

2022
report to

OUR
COMMUNITY

feed
nova scotia

We work toward the day when policy catches up to people.

Nova Scotia's people are wonderful. Thoughtful. Understanding. Generous. If past years have taught us anything it's that we can rely on our people to step up, show compassion, and give. Despite the continued financial and social challenges posed by the COVID-19 pandemic, Nova Scotians never wavered in their support. Thanks to the people at member agencies, our volunteers, our staff, and countless others across the province, we continued to put food on the tables of those who needed it.

But policy-based interventions are not working as hard as our people. The root causes of food insecurity—systemic racism, low wages, precarious work, inadequate welfare rates, expensive housing and transportation, and lack of affordable childcare—can be solved only with better, more evolved policy decisions. So while we're taking this opportunity to celebrate the people who continue to make a difference, we remain determined to influence policy that creates fundamental, long-term change.

We're only as strong as our member network.

Our 140 member food banks, meal programs, and shelters are our boots-on-the-ground partners, the community touchpoint for so many people across the province. Despite continued challenges posed by pandemic-related restrictions, our network persevered with fresh ideas, new services, and open hearts. Here are just a few examples.

Removing transportation barriers

One of the challenges our members worked to solve was that of client transportation. Recognizing that many people couldn't access the help they needed because they had no way of physically getting to it, network members across the province rallied to find solutions. The Lunenburg Food Bank helped their clients book vaccine appointments, and helped them get to their appointment. The Queens County Food Bank and Fundy Interchurch Food Bank hired taxis to help their clients receive food support. And the North Sydney Community Food Bank and The Ally Centre of Cape Breton hosted vaccine clinics to help serve those who were closeby.

Better meeting needs

Fresh ideas came to life across the province too, as network members evolved their operating models to better meet the needs of their clients. The Bridgewater & Area Food Bank began

inviting people to visit more often—every two weeks instead of monthly. Brunswick Street Mission and Christ Church were among those who adopted new shopping models to offer more choice to their clients. And to help maintain social distancing, almost all of Nova Scotia's food bank members began offering delivery or curbside pickup service.

Making policy a priority

Yet another way members are going above and beyond is by further acknowledging the long-term challenge of systemic change—especially in regards to housing. Members have become much more aware and vocal about the role the cost of housing plays in people's ability to fulfil the necessities of life—like food. And they're demanding that policy changes make the right of shelter more affordable. Which, in turn, would make healthy food more affordable for those with lower incomes.

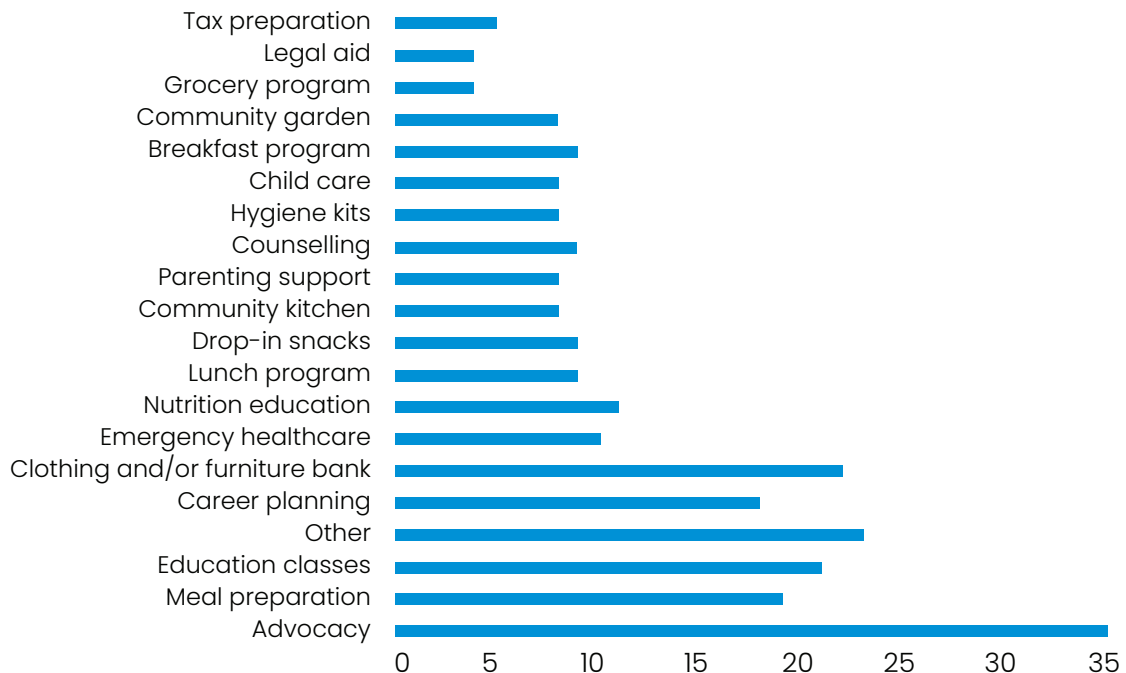


Sydney Mines Food Bank



So much more than food

Our member agencies go above and beyond to support people. They are critical hubs where folks connect to each other and a wide variety of services. The chart below illustrates the number of food banks and meal programs who offer other supports—in addition to helping people meet one of their most basic needs.





We'll keep providing food as long as there's a need.

We can envision a day when the root causes of poverty are addressed so fully that no one needs food support. But until that day comes, the simple fact is, there are Nova Scotians who need help right now. And so, Feed Nova Scotia and our members have remained and will remain committed to getting healthy food to those who need it.

We hit an organizational milestone this year, distributing more than 3 million kilograms of food—an increase of 4% over last year and 44% over the previous year.

3,061,961 kg

total food distributed (includes 2,582,887 kg to our member network and 479,074 kg through the COVID-19 Food Box Program).

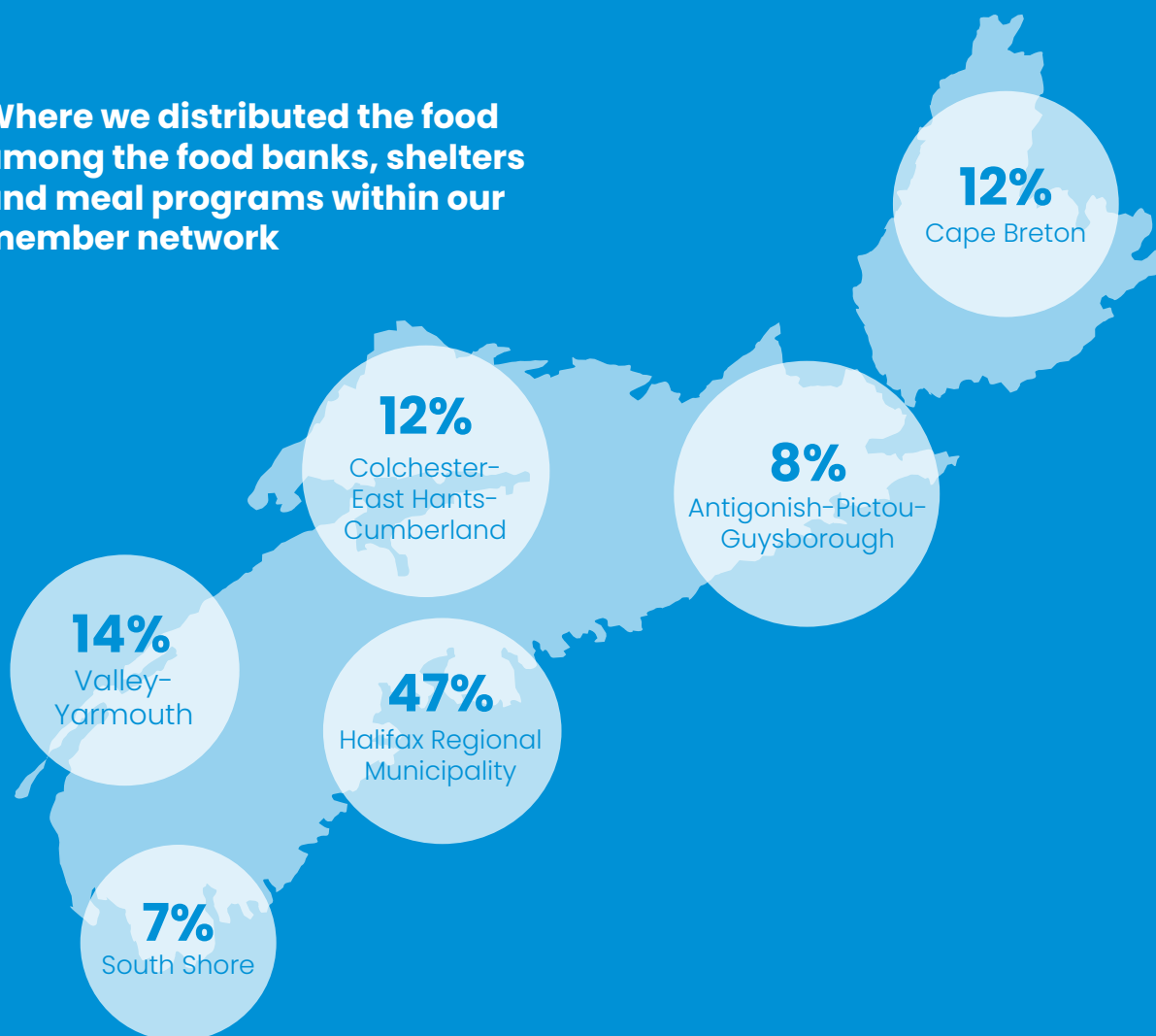
48%

perishable items like fresh fruit and vegetables, meat, and dairy.

21%

food that was purchased.

Where we distributed the food among the food banks, shelters and meal programs within our member network



Hunters Helping the Hungry

Protein is one of the critical nutrients that people need to get from their food, but sources of protein are often the most expensive foods to buy. So we're thankful that hunters have generously stepped up with the offer of wild game. During the 2021 hunting season, Nova Scotia's hunters donated 1,074 kilograms of deer, moose, and bear meat to Feed Nova Scotia and its clients. And in Truro, a deer cull saw even more deer meat going to food banks—with the hides donated to neighbouring Millbrook First Nation.

Eskasoni mobile market

About 30 per cent of Indigenous households experience food insecurity, which is a much higher rate than White households in Canada. Eskasoni is particularly impacted, with child poverty rates of 73 per cent. This year, through a partnership with New Dawn, we provided financial support for a mobile market, to help make sure that people got the food they needed. But we know this is only a small way we can help. We need to be advocating for Indigenous food sovereignty—the right to define and control one's own food and agriculture systems.



“When Feed Nova Scotia comes, we’re relieved, because we know we can feed our clients for another week.”

Christine Hoehne
Christ Church Food Bank





Potatoes, milk, and eggs

Nutrient-dense foods like these aren't often donated, but are in high demand by both agencies and the people they help. Last year, we saw a huge increase in our distribution of each. First, we were fortunate to be able to make regular milk and egg purchases. Second, we received truckloads of potatoes from Food Banks Canada and Second Harvest after exports of P.E.I. potatoes to the U.S. were suspended in November 2021. These donations resulted from collaboration between Agriculture and Agri-Food Canada and the P.E.I. Potato Board, providing relief for potato farmers and ensuring produce didn't go to waste.

Food recovery

Each day, one of our food distributors picks up surplus prepared and unprepared food in Dartmouth and Halifax from local donors and drops it off the same day to member soup kitchens and shelters on our food recovery route. We picked up an 210,000 kilograms of food this year to help support people experiencing food insecurity in the city.



Feeding Others of Dartmouth

Food box program

Funded largely by the Province of Nova Scotia, the COVID-19 Food Box Program is a province-wide food box home delivery service that we launched in early 2020. As the pandemic continued, this program continued to play a critical role in getting food to people who were unable to visit a food bank due to self-isolation, disability, transportation challenges, or other access difficulties.

Knowing the program was only ever intended to be short term, August 15, 2022 will be its last day of operation. Since it started, the program provided over 50,000 food boxes to 21,000 Nova Scotians through more than 17,000 deliveries.

We will be providing additional food and funds to several member agencies in high-need areas across the province to increase or start food deliveries in their region.

We are proud of the support the food box program was able to provide in a pivotal moment, but it is not a sustainable way for Feed Nova Scotia to address food insecurity. We are best positioned to continue leveraging the existing network to help our members support folks in your community and advocate for long-term, policy-based change.

Although there was never an intention for the food box program to continue, a decision like this is always tough as it will undoubtedly leave gaps in service and impact Nova Scotians. This is the heartbreaking reality of tackling societal problems with charitable responses, and it further reinforces the need for solutions that address the root causes of food insecurity.

“Clients very often want to talk. We are sometimes the only contact they may have that week. Food is one thing, but the human contact and compassion make a difference in people’s lives. And in mine too. I appreciate them as much as they do us.”

Scott
Volunteer, food box program





East Preston community kitchen

Compared to White households, Black households in Canada are 3.5 times more likely to be food insecure. Our approach to supporting Black communities in Nova Scotia starts with engaging the communities' leaders. In East Preston this year, we worked closely with community leaders in partnership with the East Preston Day Care Centre to develop and roll out a community kitchen and meal kit project—both perfect examples of what's possible when your goal is true collaboration.

Working on 'Wicked Problems'

To equitably increase accessibility to food support, we need to know the gaps in the system. We partnered with the Wicked Problems Lab at Saint Mary's University to examine the geographical distance between certain populations and our member food banks. Using Geographic Information Systems, our food bank and food box home delivery data, and census data, we found gaps in suburban Halifax, New Glasgow, and Sydney. This will allow us to make data-driven decisions to enhance our network and increase equitable access to food.





Help for the holidays

Through our Christmas Registry this past holiday season, we provided nearly 7,000 households—over 20,000 individuals—with food and gift support. Feed Nova Scotia supplied 3,998 produce hampers; 4,517 turkeys; 1,291 chickens; 278 vegan options; and 700 prepared dinners.

This holiday program, made possible through our partnership with 22 Feed Nova Scotia member agencies and 27 other community partners, also benefited from new processes that improved accessibility. Better communication—including Arabic translations, registration confirmation, and delivery details

and reminders sent by email and text—helped make sure people knew what to expect, and that they didn't miss the support delivery or pick-up they needed.

Through our Hearts for Christmas campaign, 1,040 households and 2,221 children received gift cards for gift support and a turkey and produce hamper, making holiday memories a lot brighter for many families.

“It really helps to know there are people out there who care so much about the difficulties people have in their lives. The Christmas season puts so much stress on me for being able to participate in the season and this alleviated some of that stress so I could enjoy it a little more.”
Christmas support recipient

Support beyond food

Our concern for the well-being of our fellow Nova Scotians goes beyond what's on their plate. So we also direct effort and resources to the other challenges people face—and the other necessities they need help accessing.

3,500 school backpacks

Back-to-school season is a stressful and expensive time for many families in the province. By distributing backpacks to member agencies, we help families with school-aged children celebrate the milestone rather than worry about it.

Personal essentials

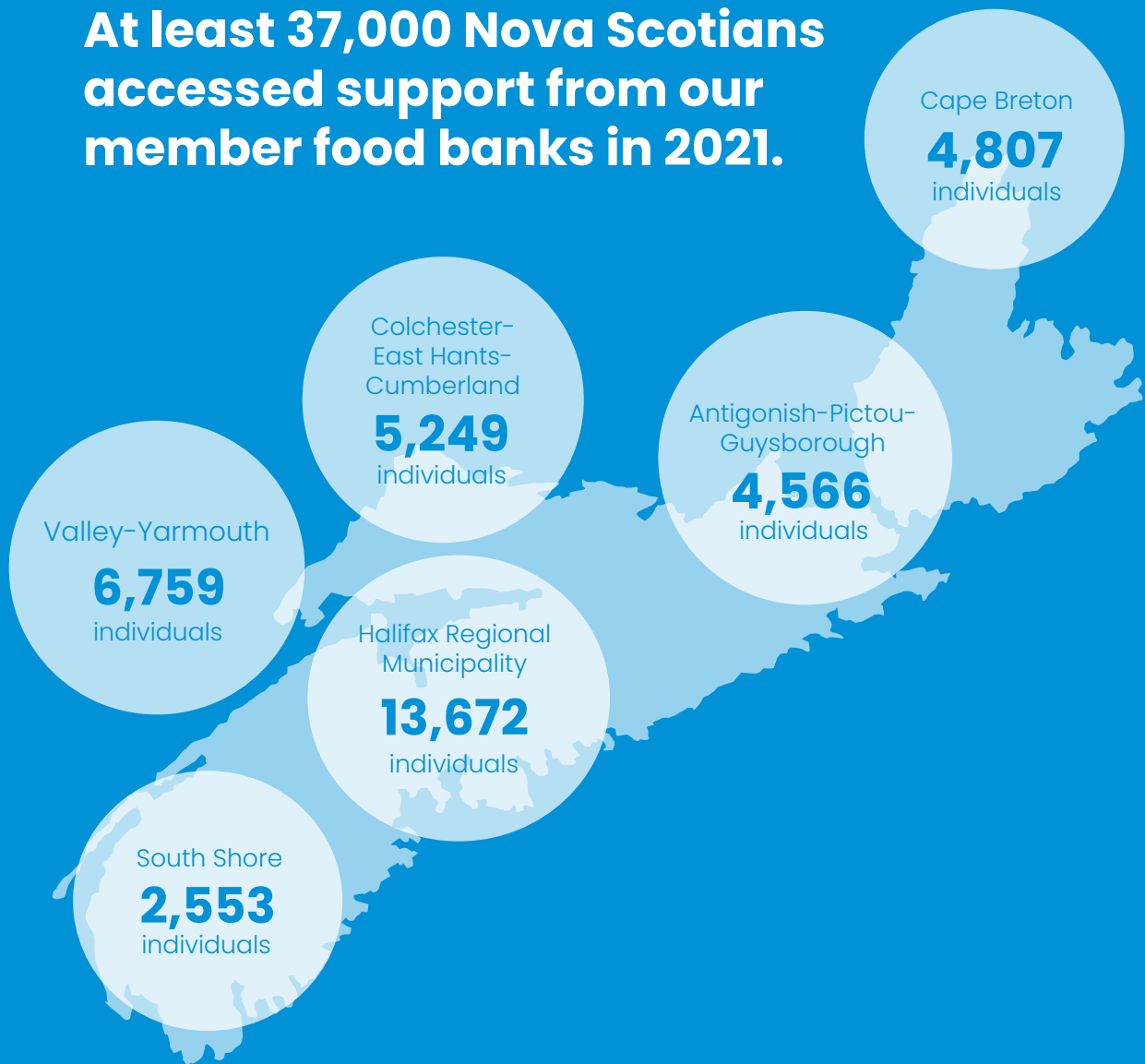
Nova Scotians who are challenged to buy nutritious food often have to make sacrifices when it comes to other life necessities. So we made a targeted spend on items like menstrual products, toothbrushes, toothpaste, and deodorant. These items are always appreciated, and can really help clients stretch their food budget further.

COVID-19 rapid test kits

To help keep Nova Scotians safe, we continued rapid testing on site for our staff and volunteers, and we distributed over 100,000 test kits among our member network across the province to give out to folk they support.

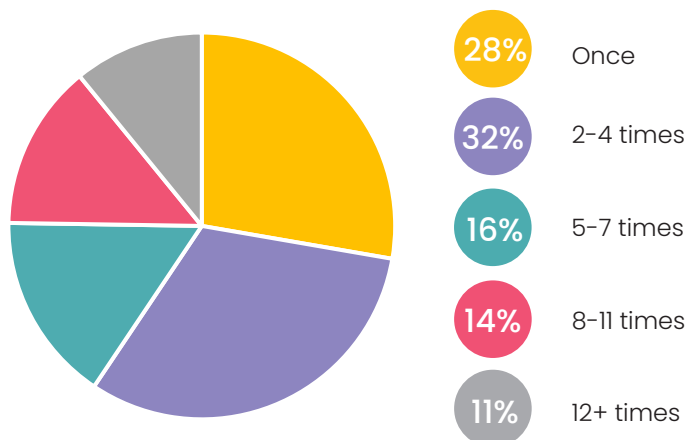


At least 37,000 Nova Scotians accessed support from our member food banks in 2021.



Frequency of visits

When people access support through our member food banks, most agree to have their visits counted in our database. This data helps inform the allocation of food to each food bank and a greater understanding of the support we're providing. By counting visits, we can infer that some households need food support on a transient or infrequent basis, while others face a more persistent need for food.



People are hurting. Systems are broken.

Here is a very small sample of the messages we've received from Nova Scotians who are struggling with food insecurity.

"I am a single father and a working professional, but I am having trouble providing adequate food for my kids. And I have very few options to visit a food bank during working hours."

"My family has COVID and I need help getting food."

"My husband has cancer and recently lost his job. We're at the point where I don't know what to do as we are almost out of food."

"I have been living outside since last year. I only have a Wi-Fi connected phone with no real service so getting call backs is difficult. Please help me receive some food."

"My friend is homeless and living in a motel with no way to get or prepare food."

"I've been living in my car since last fall. I work but use most of my money to run the car to keep warm."

"We have been going without eating and skipping meals. I have two part-time jobs, but it's just not enough."

"I have never used the food bank, but I have donated. Now I am wondering what I need to do to get some groceries for myself. I am a senior and need help."

"I'm mentally exhausted calling churches for support with my power bill and fighting with the power company. I'm not sleeping at night worrying about my children."

"I have bad anxiety so I do not leave the house or call people very often but I need help with food. How do I access support? Do I just show up?"

"I was wondering if I could get some food from you as I barely get by on my small disability support."

80%

of households on social assistance in Nova Scotia are food insecure.

2/3

of food-insecure households are reliant on income from employment.

47%

of adults who report not following drug prescriptions because of the cost are food insecure.

1 in 4

households that rent their accommodations are food insecure.

Over 1 in 10

Nova Scotians are unable to afford the cost of a basket of goods and services necessary for a basic standard of living.

Source: PROOF

Speaking out for bold policy change.

As long as there are Nova Scotians who need support, we'll be there to help put food on tables. At the same time, we're equally committed to putting food security on the government's agenda—because charity is not a long-term solution. Food insecurity is a symptom of poverty, unemployment, and a broken system. To solve the problem we need government commitment and support. Here's a small snapshot of some advocacy approaches and tactics we employed this year.

New policy expertise on staff

Pushing for systemic change takes advocacy. As a provincial organization with influence and a credible voice, we continue to raise awareness of food insecurity and advocate for long-term change. This year, to amplify our voice and maximize our message, we hired a full-time policy analyst. We're now better-positioned than ever to demonstrate our commitment to advocacy, and move the needle on addressing the root causes of food insecurity.

Our budget submission

In our submission to the Government of Nova Scotia budget consultation, we proposed three ways the Province could improve food security:

- 1) Increase income support by implementing a basic income pilot for three years, and raising Income Assistance rates by \$100/month in 2022 and continuing raising them until they reach the Market Basket Measure threshold (i.e., income required to obtain a specific basket of goods and services required for a modest, basic standard of living).
- 2) Increase housing support by increasing the Canada-Nova Scotia Targeted Housing Benefit subsidy to be equivalent to the difference between 30% of a tenant's income and average market rent in their community.
- 3) Increase prescription support by funding severely food-insecure households for membership-based prescriptions, and waiving or reducing the deductible after the co-pay in some Pharmacare programs.



“The housing crisis has ballooned in tandem with this kind of disaster of the pandemic. Add that to the stagnation of wages, the skyrocketing cost of living, and housing increasingly being seen as an investment opportunity rather than a social good, and we’ve created a “perfect storm” for the crisis we’re seeing today.”

Jeff Karabanow, Out of the Cold
As reported in Global News, December 2021

Media opportunities

We are grateful to be an organization the media comes to when issues related to food insecurity are in the news. This year more than ever, we used those opportunities to reinforce our message that while the work we do to provide food support is critical, we can’t address systemic problems with charitable band-aids.

Build something better

This year we created a simple but impactful new video, titled “Let’s build something better,” to help us spread the word about the fundamental inequities that lead to food insecurity, the power of our network, the generosity of Nova Scotians, and the advocacy work that we continually hope will lead to systemic change and real solutions.



Innovation and Learning Lab

Sustainable policy-based solutions to food insecurity will take time. While we advocate to advance these efforts, thousands of Nova Scotians need support and we need to ensure they can access it in a dignified way. We are committing new resources to explore more effective and equitable community-led support options.

Through an Innovation and Learning Lab, Feed Nova Scotia will explore, develop, and test new approaches to meeting the needs of food-insecure Nova Scotians.

This new initiative is a result of extensive systems change work we did in 2021 with The Outside, and over 20 stakeholders representing a variety of organizations in Nova Scotia and across the country.

Innovation labs, by their very nature, are about trying several different approaches with the knowledge some will work and others won't, but that all efforts yield valuable learning to share and build upon.

Nova Scotians with lived experience will be at the forefront of the Innovation and Learning Lab and those involved will be fairly compensated for their contributions.

And, knowing equity-deserving groups are disproportionately affected by food insecurity, the Innovation and Learning Lab is committed to centering these communities in everything we do.

Our commitment to equity, diversity, and inclusion

Equity in food security is only possible when we have equity in society as a whole. But as long as some groups face systemic challenges that other groups do not, we have work to do—in every part of our organization. Over the past

year, we've continued our efforts to centre diversity, equity, and inclusion, knowing it's not a one-time event, but a daily commitment. Here are a few examples we're proud to report to our community:

- Wages remain a visible sign—and consequence—of inequity. We hired an external firm to do a compensation review to ensure we don't have gender pay gaps, that we're paying a living wage, and that our pay equity policies are transparent.
- Recognizing that federal and provincial statutory holidays don't reflect the diversity of our population, we introduced floating holidays for our staff so they can celebrate or acknowledge the events and traditions that are important to them.
- We've built critical relationships with other community organizations to proactively build diverse pools of candidates in our recruitment efforts. We know we can effect more change if our employees, their identities, and lived experiences are more reflective of the communities we work with and live in.
- National Day for Truth and Reconciliation is an annual reminder of the horrors that result from systemic inequity. In order to encourage staff and volunteers to reflect on these issues, our policy is now to close the office on this day.
- Whenever possible, we committed to buying local, and supporting and encouraging supplier diversity. For example, staff and volunteer recognition activities include buying from small BIPOC businesses.
- Pronouns are a small, but meaningful way to help create an inclusive environment that respects everyone's gender identity and encourages people to bring their full self to work. Thanks to our friends at the North Grove for the idea to put educational posters up around the office about the importance of pronouns. We're all pushing each other to make gender-neutral language our go-to and it has opened the doors to deeper conversations about inclusivity.
- Our board of directors formed a JEDDI (Justice, Equity, Diversity, Decolonization and Inclusion) committee; added equity, diversity and inclusion as a regular agenda item at all board meetings; and adopted an equity lens document through which board decisions are now reviewed.



Our volunteers make it possible

Volunteers are such a critical part of Feed Nova Scotia's organizational fabric, so when the pandemic hit in 2020, the stark contrast of not having them around had a huge impact. While the last year was a little bit easier, our warm welcome back to our volunteers didn't last as long as we would've liked.

Weathering the COVID waves

COVID-19 continued to create challenges for our volunteer program, but we rolled with the punches. After opening our warehouse to volunteers, the third wave hit not long after, and we had to limit shifts once again. We made it our priority to stay connected to those that couldn't come in, hosting online coffee meet ups, virtual bingo, and town halls. And the small group of volunteers who were able to safely be in our space stepped up in a big way, taking on anywhere between two and five shifts per week! We are so grateful for the team effort to help us get the job done and our volunteers' willingness to stay in touch with us and our work.

Getting folks behind the wheel

Volunteer drivers can be hard to come by, and this year that problem became mission critical. Without volunteer help behind the wheel to complement our staff food distributors, it becomes much harder to get food from our warehouse to our 140 member agencies across the province. Fortunately, after some concentrated recruitment efforts, and some amazing word-of-mouth promotion from our own volunteers, we managed to fill those spots and feel good knowing we had a reliable crew to ensure our regular deliveries were in good hands.

391

active volunteers helping out in every aspect of our organization.

25,154

hours contributed by volunteers this year.

24

volunteer groups helped us out in the warehouse.

\$54,289

collected at off-site events by our volunteers.

14,480

food boxes delivered by volunteers.

257,000

kilometres collectively travelled by our food box volunteers.

431

hours contributed by one volunteer, Norma Searle, in one year. John Stone and Bob Johnson were close to follow, with 418 hours each. Amazing!

People's generosity never fails to exceed our expectations.

As the pandemic continued—and along with it the employment and financial challenges that many people and organizations faced—we continued to worry that donations would

drop. But once again, generosity triumphed over anxiety. We experienced another year of exceptional support from our community. We thank you all, from the bottom of our hearts!



NSLC

Three cheers for the team at NSLC, who mobilized to address food insecurity with big heart and determination! Whether they're making the holidays brighter by volunteering in our warehouse and fundraising for Hearts for Christmas, bringing the team spirit and food at The BIG Feed (and winning the most collected food award!!), or strengthening communities through their in-store pop ups, we're so grateful. Together, they raised \$186,000 allowing us to provide food banks across the province with enough food for 280,000 meals.



Tim Hortons

Smile Cookies raised record-breaking funds in their big 25th anniversary year! Feed Nova Scotia received an incredible \$141,220 from Smile Cookie proceeds in Halifax Regional Municipality, allowing us to distribute enough food for 211,000 meals. Restaurants in the Cape Breton Regional Municipality raised another \$91,096 for our member food banks in that area. Thank you, Tim Hortons restaurant owners, team members, and guests for fueling our ability to support food-insecure Nova Scotians and advocate for long-term change.



Sobeys Inc.

Once again, Sobeys Inc. stepped up with outstanding support this year. All together, their contributions allowed us to distribute enough food for over one million meals. Whether through our Giving Tuesday matching campaign, food donations all through the year, or their in-store holiday campaign at Sobeys, Lawtons, Foodland & Participating Co-ops, Needs, and Fast Fuel stores, we can always count on the Sobeys team to help provide our neighbours across the province with the support they need.



Food Banks Canada

Wow, did Food Banks Canada ever knock it out of the park with incredible support for the national network, of which we're grateful to be the provincial association for Nova Scotia. We received 380,000 kg of food, including 10,360 healthy food packs for school-aged kids to help fill the gap when school-based food programs close for summer. Through Food Banks Canada, we also received an outstanding grant of \$651,617 from Agriculture and Agri-Food Canada's Emergency Food Security Fund to support three special projects: \$25,000 for our East Preston community kitchen collaboration; \$117,617 to purchase and distribute eggs and milk; and \$509,617 to provide grocery gift cards for our members.



Walmart

An all-hands-on-deck approach meant another great year of support from our friends at Walmart. Their 2022 Fight Hunger Spark Change campaign raised \$149,826 for Feed Nova Scotia and \$75,930 for several of our member agencies. A special shoutout to this awesome crew in Sydney. As the top fundraising store, their efforts alone meant we could deliver enough food for 27,000 meals for local food banks. We also loved welcoming nine Walmart groups to our warehouse to volunteer.



Atlantic Superstore

Atlantic Superstore's love of community runs deep, and we're always grateful to be part of that. When the Halifax Pride parade was cancelled due to COVID-19, we happily joined them for a celebration in their Barrington Street store parking lot. Their fundraising efforts this year also gave us much to celebrate. Their two big food drives raised \$71,952 and 24,000 kilograms of food for Feed Nova Scotia and \$87,482 for several of our member agencies.

"I just want the community to know that in supporting Feed Nova Scotia, you're providing essential supports to some of the community's most vulnerable."

Kayleigh Smith, Elizabeth Fry Society



Channelling passions

We love when people use their creativity and talent to support our cause. Richard Ramcharan of Unconventional Fitness raised \$1,100 by helping people work on flexibility, strength, and power through Animal Flow classes. "I have a natural passion for food and helping others, so supporting Feed Nova Scotia was a logical step for me."

been proud to receive over 1,865 kg of food and \$2,030 from this awesome big-hearted, young entrepreneur.

Student community leaders

High school senior Sarah MacDonald-Miles brings a "meet it or beat it" goal to their Halloween drive each season. What started as a small door-to-door initiative in grade seven, grew into a community-wide effort five years later. Sarah even started a business called Links of Love to raise more funds. In total, we've





Celebrating a milestone

To recognize the 25th anniversary of Mastodon Ridge, owners Bill and Sue Hay hosted a mini golf fundraiser at the iconic Nova Scotia attraction to support food banks in the Colchester area, and made a \$25,000 donation to Feed Nova Scotia. "Growing up and having spent my career in the food industry I know the importance of giving back to community and supporting organizations such as Feed Nova Scotia," said Bill. We were honoured to be part of this occasion.



Young changemakers

We loved meeting two nine-year-old go getters this year. Jola started baking and selling cookies in his neighbourhood as a way to connect with his community, and raised \$176 for Feed Nova Scotia. He says it's one of the greatest experiences he's had since his family arrived in Canada. Dawson, has been asking his friends and neighbours to support his fundraising efforts for over four years. Each time, he carefully takes the money collected and goes grocery shopping, ensuring he gets the best food he can. This time around he brought in 780 kilograms.



The BIG Feed

Our staff was thrilled to be among 14 teams participating in The BIG Feed, an event organized by GIVETOLIVE. Spirits and energy were high as, collectively, teams walked 116 kilometres throughout Halifax and Dartmouth, raising \$17,000 and 1,587 kilograms of food.



Photo: Greg Mosher



Halifax Burger Bash

In a great burger, every ingredient plays a key role. The same is true for Halifax Burger Bash. And we're so grateful to everyone who made this year a huge success, raising \$124,816. Thanks to the restaurants, who've faced an uphill battle; the diners, who came out in full force to gather around a table to enjoy a meal with friends and family; and The Coast, whose dedicated staff fuels the fun and brings us all together to celebrate our amazing food scene in the city we love.

Q104 Thanksgiv'er

Folks at Cherubini Metal Works Limited, Q104 FM, Sobeys, Pete's Frootique & Fine Foods, and Halifax Wanderers gave with all their might organizing this year's Q104 Thanksgiv'er. When all was said and done, they brought in enough food for over 49,000 meals, including 14,899 kg of bulk non-perishable food; 1,242 kg of fresh blueberries, strawberries and oranges; and 6,290 kg of pre-packed non-perishable hampers.

Stuff-a-Bus

We loved celebrating the 30th anniversary of Stuff-a-Bus this year! We raised over 18,000 kg of food and \$9,400 from nearly 100 schools, businesses and individuals. Special thanks to everyone for making this anniversary one to remember, including ATU Local 508, Halifax Transit, Scotiabank, Halifax's MOVE 100, our volunteer groups, and those who donated.





Holiday parades

What a joy to be out in the community again for parades! We were thrilled to raise \$10,740 and 960 kilograms of food at the Saltwire Parade of Lights and \$4,642 and 485 kilograms of food at Light Up Bedford!

50/50 raffles

People love the excitement of a 50/50 and our fall, holiday, and spring raffles raised an incredible \$112,157. Special thanks to our friends at Trout Point Lodge for providing us with an all-inclusive prize pack to add extra energy to our early-bird draw, and to our sponsors, Mr. Lube and 89.9 The Wave.



Case of Compassion

This year's Case of Compassion campaign was our best to date! Feed Nova Scotia received 25% of sales and, even with this year's offering of free delivery, that meant net proceeds of over \$55,000! Our continued gratitude to our partner of 18 years, Bishop's Cellar, whose leadership enabled us to provide home delivery and extend the campaign to everyone outside HRM for the first time ever.



Nova Scotia Kitchen Party

From the community built, to the kindness inspired, there's a whole lot of goodness wrapped up in the Ultimate Online Nova Scotia Kitchen Party. Organizer Heather Thomson highlights their motivation for raising \$65,531 this year: "So many Nova Scotians struggle with food security on a daily basis, so it's really important to us, at the Ultimate Online Nova Scotia Kitchen Party, to use the power of music to give back to the community that has helped us to bring joy to so many. The work that Feed Nova Scotia does is invaluable and we are proud to support their work of making people's lives just a little easier."



AndyVent

Each year, Andy Bowers (aka Halifamous evilpez4 on social media), rallies the local business community and his online followers during the holiday season to support our cause. This year he surpassed his goal of \$25,000 and his AndyVent Calendar raised an outstanding \$41,800!

Outstanding financial support

\$10,000+



Black Family
Foundation



The Edwards Family
Charitable Foundation



Flemming Charitable
Foundation



Marian
Fund



medsup



In memory of
Webster Sweet



Holly Murphy-Stenton
and Ted Stenton



The Windsor
Foundation

Thanks, also, to those who prefer anonymity
or haven't consented to recognition.

Among the incredible support we received this year was our largest financial gift ever. While we've been asked to keep the source of this momentous \$1.4 million donation anonymous, we couldn't let the opportunity go by without a special mention, in hopes that this donor will feel our deep appreciation for the kindness and generosity they've shown.

Outstanding food support

100,000+ kilograms

Atlantic Superstore
Costco Wholesalers
Food Banks Canada

Sobeys
Walmart

25,000 – 99,999 kilograms

Basinview Farms
Charles Keddy Farms Ltd.
Den Haan Enterprises Ltd.
Egg Farmers of Canada
Elmridge Farm Ltd.

Saputo Dairy Products Canada
Sawler Gardens
Second Harvest
Sysco Atlantic
Vermeulen Farms Ltd.

5,000 – 24,999 kilograms

Agri Growers
Agropur – Farmers Co-Operative Dairy Ltd
Apple Valley Foods Inc
Canada Bread
Coca Cola Canada Ltd
Conrad's Transport Ltd.
Food Depot Alimentaire
Gateway Meat Market
High Liner Food Incorporated
Melvin Farms Ltd
Mercury Food Service

Midland Transport Inc
Nova Agri Inc.
Ocean Crisp Apple Company Inc
Outcast Foods
Sable Warehousing & Distribution Ltd
Spurr Brothers Farm Ltd
Stokdijk Greenhouses
TDL Group Corporation
Van Meekeren Farms Ltd



Reflecting on the year and looking ahead

Sylvia Parris-Drummond, Board Chair



To begin, I acknowledge those who have gone before me and those on whose shoulders we stand. I value their contributions, first-voice experiences, and actions born of insights into future possibilities.

In reflecting on the year that has passed, I extend deep appreciation to those who looked to us with confidence to help meet their basic food needs. And I thank those who enabled us to meet those needs: donors, volunteers, member agencies, government, collaborative partners, and staff.

I appreciate my Board colleagues. They share their skills and talents freely. We hold ourselves accountable to Feed Nova Scotia's vision and to grow and learn. Our role is to create the big picture while staff brings that picture to reality.

As an organization, we have emerged strongly from year two of the pandemic with collective effort, focus on our purpose, and a growing commitment to be known for living the values of equity, diversity and inclusion. More than ever, we are positioned to advance our goals around advocacy and innovation.

As we move forward, we can't predict what is over the hill but to those we serve and embrace, be assured we are climbing that hill with gusto. We are equipping ourselves with the knowledge that comes from diverse board and staff teams. We are confident and humble. We need to partner and do so widely and wisely. We need to be comfortable with being uncomfortable—we are. We reflect on our practices, and we offer ourselves as support and friendly critique to public and private sector bodies who profess they want to change and do better.

We take the future with the philosophy of roots and wings: Rooted in our values and truths and winging forward on winds of innovation and change.

2021–2022 Board of Directors

Sylvia Parris-Drummond
Delmore "Buddy" Daye Learning Institute

Maxime Lessard
PricewaterhouseCoopers LLP

Lisa Haydon
Pivotal Coaching

Robert Strang
Nova Scotia Department of Health & Wellness

Nadine Bernard
Slow Cooked Dreams Consulting
& Indigevisor Advisory & Consulting

Kristen Hollery
St. Paul's Family Resources Institute

Mohammad Ali Raza
Cox & Palmer

Ahmad Hussein
Scotia Dental
Ummah Mosque & Community Centre

Jeff Hillyard
BMO Bank of Montreal

Patricia Bradshaw
Sobey School of Business, Saint Mary's University

Roddy Macdonald
Linx Strategies Inc.

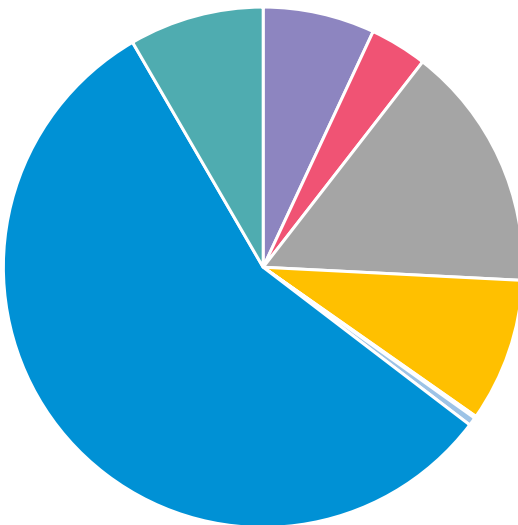
Miranda Mavhunga
BDO

Financials

In a year with higher than usual revenue and expenses, we're grateful for an operating surplus, which provides critical flexibility and assurance as we continue to support our community and navigate uncertain economic challenges ahead.

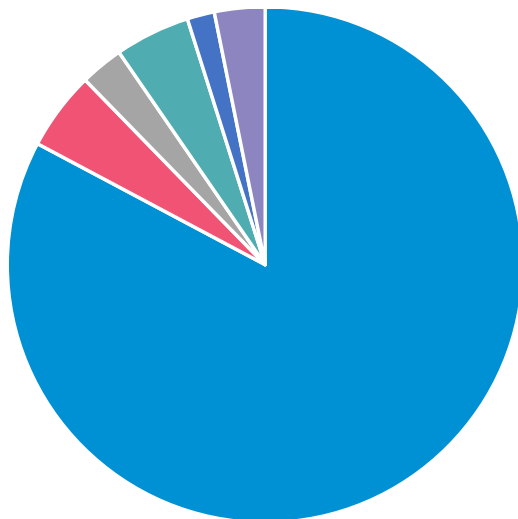
Revenue

\$25,031,376



Expenses

\$22,687,166



Find our audited financial statements for the period of April 1, 2021 to March 31, 2022 at feednovascotia.ca.

A heartfelt thank you to our community

We are so grateful for your continued support
and passionate drive to create a province
where everyone can thrive.

