

The Food Bank of Waterloo Region - Sharing with my community. Every day.

26,500 Neighbours



Through community partnerships, we obtain and distribute emergency food from our neighbours for our neighbours.

How we help...

Emergency Food Support is distributed from The Food Bank of Waterloo Region to neighbours in our community through over 76 member agencies/community programs in Kitchener, Waterloo, Cambridge, and the surrounding Townships of Wilmot, Woolwich, Wellesley and North Dumfries. Services include:

Emergency Food Hampers, provide canned, fresh and frozen food (pending availability) to individuals and families. 65,742 hampers were distributed last year. Hampers typically provide food for 3 - 4 days.

Meal Programs operate in a variety of locations in the Region. 401,145 meals were served at these community meal programs, in 2010.

Residential programs, include crisis transition and long term shelters also provide support and food nourishment during difficult times.

Last year 3.03 million lbs of food was distributed to agencies and their participants.

Over 1800 volunteers assist The Food Bank with food raising, fundraising, food distribution, community support and administration each year. Their services compliment the generous donations from private and corporate supporters. For every \$1.00 that is raised we are able to distribute \$8.00 worth of food.

Registered Charity Number - 11923 3310 RR0001

Who we help...

There is a growing need for emergency food for people on fixed incomes, the elderly and people working in low paying positions.

Of the 26,500 residents of Waterloo Region who needed emergency food assistance last year:

- 39% were children
- 15% were working poor
- 23% were disabled

Over 48,000 people in Waterloo Region are living below the poverty line. (2006 census)



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