

ANNUAL REPORT



2022 -2023



regina
foodbank

FIGHTING HUNGER FEEDING HOPE

MESSAGE FROM THE CHAIR



JEFF LINNER CHAIR, BOARD OF DIRECTORS

As I conclude my two-year term as Board Chair for the Regina Food Bank, it has been my honour to chair our organization during these past two years of transition and growth. As we welcome new faces to our Board, I know we will continue to move forward with a strong sense of direction and renewal toward a future as among the most progressive organizations in the national food banking network. From the Board of Directors to the CEO and Senior Leadership Team, the Regina Food Bank is committed to maintaining strong and accountable governance to allow a crew of incredibly committed staff and volunteers to do what they do best, feed the most vulnerable in our community. We are committed to providing dignity, consistency, and a hand-up to those who face food insecurity in our city.

We are neighbours feeding neighbours, and your generous support through food and funds is the reason we can ensure no one goes hungry. Further, your commitment to our mission gives us the confidence that we can face the overwhelming growth demand head-on because our community has our back. Our volunteers' selfless donation of their time and energy means we can continue to gain that magical multiplier of committed staff and dedicated volunteers, creating a level of community impact that is exponentially greater than either could achieve on their own.

As we look at the year ahead, we can all be excited about the prospect of further enhancing the choice we provide our clients and remaining our city's trusted source of food for those in need. We know that more food will not be the answer to



eliminating food insecurity, but supporting the needs of our community today is critical as we move forward toward systemic change. We remain steadfastly committed to remaining the most progressive and innovative organization we can be and rewarding the trust our supporters have shown by delivering incredible impact to the diverse and multi-faceted client base we serve daily. We strive to be a united force because, after all, food is the ultimate connector.

As I pass the torch, I know that our organization is in good hands, and I look forward to innovations and developments to come from our food bank as we continue to fight hunger and feed hope in Regina.

A handwritten signature in black ink, appearing to read "Jeff Linner".

MESSAGE FROM THE CEO

JOHN BAILEY
CHIEF EXECUTIVE OFFICER



Looking back on 2022-2023, I take pride in our collective achievements. We reinforced the solid foundation of our food bank and we're working to find a balance between efficiency and resilience, ensuring we can meet today's needs while tackling the unknowns that are sure to come. No food bank wants to get bigger, but we are committed to meeting the needs of our community. While the existing need within our community that drove a record of 171,451 points per service is nothing to celebrate, we take pride in the work we have done as an organization to help feed 16,402 people in our city. In this third year of our strategic plan, I am so proud of the progress we have made in continually increasing the quality and choice of products we provide every day, as we work to achieve our purpose of getting food to those who need it, where they need it. As an organization, we are better positioned to meet the need than ever before in our 40-year history.

We took many immediate and innovative approaches to address the challenges at hand. To support our clients, we work to have sign-up documents available in as many languages as possible, expanded the

availability of our vegetarian and Halal choices, and put greater emphasis on controlling our supply chain to ensure we have the food we need when we need it. Of course, none of this work would have been possible without the unwavering support of our community. Our grocer, wholesale, and producer partners, our corporate partners, and individual donors large and small all make our work possible. Last, but certainly not least, the volunteers who donated 14,009 hours to ensure that no one in our community faces hunger alone.

We enter the next year with the excitement of planning our expansion to the heart of downtown Regina where we will deliver programming and diverse food choices to empower our neighbours. The new center will look and feel like a grocery store to reduce stigma. The food will still be free, but for the first time in 40 years of our food bank, our clients will choose the food that their family needs. We will continue to advocate for the systemic changes that will help stem the need in our community.

Thank you to everyone who has supported us in our 40-year journey. We began this journey as a temporary response and have evolved to be a critical safety net critical to the health of our community. We are inspired every day by the courage and perseverance of our clients and are buoyed by knowing that our community has our back as we fight hunger and feed hope every day.



IMPROVE ACCESS TO FOOD



Regina Food Bank improves access to food for people with the highest need. We are committed to decreasing barriers to access for all those facing food insecurity.



75,246
food hampers

4% increase from last year



171,451
points of service

42% increase from last year



55,224
households

9% increase from last year



16,402 unique individuals

31% increase from last year

	2022	2021
children	55,959	47,674
adults	68,086	59,719
seniors	13,864	13,012

40%

of food bank users are children

SOURCE HEALTHY FOODS



2,768,482 lbs
of healthy, quality food diverted from the landfill



\$11,851,473.43
of nutritious food collected
through donations



2,993,905.58 lbs
of healthy, quality food
diverted from the landfill

ACTIVATE OUR CITY



Volunteers are the heartbeat of Regina Food Bank. Every day they show up and make a difference, enabling us to deliver 171,451 points of service to our clients who live with food insecurity. Every volunteer has their own story for why they give back. Some are former food bank users, others are new Canadians learning English as a second language, and they are all neighbours feeding neighbours.



14,009

HOURS volunteered



4,327

SHIFTS volunteered

ACTIVATE OUR CITY



Shining the refrigerator light on Ernie

ERNIE
VOLUNTEER



When the Sask. Abilities Council introduced the Regina Food Bank to Ernie, they probably didn't realize the waves he would make for years to come.

Ernie joined us in 1997 – only 16 years after the founding of the Regina Food Bank – and he's been with us ever since. Through our move in 2005 and the shifting staff, he has remained a staple of the Food Bank. You can always count on Ernie to keep up with past team members – it's his connection to our Food Bank that makes him so special. He remembers birthdays, starting anniversaries, and all the little things in between for all the amazing people who work and volunteer in the building. He takes the time to get to know the people he works alongside, bringing us all together by reminding us of what it means to truly care for others.

It's not just what he does for the people he works with that makes him such an amazing part of the Food Bank team. Ernie works hard, and he is constantly finding ways to help the people around him and values the work he does. Even when he's not actually on the clock, he'll take the time to make sure the building is looking good.

Most of all though, what we love about Ernie is his why. Our why is what drives us to keep feeding hope in our community. For Ernie, that why is very simple – he enjoys helping people. He started working at the Food Bank because he knew that there were a lot of hungry people in his community, and he wanted to do what he could to help. That's just the kind of person he is. It makes it especially heartwarming to know that the reason he stays is because he genuinely enjoys working and volunteering with the staff and volunteers at the Food Bank. At his core, Ernie embodies the spirit of what it means to be a Food Bank employee or volunteer. To do one's best just because it's the right thing to do.

INNOVATE DELIVERY

Addressing and decreasing barriers to access food, programs and supports by adapting how we do our work.



10 food banks delivered to



123 community agency partners and schools



21,448 kms
travelled to deliver food



17,429 kms
travelled to collect food

DONORS & COMMUNITY INVESTMENT PARTNERS

Access Communications
Access Communications Children's Fund
AGT Foods
Angus Stabner
Ann and Roger Phillips Foundation
Anonymous
Aqueduct Foundation
ATCO EPIC
Avana Development Inc.
Avena Foods
Barry Lee
Becel
Benefaction Foundation
Brenda Gelowitz
Britta Hardy
Canadian Organic Spice & Herb Co. Inc.
Canadian Pacific Railway Company
Carla Lorence
Carman Loraas
Chandler Oils Ltd c/o Britta Hardy
Chicken Farmers Of Saskatchewan
Clifton Engineering Group Inc.
Colleen McCallum
Conexus Credit Union
Dean & Andrea Klippenstine
Dilawri Group of Companies
Drake Meats
Ecclesiastical Insurance Office plc
Ecol Electric Corp
Elaine Lang
Emblahar Investment Ltd.
Emerald Park IGA
Enterprise Holdings Foundation
Estate of Stephen Harold
Fidelity Investments Canada ULC
Flaman Sales Ltd
Focus Systems Inc.
Food Banks Canada
Food Banks of Saskatchewan
Fries Tallman Lumber
Gary Drummond
Gene's Realty Partnership
Genesis Holding Ltd
George and Sharon Maier
Hans Gaastra
Health Sciences Association Of Sask
In memory of Derek Dyck
Inland Steel Products
Innovation Credit Union
Jackson's YIG
Janna Dutton
Jim & Patricia Tanner
K+S Potash Canada GP
KLM Ventures Ltd
Leo's Group
Lily Street Foundation
Loblaw Companies Ltd
Manitoulin Group of Companies
Maxim Truck & Trailer
Mike's YIG
Mila's
Mohammad Ahmad Javaid
Pile O' Bones Brewing Company
Prairie Berries Inc.
Purolator Courier Ltd
Queen City South United Soccer Club, Inc.
Richard Turnbull
Robin Hughes Medical Prof Corp
Rueda-Roel Research & Medical
Sask Milk
Saskatchewan Gaming Corporation
Sobeys Inc
South Country Equipment Ltd
Storagevault Canada Inc.
Stryker Enterprises Inc.
Terry Oehler
Testamentary Trust Linda P Bachmann & Family
The Mosaic Company
Tim Hortons
Timothy Kramer
United Way of Regina
Varsteel Ltd.
Viterra

INSPIRE GENEROSITY



Regina Food Bank is committed to creating a culture of support that deepens the engagement of our current donors and broadens our appeal to new supporters



SMILE COOKIE

Tim Hortons gave the Regina Food Bank a reason to smile as the Smile Cookie charity partner for Regina and area. These hand-decorated treats raised money for charities from coast-to-coast-to-coast. One hundred percent of Smile Cookie proceeds from 19 local Tim Hortons restaurants were donated to Regina Food Bank to feed people who live with food insecurity. Over the September and May Smile Cookie campaign, over 1 million meals were raised for our community!



MINI DONUT

We take our work seriously, but we don't take ourselves seriously. So, when the opportunity arose to have a little fun and creatively use food to connect to our city, we gratefully said yes! As part of this year's QCX, REAL brought in world champion Joey Chestnut to challenge community leaders to a donut-eating contest in support of the Regina Food Bank. Over 180,000 meals were raised as part of the event, and we had fun!

INSPIRE GENEROSITY



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INLAND STEEL SCRAP HUNGER

Over 200 local individuals and businesses stepped up to recycle 175,000 lbs of materials. They got cash for recycling, and we converted those materials into over 30,000 meals for Regina families. A big win for all involved!



SURPRISE VALLEY FARMS

Surprise Valley Farms donated 26 tons of peas to food banks in Saskatchewan. The good folks at FCC connected us to Ken, who runs the family farm near Minton. Ken was motivated by realizing that he can't remember being hungry for a time. Our friends at AGT Food and Ingredients Inc. split and cleaned the peas and allowed us to trade a portion of them for packaged pasta. The team at Food Banks Canada handled the distribution. That is collaboration in action!

INSPIRE GENEROSITY



IMAGINE CANADA ACCREDITATION

The Regina Food Bank gained Imagine Canada Accreditation this year, making us one of only nine charities in the province to achieve this status.

Imagine Canada's Standards Program is the premier third-party certification of non-profit governance and operations. The Standards Program developed a Canada-wide set of shared standards for charities and nonprofits designed to strengthen their capacity in five fundamental areas:

- Board governance
- Financial accountability & transparency
- Fundraising
- Staff management
- Volunteer involvement

The Regina Food Bank used the accreditation process to monitor and improve our practices, and an accreditation package was submitted to Imagine Canada for peer-review-based accreditation. We are proud to display our trust mark to demonstrate our commitment to the highest level of non-profit governance.



CHARITY INTELLIGENCE

We are so proud of the work we do here at the Regina Food Bank! Together, we made the Charity Intelligence Canada Top 100 list. This marks the first time in our organization's history that we cracked the top 100.

Charity Intelligence Canada is the 4th ranked charity analysis and evaluation website in the world. Their mission is to provide independent and objective ratings and reviews on Canadian charities to grow donor confidence that their support is making the maximum impact.



Read the full report on the 2022 Top 100 charities at charityintelligence.ca

OUR PEOPLE

TEAM

John Bailey **CEO**
David Froh **VP Community**
Jered Kirkland **Director of Operations**
Kim Baker **Manager, Logistics**
Melissa Fiacco **Manager, Fundraising & Community Engagement**
Jennifer Marchi **Client Impact Team Lead**
Megan Sinnett **Manager, Community Impact**
Chad Forrest **Manager, Healthy Food & Nutrition**
Andrea Soby **Office Manager**
Rebeca Casas **Caretaker**
Ilse Sinnett **Client Service Representative**
Michelle Balkwill **Client Service Representative**
Rebecca Peterson **Client Service Representative**
Debbie Ackerman **Client Service Representative**
Darcy Fraser **Warehouse Manager**
Wondwosen Wmariam **Co-ordinator, Receiving and Warehouse**
Jamie Nielsen **Co-ordinator, Hamper Fulfillment**
Emma Bergen **Hamper Fulfillment**
Vanessa Malave **Hamper Fulfillment**
Tarryn Pratt **Hamper Fulfillment**
Rashawn Taypotat **Hamper Fulfillment**
Austin Coleman **Hamper Fulfillment**
Chantel Obey **Driver**
Bill Salahub **Driver**
Stephanie Wenger **Driver**

BOARD OF DIRECTORS

Jeff Linner **Chair**
Sean Kosior **Chair, Finance and Audit**
Shauna Flaman **Vice-Chair**
Kris Parker **Director**
Ryan Babey **Chair, Property**
Kaytlyn Barber **Director**
John Lax **Chair, Governance**
Aziz Aboudheir **Director**
Jaques DeCorby **Director**
Josh Fink **Chair, Human Resources**
Tiffany Stephenson **Director**
Delaney Seiferling **Director**
Jada Yee **Director**

CRA Charitable Number: 119113975 RR0001



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