



2022 IMPACT REPORT

CENTRAL OKANAGAN
FOOD BANK

Mandate & Mission

We serve all individuals regardless of age, race, sexual orientation, gender identity, marital status, ethnicity, language, disability, or health status. COFB has created programs to inherently target 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 the health of 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

2022 brought both a new set of challenges as well as many causes for celebration. While pandemic restrictions lifted, limited job opportunities and provincial governments pulling back social assistance for those who received the CERB all contributed to difficult months for many Canadians who were left with no other choice but to turn to their local food bank to feed themselves and their families.

Due to the rising cost of living within the Okanagan, COFB now serves over 5,500 individuals a month, a 29% increase from last year. These new clients include over 60 Ukrainian refugee families who were forced to leave their homes in search of peace. Every day we are inspired by the resiliency of the clients we serve, whether they are displaced refugees, a senior living on a fixed income, or a low-wage earner trying to make ends meet.

This year, COFB has made great strides in building organizational capacity to begin serving our community from a proactive state, rather than a reactive one. By harnessing funds provided by provincial and federal grants, we acquired new warehouse equipment which drastically improved operational efficiencies. These efficiencies have created a more robust food recovery program which has ultimately led to more people in need gaining access to fresh, nutritious food – and reduced waste in local landfills!

Adapting to a new environment hasn't been easy. However, the gracious support of individuals, corporations, and communities of Kelowna and West Kelowna has allowed us to meet the rising need for our services. This support has also allowed us to expand the many programs that we offer, including our Tiny Bundles and School Breakfast programs.

Families and individuals in the Central Okanagan continue to struggle – living from pay cheque to cheque. But with the help of people like you, 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.

Over the past year, we have continued to focus our efforts on equitable food distribution by strengthening our relationship with food retailers, local farmers, and a multitude of other community partners. Nurturing these relationships today will help us better nourish the community tomorrow. We are thankful for the ongoing support of the community and folks like you who believe in our mission: To create a healthy, hunger-free community.



Trevor Moss

CEO



Fraser Campbell

Chair

2022 In a Nutshell

at our front doors

5,500 individuals
every month

66,000 visits
every year

out in the community

250 deliveries
each month

2,998,295 pounds
each year


who we help

**34% are children
& youth**

**28% are visible
minorities**

**22% are seniors
55 and over**

**22% are working
households**



**We are an essential
community service.**

29% increase during 2022



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 pasta/rice.

This program supports 2,520 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 900 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 16,000 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 supports 316 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. There is a need for 25% more hampers compared to last year.

This year 3,250 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 increased to meet the growing need.



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 30,000 lb. of produce during the 2022 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 • Meals on Wheels • 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 •



Continued Resiliency

Refugees

Since February, the devastating war in Ukraine has caused millions of people to flee their country in hopes of finding a peaceful place to call home. The food bank warmly welcomes all those who are rebuilding their lives in the Okanagan and we now serve close to 60 Ukrainian refugee households.

We work alongside other community agencies such as Kelowna Community Resources and the Central Okanagan Family Hub, Kelowna Gospel Mission, The Kelowna Salvation Army, SHARE Society and United Way, to ensure that our new neighbours have a well-rounded support system.

Inflation

As inflation hit a 39-year high in 2022, it had a shocking impact on our community. Those affected most were individuals relying on a fixed income, those working low-wage jobs, and single-income households.

The Food Bank has not been immune to the effects of a shifting economic landscape. While 30% of our food is purchased, COFB's Perishable Food Recovery Program gave reprieve from skyrocketing food prices. Moments like this further prove the importance of this program's expansion in the coming years.





Reasons to Celebrate

Thanks to Our Supporters.

1st Annual Golf Tournament

This year the development team worked hard to create another signature fundraising event. The 1st Annual COFB Golf Tournament held at Gallaghers Canyon Golf Club turned out to be a great success thanks to the many sponsors, volunteers, staff, and golfers that participated.

Total amount raised at event: \$27,400.

Not on Our Watch Campaign

We set an ambitious goal to raise \$60,000 to expand our Breakfast Program, which keeps kids in School District #23 fed and focused for the school day and at home on the weekends. A few dedicated food bank ambassadors took it upon themselves to meet this fundraising goal.

This campaign raised \$63,937.76 for the Breakfast program.





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 services regional catchments of outlying food banks.

Large case lot shipments of food are provided to the Central Okanagan Food Bank, which is 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...

29,332 hours
donated




\$459,046
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 **amazing, dedicated, tireless volunteers** for their support of our community at the Central Okanagan Food Bank this year.

**value is calculated at BC minimum wage rate*



*"We make a living by what we get, but
we make a life by what we give."*

Winston Churchill



Central Okanagan Food Bank

November 2022