh food.”

**LUCAS DRIEDIGER**  
**ABBOTSFORD FOOD BANK**

### MISSION

## FRESH FOOD MAKES A HOUSE A HOME

“We always receive expressions of gratitude from our community partners. They tell us what a difference we are making for them. Upon receiving our refrigerated van, we provided the Friends In Need Food Bank with frozen and fresh produce for five weeks until they received their new refrigerated truck. We now supply our community partners with at least 1,000 pounds of product monthly.”

**WENDY NEIGEL, ST JOSEPH'S FOOD BANK**

**400%**  
INCREASE IN  
FOOD COLLECTION  
CAPACITY





KELOWNA

## BETTER CHOICES = BETTER HEALTH

“Our new equipment is a game changer! We converted the 2,200 sq.ft store front into an open, inviting market style space for our clients. Food distribution looks very different from our previous model of food banking, where clients received “pre-built hampers.” Now, thanks to the funding, our market is equipped with reach in coolers and freezers, and clients are able to make their way up and down aisles with a grocery cart. Our market provides an assortment of fresh produce, dairy, meats and bakery items.

Clients have 100% choice. Clients tell us they feel better about coming to the food bank, they have more self-confidence and self-worth. Not to mention, we see more smiles!”

**TAMMIE WATSON, CENTRAL OKANAGAN FOOD BANK**



## CAN YOU GUESS WHAT THIS IS?



Our food banks often receive donations of fresh fruits and vegetables that are so exotic that our volunteers don't even know what they are. Can you guess what these are?

Answer: 1. Kumquat 2. Jackfruit 3. Jicama 4. Cassava

KAMLOOPS

## FRESH FOOD IS GOOD FOR THE ENVIRONMENT TOO

“foodSHARE is a source of pride in our City. We are the recipient of a service agreement with the City of Kamloops to honor the sheer volume of perishable food that is diverted from the landfill. We were recently nominated for the Environmental Stewardship award through the Chamber of Commerce for our work with food recovery. Our donors proudly display the plaques of recognition we provide and share stories about how their staff are relieved that they don't have to put 'good food' into the dumpster anymore.”

KAMLOOPS FOOD BANK





## CHILLIWACK

# FOOD FOR THOUGHT

“Schools tell us, if the kids arrive with a full stomach, you’ll find them better able to learn than the kids that come with an empty stomach. So what we’re trying to do is make sure everybody eats good, healthy food on a regular basis.”

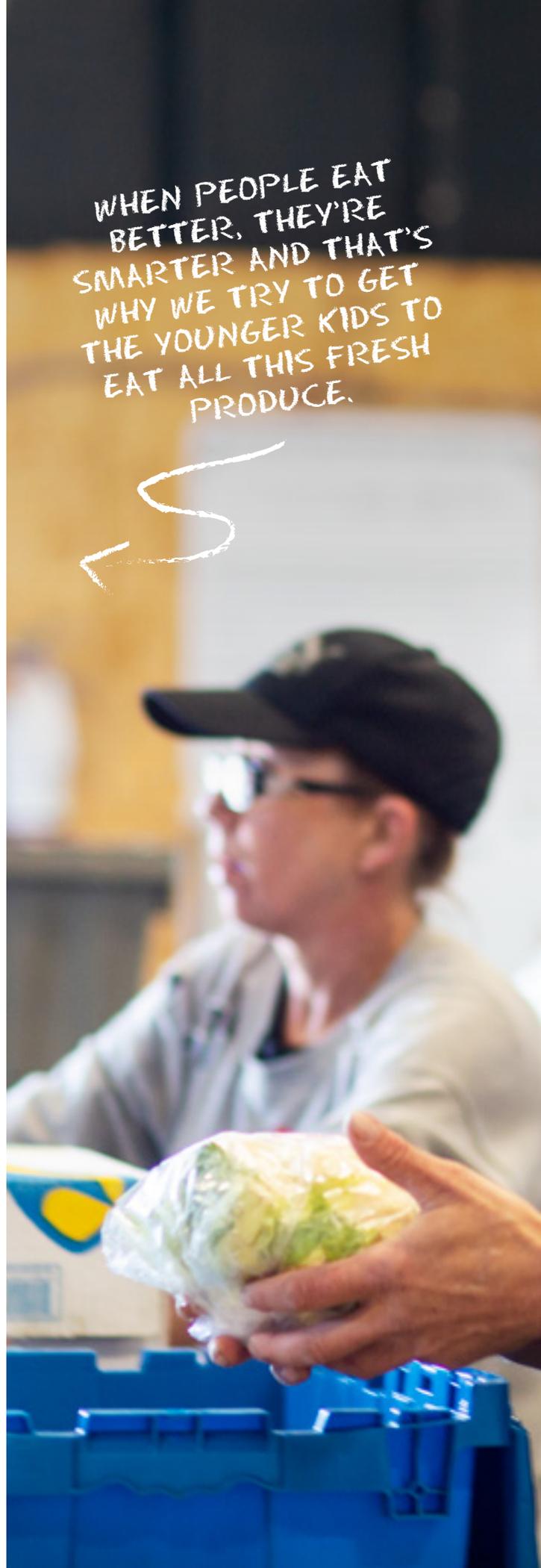
**DON ARMSTRONG**  
CHILLIWACK CARE AND SHARE FOOD BANK

# FEEDING THE FIRST RESPONDERS

“One of the benefits that we get to do now is we run a food truck and we can take this fresh produce that we’re getting and take it to the fires and feed the people that are at the fires which is a fantastic thing. Win-win for the fire department, for the community. And we’re just telling everybody, all food banks now are starting to get on board with perishable food recovery. And so we’re ready there, we’re ready to go and we’re willing to help wherever we possibly can.”

**DON ARMSTRONG**  
CHILLIWACK CARE AND SHARE FOOD BANK

WHEN PEOPLE EAT BETTER, THEY'RE SMARTER AND THAT'S WHY WE TRY TO GET THE YOUNGER KIDS TO EAT ALL THIS FRESH PRODUCE.





## POWELL RIVER

# LANDING BIG RESULTS

“Clients are ecstatic that they now receive perishable food in Powell River. For decades this was not within the capacity of the Food Bank. They are asking for radishes and green onions. When we give the fresh frozen steelhead salmon fillets they just can’t believe it!”

SAVANNA DEE  
POWELL RIVER ACTION CENTRE SOCIETY



300%  
INCREASE IN  
PRODUCE



# \$10 MILLION DOLLARS INVESTED IN ABUNDANCE\*

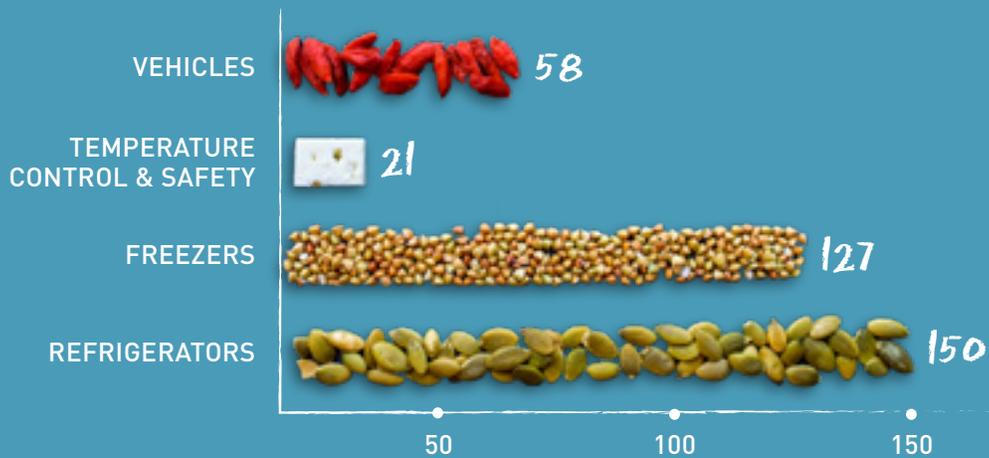
EDUCATION  
AND GUIDE  
**\$98,205**



EQUIPMENT  
MAINTENANCE  
**\$406,375**

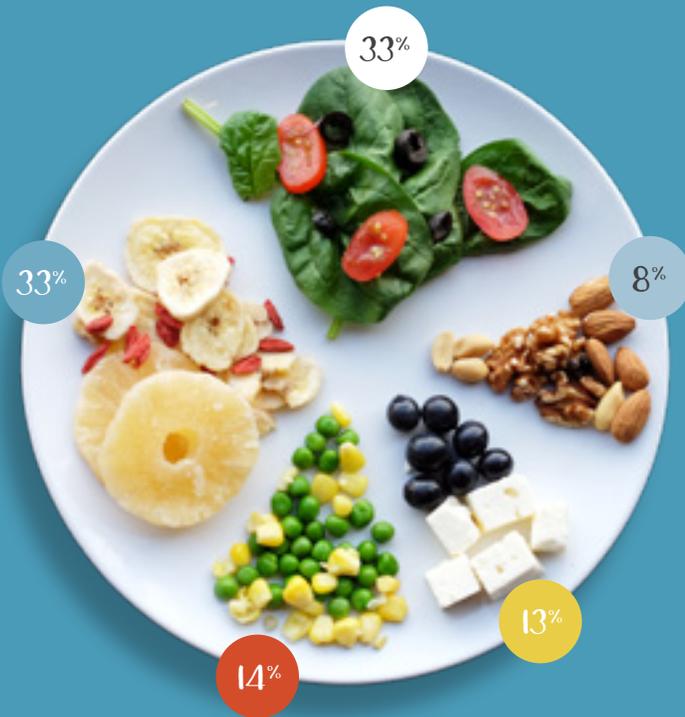
PERISHABLE FOOD  
EQUIPMENT  
**\$9,495,420**

## EQUIPMENT AWARDED



## AWARDED BY REGION

REGION	AWARDED
● Lower Mainland	\$3,532,357
● Island Communities	\$1,582,089
● Interior	\$3,073,733
● Northern Communities	\$1,307,241
<b>TOTAL</b>	<b>\$9,495,420</b>



## 126,000 VISITS PER MONTH TO A FOOD BANK

POPULATION	NUMBERS
● Children	40,950
● Seniors On A Pension	15,750
● Employed, Low Income	17,325
● Unemployed, No Income	10,080
● Social Or Disability Income	41,895



ORGANIC

PREMIUM  
BANANAS



STORAGE INSTRUCTIONS  
13.3°C - 13.8°C (56°F - 57°F)

Food Banks BC is deeply grateful for the support of the Government of British Columbia and its representatives who make this program possible.

**Food Banks BC**  
Inspiring, empowering and  
supporting food banks  
across BC



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