



2021 IMPACT REPORT

CENTRAL OKANAGAN
FOOD BANK

Mandate & Mission

We serve all individuals regardless of age, race, sex, marital status, ethnicity, language, disability, or health. This program inherently targets assistance toward our seniors, children, infants, pregnant mothers, and those with medically diagnosed dietary needs and restrictions.

Our core mission is to create a healthy, hunger-free community and while our standard hamper program alleviates the challenge of hunger, our targeted programs work specifically towards improving health for our community members.

Organizational Scope

The official boundary for the Central Okanagan Food Bank includes all areas from Peachland to the west side of the WHR Bennett Bridge through Kelowna east to Beaverdell, and north to Lake Country. The COFB is a member of Food Banks Canada, Food Banks BC, the Kelowna Chamber of Commerce, and the Greater Westside Board of Trade.



Year in Review

As our community has continued to deal with the effects of the pandemic, the lingering effects of a stressful wildfire season, recent flooding, rising food costs, and the lack of affordable housing--we have witnessed our surrounding communities, corporations, and individuals respond with a great spirit of generosity. It has warmed our hearts to work with individual and corporate volunteers who gave countless hours to pack hampers throughout the year, to see pallets of food and fresh produce donated by local farmers, the sorting of perishable food items and to see all this magnified by your financial donations to the Central Okanagan Food Bank. Through these amazing acts of kindness and collaboration, we were able to distribute an unprecedented amount of hampers to people who were hurting and displaced.

In these moments of uncertainty, our ability to move forward by developing resiliency and hope in our community is paramount. We are thankful for the ongoing support of the community and folks who believe in our mission: To create a healthy, hunger-free community.

These are challenging times for all, especially for many hard-working families who are displaced, seeking employment, or are living paycheck to paycheck and now facing the additional hardship of buying food to place on the table. Hundreds of individuals and families from Kelowna and West Kelowna rely on us each day. Collectively, we serve upwards of 4,500 individuals per month, 34% of whom are children and youth, while 20% are seniors living on a fixed income.

Together we can ensure everyone has nutritious food on their table every day of the week--and that no one goes hungry in the face of financial insecurity. We simply could not do this work without the generous contributions of individuals just like you.



Trevor Moss

CEO



Fraser Campbell

Chair

2021 In a Nutshell

at our front doors

4,500 individuals
every month

54,000 visits
every year

out in the community

250 deliveries
each month

2,819,349 pounds
each year

who we help

34% are children
& youth

29% are visible
minorities


20% are seniors
55 and over

1 in 5 are working
households



**We are an essential
community service.**

19% increase during 2021



Nutrition Improvement Program

We put healthy food first.

Vitality

Our Vitality program ensures that families with children under the age of 15 and senior clients over 55 years of age receive balanced essential nutrients as per Canada's Food Guide. All Vitality clients are provided dairy, seasonal produce, high protein items such as meat, eggs, beans, lentils/legumes, and whole grain pastas/rice.

This program supports 2,125 clients per month.

Special Dietary Needs

Clients with special dietary requirements due to medically diagnosed conditions, including acute and chronic illness, eating disorders, and food allergies receive appropriate foods to support their health. Depending on needs, clients receive a selection of immune-boosting, gluten-free, low fat, low salt, and sugar-free foods, as well as fresh produce, dairy, and protein.

This program supports 850 clients per month.

Tiny Bundles

Tiny Bundles supports pregnant mothers and families with children under the age of one. Tiny Bundles clients receive monthly hampers plus weekly nutritional supplements including fresh fruit and vegetables, milk, eggs, and cheese. Once baby arrives, clients are also provided with diapers, wipes, baby food, and formula.

This program supports 40-50 mothers/families per week.

Kids' Snack Packs

Our snack packs provide children and youth ages 1-15 with a one-week supply of ready-to-go healthy snacks, and are designed to take to preschool, day care, and/or school. Packs include yogurt, cheese, fresh fruit and veggies, nutritional bars, and juice among other items.

This program supplies 12,600 packs each year.



School Breakfasts

This partnership program assists local elementary schools to offer prepared meals, by providing bulk meal ingredients which can be prepared fresh on-site, at local schools for children in need. This program has been successfully implemented within the last year.

This program supports 278 children across 6 schools.

Christmas

Hampers are thoughtfully organized with all necessary items to prepare a special holiday meal, including our standard hamper items, plus turkey or ham, fresh seasonal produce, dairy, cranberry sauce, stuffing, jams, and desserts.

This year 2,500 hampers are forecasted for distribution.

Perishable Food Recovery Program

We make the best use of all food.

On a daily basis, food is collected from local retailers across Kelowna and West Kelowna, to help retrieve as much viable food as possible for those facing food insecurity in our community. Foods are then sorted and redistributed to our registered clients, local partner agencies, and at times out to our designated hub region of Food Banks BC's Associate locations.

During the last fiscal year, our food intake and distribution has doubled.

1,384,000 lb.
2019 - 2020




2,819,349 lb.
2020 - 2021



from
Retailers
collected 364
days a year
across our
communities



to
Partners
bulk items
head into
community
agencies



and
Clients
fresh items
are added
to hampers
each day



Our Partners

We value the power of community.

Food Retailers

Eighteen local food retailers across Kelowna and West Kelowna have partnered with us to provide surplus perishable foods, to make sure once they leave store shelves, they go into the hands of folks who need it most.

Save-On Foods • 5 locations | Superstore • 2 locations | Walmart • 2 locations | FreshCo | Costco
Nester's Market • 2 locations | IGA • 2 locations | Safeway | SunRype | Your Independent Grocer

Community Producers

An area abundant with food production, we have been growing relationships with several farms and orchards in our community. Helen's Acres is our key partnership in this area, providing over 125,000 lb. of produce during the 2021 season.

Helen's Acres • Okanagan Fruit Tree Project • Kelowna Jaycees • Unearthed Farms • Crop Circle Growing

Local Agencies

Over forty partner agency locations help to support individuals who may also be food insecure in our community. To ensure equitable access to food, our partner agencies receive bulk foods and in turn provide food support to over 750 clients each month through their programming.

All Are Family Outreach • BGC Okanagan • Childhood Connections • Canadian Mental Health Association
Elevation Outdoors • Freedom's Door • HOPE Outreach • John Howard Society • Karis Society
Kelowna Community Resources • Kelowna Gospel Mission • Kelowna Women's Shelter
Ki-Low-Na Friendship Society • Mamas for Mamas • Metis Mamawapowin
Metro Community & The Welcome Inn • NOW Canada • Okanagan College • Okanagan Nation Alliance
Okanagan Valley Pregnancy Centre • Pathways Abilities Society • Society of Hope • Salvation Army Kelowna
Salvation Army West Kelowna • Senior's Outreach • Teen Challenge • Turning Points • The Nutrition Project



Emergency Food Support

We've had a year in BC.

Wildfires

The 2021 wildfire season will go down as one of the worst BC has ever seen. Together with the help of Loblaws, Food Banks BC, Canucks for Kids Fund, Greater Vancouver Food Bank, Central Okanagan Foundation, United Way BC - Southern Interior, our many volunteers and donors, we were able to distribute a total of 1,200 fire relief food hampers to people who were hurting or displaced by wildfires.

During the course of six weeks throughout summer, we assisted impacted residents in Peachland, Glenrosa, Penticton, Oliver, Osoyoos, Fintry, Falkland, Monte Creek, Vernon, Armstrong, Lumby, Ashcroft, Slocan, Sicamous, Beaverdell, Cherryville, the Okanagan Indian Band, Princeton, Creston, Cranbrook, Sparwood, and 100 Mile House.

Floods

A total of seventeen regional districts in southwest BC were again challenged during the fall months by record rainfall which flooded farming areas, highways, railways, entire communities, and disrupted hydro-electric services to over 60,000 residents across the province. Recovery efforts are still underway.

With the generous support of our local donors and volunteers, Food Banks BC, and United Way BC - Southern Interior, COFB was once again able to step up and support communities in crisis, and continue to support those sheltering in the local area.





Regional Hub Support

We are part of something bigger.

Hub Services

As a Food Banks Canada National Food Sharing Service Hub, we are part of a team of four distribution centres in BC that service regional catchments of outlying food banks.

Large case lot shipments of food are provided to the Central Okanagan Food Bank, which are broken down into more usable lots for smaller communities. These items are then shipped and shared out to 32 food banks across our region each month.



Central Okanagan Food Bank's National Food Sharing Service catchment area includes:

Armstrong, Castlegar, Cawston, Cherryville, Creston, Cranbrook, Enderby, Fernie, Golden, Grand Forks, Invermere, Kaslo, Kelowna, Kimberley, Lake Country, Lumby, Nakusp, Nelson, Oliver, Osooyos, Peachland, Penticton, Revelstoke, Salmo, Salmon Arm, Sicamous, Slocan, Sorrento, Sparwood, Summerland, Trail, and Vernon.

An Important Note Donations made in Kelowna and West Kelowna stay in our communities. This program works alongside Food Banks Canada and Food Banks BC to ensure regional food access throughout the rural Southern Interior of BC.



COFB Volunteers

We know it takes a village.



in the last fiscal year...

25,607 hours
donated




\$389,226
of time value*

Just as monetary donors help to keep our lights on and food in the building, our time donors help to keep our resources moving daily.

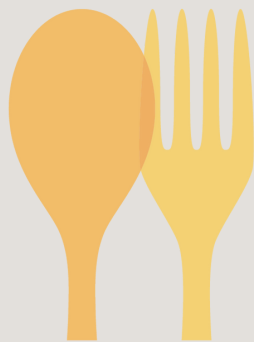
Volunteers are the heartbeat of our organization and we wish to thank our **dedicated, tireless, awesome volunteers** for their support of our community at the Central Okanagan Food Bank this year.

**value is calculated at BC minimum wage rate*



"Volunteers do not necessarily have the time; they just have the heart."

Elizabeth Andrew



Central Okanagan Food Bank

December 2021