

FIGHTING HUNGER & FEEDING HOPE

ANNUAL REPORT 2019



regina
foodbank

CONTENTS

MESSAGE FROM THE CHAIR & CEO	4
STAFF	6
DONOR SPOTLIGHT	7
SPONSORS	8
VOLUNTEER AWARD	10
WHO WE SERVE	12
URBAN AG PROJECT	14





MESSAGE FROM THE CHAIR

SOPHIE PERREAULT
CHAIR, REGINA FOOD BANK
BOARD OF DIRECTORS

In my first year leading the Regina Food Bank's Board of Directors, I am impressed by the bright, dedicated and passionate professionals who come together to ensure we're making an impact on hunger in the city of Regina. The need for the Regina Food Bank has never been greater, and it is the commitment of our community that ensures our ability to deliver the programs and services that address the issue of food insecurity in Regina.

In 2018/2019, we reached the end of our five-year Strategic Plan. In 2019/2020, the Board will take a critical look at how we can provide enhanced governance and support to the management team to ensure we are maximizing our ability to make an impact. We will be building on the organization's success as we develop a new strategic framework for the Regina Food Bank. As a board, we are excited to maximize growth opportunities and develop sound strategies to best address the ever-changing face of food insecurity in our city.

The team at the Regina Food Bank has done an exceptional job of proactively responding to chronic and periodic

challenges that food insecurity has put in front of so many in our community. And the board of directors are very grateful for having the opportunity to work with such great individuals.

I would also like to express my appreciation to our donor community, who have understood the growing need and acted with compassion and generosity.

In closing, we're delighted that 2019 began with the appointment of John Bailey as our new CEO. John is a highly respected young leader in the Regina non-profit community. John's passion for our mission of serving the most vulnerable in our community will be a tremendous asset for the Regina Food Bank.

We are deeply committed to developing an organization that best responds to the needs of our community and very much look forward to the changes and evolution that will take place in the coming year.

MESSAGE FROM THE CEO

JOHN BAILEY
CHIEF EXECUTIVE OFFICER,
REGINA FOOD BANK

As a newcomer to the Regina Food Bank, I can approach this message with the wide eyes and open heart of someone taking their first steps in a new journey. I'm grateful to Steve Compton, the Regina Food Bank's former CEO for all the work he did to make the organization an impactful contributor to food security in Regina and Wayne Hellquist and Todd Sandin, who did the Yeomans work of leading the organization through its leadership transition.

Food brings people together, crosses cultures, sparks conversations and conjures up memories. Ultimately, food has the power to connect people, and it is from this common ground that we look to build on the impacts of the Regina Food Bank and work to chart a path to continue the fight against food insecurity. We do not face this challenge alone, from local partner agencies to a provincial and national network of Food Banks, we want to embrace the great ideas of our community, spread them, and amplify them.

I have been very impressed with the energy, dedication and calibre of the staff at Regina Food Bank. This small but mighty team of individuals who care deeply about the mission of the organization and dedicate their professional career in service of others. In my first few months, they have taught me a great deal, indulged my habit of asking why, and pushed one another to make the Regina Food Bank the leanest most impactful organizations it can be. As I connect

with more and more people in our community on behalf of the Regina Food Bank, I rarely come away from a conversation without getting at least one "Wow, I had no idea the Food Bank did that" moment. This reaction is a testament to the work of our team, and it's my goal to make sure we convey our impact as broadly as possible.

Next, to those who choose to volunteer at the Regina Food Bank. Thank you for your commitment to our mission and know that your contribution is crucial to our daily delivery of programs and services. I am grateful and appreciative of the "lead volunteers" – the Board of Directors. This is an amazing group of passionate and engaged community members, led by Sophie Perreault, that offer uncompromised support and demand that we hold ourselves to the highest possible standard and act with ambition toward having a profound impact in our community.

At the end of the day amongst all the opportunity for impact, we also see the suffering caused by food insecurity in Regina, and it drives our passion for eradicating it. Whether you're a valued donor, a volunteer, a team member, or a community partner, let's build on our success and drive forward together on our shared caused of ending food insecurity in Regina.

STAFF

KABITA ACHARYA
Warehouse Personnel

ROBIN ARMBRUSTER
Maintenance Manager

SHELLEY ARMBRUSTER
Community Engagement & Volunteer Coordinator

JOHN BAILEY
CEO

KIM BAKER
Reclamation Coordinator

SANDY BURTON
Financial Administrator

REBECCA CASAS
Maintenance Personnel

DARCY FRASER
Warehouse Manager

BINIAM HAILE
Warehouse Personnel

LENARD LAFONTAINE
Warehouse Personnel

SHANA MATHEW
Food Mobilizer

BLANCA MOLINA
Customer Service Supervisor

JOHN MURRAY
Materials Handler

LAURA MURRAY
Manager of Community Programming

JAMIE NEILSEN
Warehouse Personnel

MORGAN NEILSEN
Warehouse Personnel

BEVERLY PRITCHARD
Food Mobilizer / Warehouse Personnel

BRITTNEY ROBERTS
Intake Personnel

ISLE SINNETT
Client Intake Representative

MEGAN SINNETT
Greenhouse Operator

KIMBERLEY WENGER
Community Greenhouse Coordinator

LORI WILLIAMS
Leader of Volunteer Engagement

HARLA WILLCOX
Outreach Coordinator

WONDWOSEN WMARIAM
Warehouse Supervisor

BOARD OF DIRECTORS

CHERI MOREAU
Board Chair

SOPHIE PERREAULT
Vice Chair

RYAN BABEY
KAYTLYN BARBER
PETER BROWN
MARK COOPER
SHAUNA FLAMAN
RANDY JEWORSKI
SEAN KOSIOR
JEFF LINNER
AHMED MALIK
KRIS PARKER
GLEN RABOUD
CAROLE SAUER

DONOR SPOTLIGHT

The Regina Food Bank is a charitable community based organization working to eliminate hunger and food insecurity through nutritious food distribution, education, and support programs in partnership and cooperation with the community.

We focus on six strategic priorities: acquiring and distributing food; providing learning opportunities; community partnerships; organizational sustainability; serving as the collective voice of the hungry and increasing community awareness.

Serving Regina since 1982, we continue to meet the needs of Regina’s most food insecure. Last year we collected and distributed **3,218,435 pounds** of food and non-food products (valued at **\$8,367,931** through Food Bank Canada’s valuation of \$2.60 per pound) to fulfill **87,356 client requests** and support a network of 121 local community partners.

Our work would not be possible if it were not for the caring commitment found within our community. One of our strong supporters, Hill JDC West, has provided support to the Regina Food Bank since 2012. In addition to the 268 hours in service to the Regina Food Bank last year alone, the 52 students provided a total of 3,590 volunteer hours to our community. We are proud to have the support of such an amazing group that exemplifies the values of JDC West: hard-working, giving back to your community, and teamwork in our community and at the annual event involving thousands of future business leaders.

This year we wrapped up a third successful year for two signature programs; our Nutritional Cooking Leadership Program and our online and in-person Personal Financial Management Workshops, both sponsored by Conexus Credit Union. As a result of this partnership, 160 clients participated in the Nutritional Cooking Leadership Program and developed new skills in the kitchen, a new repertoire of healthy recipes to prepare at home, and the confidence to continue try new foods and recipes on an ongoing basis. Our Personal Financial Management Workshops 381

reached people across Saskatchewan through a custom developed online self-study workshop. In addition to the online course, 385 participants completed our 16 hour in-class workshop which provides an in-depth exploration of key topics related to budgeting, banking, credit & debt and consumerism. In October we were pleased to embark on a renewed partnership with Conexus Credit Union with a new Lifestyles Series Workshop for 2019 incorporating the best of previous workshops supplemented by other programs including Mental Health First Aid, RESP sign-up events, grocery store tours and more!

In 2014, Sherwood Co-Op launched a new event in support of the Regina Food Bank – Fuel up to Feed. Donating 10¢ per lite sold, and brining on Federated Co-Op as a matching partner since 2015 the event has raised more than 1.5 million meals since then. Last year a record \$72,365.40 was raised during the Fuel up to Feed event. Sherwood Co-Op continues to be an excellent steward of Food Bank resources through the sponsorship of our Virtual Food Drive platform, and in helping us stretch donation dollars further when it comes to purchasing food for our Christmas Hampers.

Farm Credit Canada continues to support Food Banks and feeding programs across Canada with their Drive Away Hunger program. Since it began 15 years ago, the event has raised more than 45 million meals for individuals and families experiencing hunger and food insecurity throughout Canada. In 2018 Farm Credit Canada raised 387,647 meals for individuals and families experiencing hunger and food insecurity in Regina and 776,908 meals throughout Saskatchewan. Farm Credit Canada is a true leader in the fight against hunger; catalyzing the involvement of schools, businesses and community to raise foods and funds across Canada.

THANK YOU TO
OUR SPONSORS



RACHEL GEISAM

VOLUNTEER AWARD RECIPIENT

The recipient of the 2019 Pat Roth Volunteer Award of Excellence is Rachel Geisam, who passed away on April 7th, 2019.

This award honours Rachel's contribution to the Regina Food Bank community; the staff and volunteers who have gotten to know her as a volunteer, friend, and mentor along with the clients who benefitted from her hard work and dedication. A volunteer since 2012, she has left a hole in the hearts of those who were fortunate enough to know her.



OUR WAREHOUSE
TEAM, WHO
WORKED MOST
CLOSELY WITH HER
AND HER CHILDREN
HAVE SOME KIND
WORDS TO SHARE



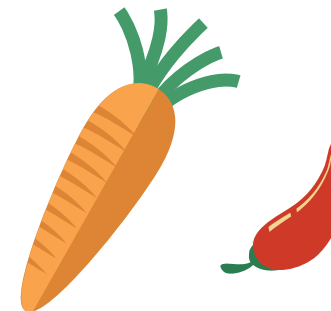
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“I can see why so many people loved her; she had so much positivity and kindness to give to everyone.”

“One of the kindest souls at the Food Bank. She genuinely cared about everyone and spread happiness wherever she went. As a mentor, mother, and friend she was a blessing and I miss seeing her every week.”

“Rachel was always so good for us. Not only could she be counted on to help out anywhere she was needed, but she involved her children (Robyn, Jessica, Morgyn and Nathan) in our work as well. She was always so patient and encouraging both to her kids and our team. I will always remember her both personally and professionally and she has left behind big shoes to fill.”



“Rachel was a dedicated and hard-working volunteer who loved her work with the food bank. You could always count on her. She was always smiling and had a great attitude and is missed every day. She will be in my heart forever.”



“Rachel was a wonderful person, mother, friend and co-worker. She had a good heart and never had anything bad to say about anything or anyone. Even though I didn't work with her for very long, it seemed as if I knew her for years; she was just that kind of person. You could talk to her about anything and she always had great advice and made you feel better.”



WHO WE SERVE

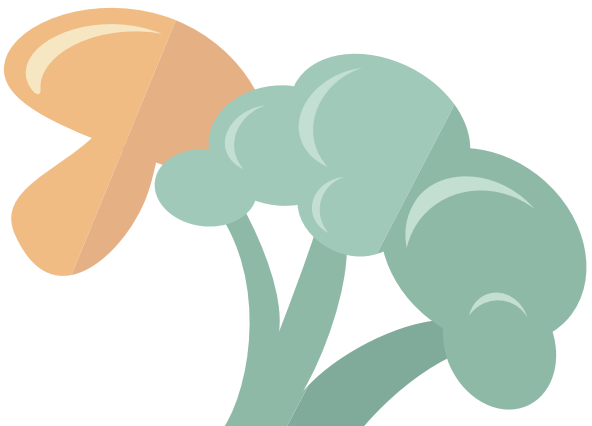
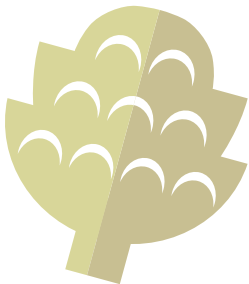
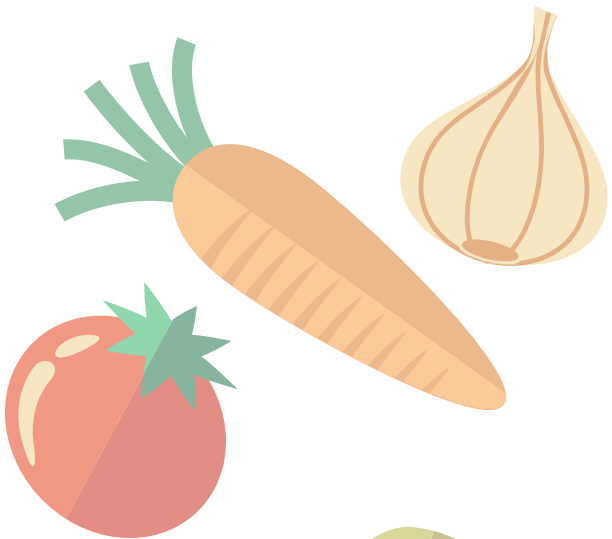
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INDIVIDUALS SERVED
(27% NEW, 73% EXISTING)



7280 REQUESTS FOR SERVICE PER MONTH

239 REQUESTS PER DAY



HOUSEHOLD TYPE



- 47% 2748 SINGLE PEOPLE
- 7% 377 PEOPLE WITH NO FIXED ADDRESS
- 29% 1662 SINGLE PARENTS
- 13% 755 TWO PARENTS
- 4% 241 COUPLE WITH NO CHILDREN

59%

ADULTS
(8322)

41%

CHILDREN AND YOUTH UNDER 18
(5901)

53%

WOMEN
(4391)

47%

MEN
(3886)

The Regina Food Bank would like to acknowledge that it also serves folks outside of the gender binary and is committed to gathering inclusive demographics moving forward.

URBAN AGRICULTURE PROJECT

Food connects us all and all too often, our only connection to food is as a finished product.

It has been recognized that there has been a loss of knowledge about how to grow food, or even where our food comes from- other than the supermarket. The Four Season Urban Agriculture Project at the Regina Food Bank seeks to deepen the connection people have with the food they consume.

In partnership with the Mosaic Company, the program launched its second annual campaign of the Urban Agriculture School Outreach Project to 24 locations in September 2018. In addition to these school partners, we have four community outreach partners. Each participating partner received a toolkit that included a Garden Tower, grow lights, soil, seeds, red wiggler worms for composting along with other accessories needed to grow food in their classrooms and organizations all year long.

Plans are already in motion for next years roll out. We look forward to inspiring more people in our community to harvest knowledge, build relationships with their neighbours and engage in community gardening to build a robust and abundant future for each other and our children.



4

Community partners took part

24

Partner schools across the Public and Catholic School Systems took part

230

Students took part in field trips

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