We distributed 2,132,674 kilograms of food. With 67 Wright Avenue now feeling comfortably like home, our warehouse and transportation teams developed efficiencies that led to new monthly highs for food distribution, and a total increase of 9% over last year.

Hurricane Dorian: The needs of those who are food insecure are always urgent, but a crisis further amplifies the struggles and inequities marginalized communities face. Hurricane Dorian, the largest, most powerful storm in our province’s history, perfectly illustrated this. Many people in low income situations weren’t able to stock up on food before the storm; nor were they able to replace the perishable foods they lost to spoilage in the days that followed. We knew getting more food to our member network was critical. With the help of our community and notable gifts from Nova Scotia Power and Emera, and the Province of Nova Scotia, we reached a record-high for monthly food distribution—202,000 kg in just 22 days.

Providing local food: Despite two back-to-back growing seasons with extraordinary challenges, support from Nova Scotian farmers accounted for an incredible 13% of the food we distributed. This commitment to community isn’t lost on us, our members, or those we support. Farmers were there for us all year round, and particularly during the holiday season. More than 6,800 households received food support at Christmas. Farmers filled our hampers with potatoes, sweet potatoes, onions, carrots, apples, and cranberries. Katie Keddy, from Charles Keddy Farms, said, “One of our holiday traditions is food. We gather as a family to eat, and to be able to provide that for other families makes us very proud.”

COVID-19: In March, the coronavirus pandemic threw everyone off course. Through the generosity of our community, and the dedication and resiliency of our member agencies, we made sure food support was available. We’ll report more fully on our response to the crisis [as we continue to move through it] in next year’s report.
Our mission is to increase food security through food distribution, education, and collaboration.

2019-2020

We distributed 8,200 kid-friendly, healthy food packs through Food Banks Canada’s After the Bell program, supported by presenting partner McCormick Canada; lead partners Kellogg Canada Inc and Loblaw Companies Limited; and supporters Compass Group Canada, The Global Food Banking Network, Hershey Canada Inc, PepsiCo Canada ULC, and Organic Meadow Inc.

We made big strides in further rolling out the retail food program, onboarding 21 stores which now represent an incremental 16,000 kg of rescued surplus food monthly for Feed Nova Scotia, plus several other stores that regularly donate directly to matched member food banks.

We loved being part of a special project that provided culturally-specific food hampers for 80 Muslim families in HRM during Ramadan. Thanks to Bayer Westwood Family Resource Centre, St. Paul’s Family Resource Centre, Islamic Association of Nova Scotia, Islamic Information Foundation, Maritime Muslim Academy, Nova Scotia Islamic Community Centre, and Ummah Masjid and Community Centre for making it possible.

When the Anthony family reached out with an offer of wild blueberries, our friends at FOUND Forgotten Food got a team of volunteers to harvest, and Courthill House Farms delivered the beautiful berries to our warehouse. This awesome teamwork allowed us to distribute almost 70 quarts!

We started adding frozen vegetables to our bulk food purchase orders, in addition to non-perishable canned goods, in an effort to provide greater nutritional value to the food going to our member agencies.

Other food highlights from the year
At least 45,000 individuals were supported by our member food banks in 2019.

Food insecurity continues to be a crisis in our province, and food bank use is just one piece of the picture. Thousands of Nova Scotians struggle and don’t reach out for support. And for those who do, it can be very difficult. Why do some people visit a food bank? We asked and here are some of the responses.

People need food to live.
That’s why food distribution is a big part of our work.
But it can’t stop there.
We need to address and fix the reasons people are hungry in the first place.

46% of individuals supported by food banks report Income Assistance as the primary source of income in their household. This tells us a lot about how social assistance fails to meet the needs of those struggling. In January, the provincial government raised Income Assistance rates with a new Standard Household Rate, but the change was inadequate at best.

Source: Feed Nova Scotia client registry

- 12.7% of households in Canada, and 15.3% of households in Nova Scotia are food insecure.
- 28.9% of Black households in Canada are food insecure, compared to 11.1% of White households.
- 1 in 4 children in Nova Scotia lives in poverty. Child poverty rates are highest in federal election districts of Cape Breton, Annapolis, and Digby. The highest child poverty rates in Nova Scotia are in postal areas where higher percentages of African Nova Scotian and Aboriginal children live.

Source: Household food insecurity in Canada, 2017-18, PROOF; and 2019 Report Card on Child and Family Poverty in Nova Scotia
Our member network: Our biggest collaborative relationship happens every day with our member network of 141 food banks, shelters and meal programs across the province. Without their efforts, the food we distribute wouldn't make it to the homes of thousands of Nova Scotians. But our work goes beyond food. As reinforced through our What You Do Matters social innovation framework, the work of food banks is also about making connections; opening hearts and minds; and pushing forward with a 'try, try again' attitude.

Network standards: We continued rolling out the network standards that we introduced last year to help ensure people get the best support possible when reaching out to any member of our provincial network. By February, 94% of member agencies achieved Level A standards for organizational structure, welcoming environment, and changing hearts and minds. As part of the network standards process, we also provided food safety training to 212 individuals at 46 member agencies. It was especially inspiring to see the way Westend Community Food Bank Association embraced the network standards as an opportunity to strengthen their organizational structure and the support they provide. A dedicated team of volunteers at this large food bank in Halifax had been supporting the community for decades, without a formal organizational structure. We worked with them to develop a board of directors, mission statement and strategic goals; establish accountability by registering as a not-for-profit organization with the Nova Scotia Registry of Joint Stocks; define roles and responsibilities; and provide a welcoming environment for those seeking food support.

Capacity grants: We provided $40,000 in capacity grants to 29 member agencies to help them solve challenges of safety, accessibility, transportation, and barriers to creating a more welcome environment. Funded projects ranged from providing bus tickets, creating a sun safety awareness program, and starting up a cooking class to increasing freezer space, developing a community garden, and installing internet.

Learning and sharing: A benefit of any network is learning and sharing. We brought 55 member agencies together at seven regional meetings to do just that. When Queens County Food Bank hosted a meeting, neighbouring food banks got to see their new space. The building is well-suited to a store-front model they offer, giving people an element of choice in the food items they receive. We believe choice contributes to a more dignified experience.

At year end, 110 member agencies offered some form of choice within their food support (up 14.7% from 2018-19). Eight of these agencies offered a full shopping model approach and two were looking to develop one in the next six months.
Our mission is to increase food security through food distribution, education, and collaboration.

Christmas: People living with food insecurity come up against barriers every day. This year we removed one by enabling individuals to apply for holiday support online. This small, but meaningful change let people reach out for help more easily and comfortably.

By December 24, we matched 6,803 households in HRM with food hampers. This huge collaboration came to life with almost 60 participating organizations and an estimated 1,500+ volunteers. To address a 7% growth in requests for support, we quickly pulled together a last-minute, pop-up in Dartmouth where an additional 200 households were greeted with freshly baked cookies, a holiday food hamper, and a gingerbread house. We also matched 3,769 households with gift support. We’re especially proud of our Hearts for Christmas program, which provided gift cards and hampers to 920 households with children. A special impact of this program is that parents were empowered with the resources needed to do the shopping themselves and bring the Christmas wishes of their little ones to life all on their own.

Food Inclusive Housing: We worked with Davis Pier on an innovation lab around food security as part of the province’s Poverty Reduction Blueprint. Together with community partners in Amherst, we designed and tested a prototype service called Food Inclusive Housing. For three months, participants paid for rent and food in a unified bill, chose the foods they wanted, and received a weekly delivery. At the end, people said they ate better for less money, had decreased stress, and more time in their day. We’re keen to help expand the program to other areas of the province.

Food Banks Canada: In June, we co-hosted a national conference with Food Banks Canada, exposing our members to opportunities, changes and trends through a peer network forum. Twenty-six of our member agencies participated in the conference; thanks in part to a $10,000 grant we secured through NS Department of Communities, Culture and Heritage to offer registration and travel subsidies. 94% of participating member agencies said the conference was an important learning opportunity, and 89% said it gave them ideas or support for new programs and processes.

“I’m a single mother who’s been through difficult and dark times. With your support, you shed a light of hope.”

Report to the community: Collaboration 2019-2020
We welcomed 381 new volunteers (almost three times more than the previous year) and matched them with meaningful opportunities.

Of those who volunteered, 650 were individuals and the balance helped out as part of a group experience. We were excited to see so many more corporate groups volunteer this year!

More than 3,600 volunteers contributed close to 30,000 hours to help every aspect of our organization.

### Top groups by hours

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<tr>
<th></th>
<th>2019-20</th>
<th>2018-19</th>
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<tbody>
<tr>
<td>Cape Scott</td>
<td>560</td>
<td></td>
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<tr>
<td>Manulife</td>
<td>350</td>
<td></td>
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<tr>
<td>Halifax West High School</td>
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<tr>
<td>Marsh Canada Captive Solutions</td>
<td>270</td>
<td></td>
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<tr>
<td>HMCS Cornerbrook</td>
<td>234</td>
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Woven in all we do: If you point to a collaborative effort from last year, we’ll point to countless volunteers that made it possible—some working quietly in the background and others loud and proud in the public eye. One thing’s for sure, wherever they put their time and talent to work in supporting our mission, their presence and impact are felt deeply.
“Being part of a company that values and encourages building community, it’s an obvious choice for me to volunteer at an organization that takes care of our community.”

Amanda Gour, Killam REIT

Holiday helpers: Volunteer hours peaked in November and December—326 individuals and 69 groups put in 3,533 hours in the six weeks leading up to Christmas to ensure Nova Scotians had extra support during the holiday season. Whether it was sorting food, packing hampers, answering phones, making calls, collecting donations, or delivering food, volunteers were a driving force to get it done.

Board planning session: As we move through the coming year, we’re excited to advance two new goals that surfaced at our Board of Directors strategic planning session in February.

- Lead an action-based innovation lab strategy, to create new, self-sustaining solutions that increase food security.
- Engage an inclusive network that facilitates dialogue and influences stakeholders, resulting in policy and legislation change to address systemic barriers to food security.
Our mission is to increase food security through food distribution, education, and collaboration.

The inaugural Q104 Thanksgiv’er fabricated by Cherubini was a huge success; just look at all that food! Having this awesome team from Walmart in our warehouse to kick off their Fight Hunger Spark Change campaign was a perfect way to finish the year.

From staff-led initiatives to generous funding, RBC’s commitment runs deep.

What came first: the chicken or the egg? Either way, we love all our poultry friends at Chicken Farmers of Nova Scotia, Egg Farmers of Nova Scotia, Eden Valley Poultry, and Egg Farmers of Canada.

Nothing puts a smile on our face like Tim Hortons Smile Cookie week.

One of 1,295 food pickups from Atlantic Superstore during the year. Love their commitment to food rescue!

2019-2020

Report to the community: Outstanding contributions
Our mission is to increase food security through food distribution, education, and collaboration.

CBC Cape Breton kicks off their annual Light Up a Life campaign with a live performance of A Suessified Christmas.

One of our favourite days of the year—CBC Feed Nova Scotia Day!

When the family of the late Ron Hanlon set up a tribute campaign, it had special meaning. His son Sean spent the day experiencing firsthand the work that meant so much to Ron while he served on our board.

C100’s Stuff-a-Bus presented by Scotiabank in partnership with ATU Local 508 and Halifax Transit.

Cheers to Bishop’s Cellar for raising $600,000 in 16 years of Case of Compassion.

A $50,000 surprise gift before Christmas.
Outstanding financial and in-kind support ($10,000+)

- Atlantic Superstore
- Sobeys
- Tim Hortons
- Walmart

- The Black Family Foundation
- The Edwards Family Charitable Foundation
- LIFT Family Fund
- Manulife
- The Stevens Family Foundation
- TD

Outstanding food support

- 100,000 kg +
  - Atlantic Superstore
  - Food Banks Canada
  - Sobeys
  - Walmart
- 25,000 kg – 99,999 kg
  - Charles Keddy Farms Ltd
  - Coca Cola Canada Ltd
  - Costco Wholesalers
  - den Haan Enterprises Ltd
  - Elmridge Farm Ltd
- 5,000 kg – 24,999 kg
  - Agropur Dairy Cooperative
  - Chicken Farmers of Nova Scotia
  - CTL Distributing
  - Eyking Brothers Farms Ltd
  - Gateway Meat Market
  - Harry Morse Farm
  - High Liner Foods Incorporated
  - Homeport Motel
  - Kraft Heinz Company
  - Kraft Heinz Canada
  - Maritime-Ontario Freight Lines
  - Midland Transport Ltd
  - Northwood Care - Christina and Hedley Ivany Place
  - Pete’s Frootique & Fine Foods
  - Spurr Brothers Farms Ltd

Financials

Visit feednovascotia.ca to see our complete audited financials for our 2019-2020 fiscal year.

Revenue
$16,375,860

Expenses
$16,124,406

- Donated food products (72%)
- Donations (16%)
- Appeals and events (7%)
- Grants (2%)
- In-kind donations (2%)

- Food procurement and logistics (84%)
- Community connections (5%)
- Fundraising and donor relations (4%)
- Administration (5%)
- Occupancy (1%)
- Member-designated donations (2%)

A heartfelt thanks to all those who helped us achieve our 2019-20 accomplishments, with a special note of acknowledgement to our dedicated staff team and Board of Directors.

- Nick Jennery, Executive Director