Stories of support from 2015-2016



Food is the first step to success

We distribute food weekly to Family SOS in Halifax, and brothers Riley and Nate look forward to seeing what meals or healthy snacks they can make from the delivery.

Program Coordinator Ben Rodgers says having a reliable source of food allows the organization to focus on building strong families. "To be able to remove the barrier of hunger is a fundamental first step in building successful people." When people have food, good things happen.

Message from our Board Chair and Executive Director

Try receiving \$20 from a beaming six year old, or hosting a 13-year-old's birthday in your warehouse. Experience the energy rush when corporate teams show up at your door with their sleeves rolled up willing to do whatever we need.

It's not surprising our team did more with less this year. Operating within a balanced budget and working together with our member agencies as a stronger more unified network, we supported an increased number of Nova Scotians.

More of our member food banks and meal programs and their clients sat down in front of our cameras to talk about the impact of community support. The videos on our YouTube channel demonstrate the tangible impact of donations, and bring the issues closer to home. We are honoured to share their stories.

The operating models of our member agencies are evolving, and with it, our focus on how best to empower them. But despite the changes, food will remain a core deliverable. With three newly-leased trucks, and the new Food Bank Tax Credit for Farmers, we're ready to distribute more fresh produce so individuals and families have greater access to nutritious, local food.

We will continue to stay relevant by telling the stories that connect and engage. We will work closely with our network and other organizations to help empower Nova Scotians in need to get to a better place.

It's about so much more than putting food on the table; it's about believing in people and investing in our communities. To all those who made this year an incredible story of impact and success, we thank you for taking the initiative. To the Nova Scotians whose lives are touched by hunger, we are here for you.

Thomas Kozloski **Board Chair**

Nick Jennery Executive Director



Haylo

Catherine Gaulton Nova Scotia Health Authority

Cindy Jeffrey ADP Canada

Board of Directors

Nelson Angel

Heather Austin RBC Royal Bank

Michael Brown Clean Simple

Kim Burns Hants North Community Food Bank

Susan Hazelwood Dartmouth First Baptist Church Food Bank Paul Kidston Sales Training Experts

Thomas Kozloski Saint Mary's University

Chris MacIntvre McInnes Cooper

David Miller Chartered Professional Accountant

Rosalind Penfound Nova Scotia Community College

Chaz Thorne Standing 8 Productions

Robert Williams Supreme Court of Nova Scotia

Our mission

is to feed those in need, and to reduce that need.

Our vision

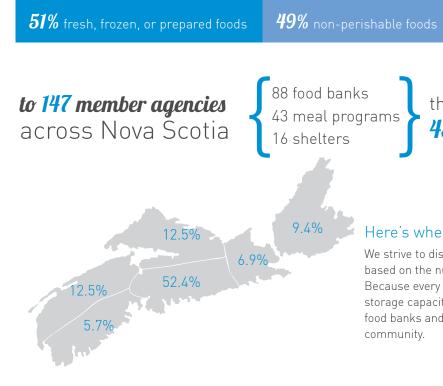
is a province where no one goes hungry.

We're proud to be a team

that goes the extra mile

When the rain poured down at the Chronicle Herald Holiday Parade of Lights, it didn't dampen our resolve. We forged on, powered by smiles and community support, to raise critical food and funds. At the end of the day, no matter what's happening, there are Nova Scotians relying on us to help put food on the table. This reality drives us to be better, to adapt quickly, and to always be open to new, creative solutions.

We distributed 1,763,983 kilograms of food



Tee



that collectively supported 43,682 Nova Scotians.

Here's where the food goes.

We strive to distribute food to our member agencies based on the number of people they support each month. Because every agency is different, factors like size and storage capacity come into play, but we work hard to help food banks and meal programs meet the need in their community.

`If you give back, that means you understand the magnitude of the help that you got."

Kenneth left Zimbabwe more than four years ago to pursue education and opportunity at Saint Mary's University. After second year, when his funding stopped, he faced food insecurity. He worked at times when he should've been in class, or missed a tutorial while trying to get to a food bank across the city. The stress took its toll.

When the Community Food Room opened on campus, it gave him breathing room. He didn't have to choose between finding food and going to class—he had stability and peace of mind. We were proud to start delivering food to the campus food bank shortly after they opened and joined our member network.

Kenneth has big plans to give back after graduating. Through his career he wants to help create sustainable change in low-income communities.

43,682 Nova Scotians used a food bank in 2015

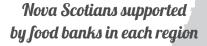
and were collectively supported 204,555 times.

13 were children



25,254 households

were collectively supported by food banks 99,995 times.



5,814

19,220

2,953

This breakdown doesn't include the thousands of Nova Scotians supported by meal programs, shelters, and soup kitchens, the majority of which are located in HRM.

3,029

Source: Based on statistics collected by participating member food banks that submitted to FEED NOVA SCOTIA's client registry as of June 2016.

"I was grateful the food bank was here, not just for me, but for anybody who needed help."

Laura moved her family of two to the Annapolis Valley when their doctor recommended it as a great place for children with special needs. She reached out to the Upper Room Food Bank for support during the tough transition period.

"It relieves some headaches, some tension, and some worry, knowing that for an amount of time there is food on the table when you need it-when I needed it." She now gives back by volunteering at the food bank. She has also found a job, and her son is thriving.

She sums up their future in four words:

"The sky's the limit."

Our members

Valley-Yarmouth

Annapolis Area Food Bank Society Berwick Food Bank Bridgetown & Area Food Bank Canning Area Food Bank Clare Food Bank Digby & Area Food Bank Fundy Interchurch Food Bank Hantsport & Area Community Food Bank Harvest House Community Outreach NSCC Annapolis Valley Campus (Middleton) Twelve Baskets Food Bank Upper Room Food Bank Association Weymouth Area Food Bank Windsor & District Food Bank Wolfville Area Food Bank Yarmouth Food Bank Society

South Shore

Bridgewater Elementary School Breakfast Program Bridgewater Interchurch Food Bank Food For Thought Breakfast Program Lighthouse Food Bank Society Lunenburg Interchurch Food Bank Mahone Bay Area Food Bank Association New Germany Area Food Bank Queens County Food Bank Shelburne Loyalist Food Bank South Shore Family Resource Association

Amherst Food Assistance Network Association Colchester Community Support Society Hants North Community Food Bank Indian Brook Food Bank Neighbours Helping Neighbours Oxford & Area Food Bank Association Parrsboro & Area Food Bank Society Pugwash & Area Food Bank Salvation Army Family Services (Truro) Salvation Army Springhill Community Church Shumilacke Food Bank Society

Adsum Court Alcare Place Ark Outreach

Colchester-East Hants-Cumberland

Halifax Regional Municipality

A.J. Smeltzer Junior High School Adsum Centre for Women and Children

- Adsum House
- Alice Housing
- Bayers Westwood Family Centre
- Bayers Westwood Residents' Association Food Bank
- Beacon House Interfaith Society
- BFEC Bedford Education Centre
- BFEC Forsyth Education Centre
- Brunswick Street Mission Breakfast Program
- Brunswick Street Mission Food Bank
- Canadian Mental Health Association (Dartmouth Among Friends)

Canadian Mental Health Association (Halifax Caring & Sharing) Cole Harbour/Woodside United Church Food Bank Community Food Room (Saint Mary's University) Community YMCA Connections Clubhouse Connections Dartmouth (New Beginnings Clubhouse) Corp. of Christ Church Cunard Learning Centre Dalhousie University Student Union Food Bank Dartmouth Family Centre Dartmouth First Baptist Food Bank David's Place Demetreous Lane Food Bank East Dartmouth Christian Food Bank Association Eastern Shore Volunteer Food Bank Elizabeth Fry Society Emmanuel Anglican Church Food Bank Family SOS Feeding Others of Dartmouth Margaret House Freedom Foundation of Nova Scotia Gateway Community Church Greystone Community Centre Association Halifax Transition House Association - Bryony House Halifax West Ecumenical Food Bank Helping Hands Food Bank (Church of the Holy Spirit) Highland Park Junior High School Jesus House Halifax John Martin Junior High School Breakfast Program Laing House Lake Echo Community Food Bank Lockview High School Food Bank Mainline Needle Exchange

Manna For Health Marine Communities Food Bank Society Metro Non-Profit Housing Association Dartmouth Metro Non-Profit Housing Association Halifax Mic Mac Native Friendship Society Mount Saint Vincent University Students' Union Food Bank Mulgrave Park Tenants Association North Dartmouth Outreach Resource Centre Society Out of the Cold Shelter Phoenix Youth Programs - Coburg Road Phoenix Youth Programs - Hunter Street Phoenix Youth Programs - Tower Road Prince Andrew High School Youth Health Centre Prince Arthur Junior High Breakfast Program Rainbow Food Bank Regional Independent Students Association Salvation Army Dartmouth Community Church Salvation Army Family Services (Halifax) Salvation Army Halifax Centre of Hope Shelter Nova Scotia (Barry House) Shelter Nova Scotia (Metro Turning Point) Shelter Nova Scotia (Nehiley House) Shelter Nova Scotia (Sir Sandford Flemming House) SHYM - Supportive Housing for Young Mothers St. Agnes Junior High School Breakfast Program St. Andrew's Church Supper Program St. Clement's SVDP St. George's Soup Kitchen St. George's YouthNet St. James United Church Food Bank St. Margaret's Bay Food Bank St. Mark's Food Bank

St. Matthew's United Church Breakfast Program St. Paul's Family Resources Institute Inc. St. Paul's SVDP SUNSCAD (Student Union of Nova Scotia College of Art & Design) The Marguerite Centre The Stepping Stone Association Victoria Road Baptist Church Food Bank

Antigonish-Pictou-Guusborough

Antigonish Community Food Bank Canso & Area Food Bank Association Guysborough & Area Food Bank Society Pictou County (East) Food Bank Pictou West Food Bank Salvation Army Westville Corps. St. Francis Xavier University Student Food Resource Centre

Cape Breton

Barra Food Bank Society CAW Louisbourg Food Bank Society Eskasoni High School Breakfast Program Glace Bay Food Bank Society Helping Hands South of Smokey Inner City Churches - Loaves and Fishes Society Isle Madame Food Bank

North Sydney Community Food Bank Port Hawkesbury Food Bank Society Port Hood Food Bank Salvation Army Sydney Community Church St. Louis Community Services Committee St. Theresa's Food and Clothing Depot SVDP Society St. Leonards Sydney Mines Food Bank Society The Ally Centre of Cape Breton Unama'Ki Training & Education Centre

"Food isn't just about physical nourishment. It's about camaraderie and nourishing the soul."

Heather MacDonald Coordinator, Oxford & Area Food Bank Association

"I want everyone coming in to feel special, and for them to leave feeling that they were heard and they were taken care of."

Being there for Nova Scotians living with food insecurity is about so much more than handing out food. The support Kelly Currie and the rest of the staff and volunteers at the Salvation Army Dartmouth provide is proof. From anger management classes and a moms and tots program, to budgeting, cooking classes, and senior foot care, they give respect, dignity, and hope to those who walk through their doors.

We're proud to support their efforts by making regular food deliveries. Kelly says the reliable support means they don't have to spend as much money on food, and that people always appreciate having access to the fresh produce we provide.

So much more than food

Sometimes a listening ear can be just as critical as a bag of groceries. Knowing this, many of our members take a holistic approach to hunger, ensuring individuals and families in their community not only receive food, but find opportunity and hope too.

What's under the roof of our member agencies?

tax preparation *nutrition classes* children's programs referrals job searches compassion Community care budgeting food books a listening ear gardening parental support empathy

Our network is proud to uphold Food Banks Canada's Ethical Food Banking Code

• Provide food and other assistance to those needing help regardless of race, national or ethnic origin, citizenship, colour, religion, sex, sexual orientation, income source, age or mental or physical ability.

• Treat all those who access services with the utmost dignity and respect.

• Implement best practices in the proper and safe storage and handling of food.

• Respect the privacy of those served, and maintain the confidentiality of personal information.

• Not require payment of any kind for donated food or consumer products, at any time from those assisted by their respective programs.

• Acquire and share food in a spirit of cooperation with other food banks and food programs.

• Strive to make the public aware of the existence of hunger, and of the factors that contribute to it.

• Recognize that food banks are not a viable long-term response to hunger, and devote part of their activities to reducing the need for food assistance.

• Represent accurately, honestly and completely their respective mission and activities to the larger community.

Strengthening the network by bringing everyone together

A question from a member agency got the ball rolling for our first Day of Sharing presented by TD Bank Group: "What are others doing?" This curiosity echoed across the province, so we knew it was time to bring staff and volunteers from our 147 agencies together to share ideas, successes, and challenges, and find solutions. We gave members the reigns to set the agenda. The result? A day of engagement, connection, and a renewed belief that together we're stronger.

What did we talk about?

Food education. Public policy. Community gardens. Fundraising ideas. Funding opportunities. Cross-sector collaboration. Nutrition. Access to services. Just to name a few topics.

115 people from 52 member agencies joined us for the day.

of participants said they left with new ideas to pursue.

93%

of participants said they'd return next year.

spreadhope

See hunger, spread hope

Hunger is all around us, but so are the people who make a difference. Our staff, volunteers, and member agencies helped tell their stories during Hunger Awareness Week on social media and through the launch of seehungerspreadhope.ca. Thanks to High Liner Foods for sponsoring our efforts.

Magic happens in December

Collaboration is key at Christmas, and with all hands on deck we supported 7,057 households for the holidays.

There are so many who made it possible from the contributions of supporters like Purolator, Eden Valley Poultry, Granny's Poultry, Turkey Farmers of Canada, Maple Leaf, and local farms. Thanks also to the volunteers and staff (here and at our member agencies) who worked countless extra hours to get the job done.

Whether people were hopping on a truck or opening their doors in the eleventh hour to help families, it was a show of true Nova Scotian spirit and generosity. We fulfilled 98% of requests for Christmas support in December.

We distributed

109 hams51 vegan hampers3,565 turkeys1,365 chickens3,629 produce hampers

"I couldn't imagine Christmas without a turkey dinner."

When Tracy's son's health deteriorated dramatically, she put aside her plans to become a teacher to be his fulltime caretaker. It's a decision she never regrets, but it means asking for a little help to make it work. The North Sydney Food Bank is there for her during the holiday season, to help provide Christmas dinner, and throughout the year.

Our regular deliveries to the food bank help give Tracy access to healthy food like meat, whole grain pasta, and fresh produce. Volunteers also set aside items for Mark's specific high-protein, high-fat diet, one of the many reasons her appreciation is unending.

"It shows they really care about me and my family, and that his needs are being met."



Our incredible volunteers

784 individuals

and 136 groups volunteered this year. We're honoured they chose to share their invaluable time and talents with us.

They collectively worked a whopping **29,000** hours. That's the equivalent of

15 full-time staff positions.



The size of our volunteers' hearts? We still can't quite figure out how to measure that yet.

A student effort that's

head of the class

Behind every compassionate, socially conscious student is a great teacher who helped motivate them. David Conley is one of them. Since 2007, he's brought his Basinview Drive Community School class to our Christmas warehouse, and they've clocked almost 800 hours packing food for families in need. He's retiring this year and his leadership will be missed especially by our warehouse manager James who said, "It's truly a joy to work with such fine young men and women."





Share the Spirit of Ramadan

leaves a lasting impression

Watching Nova Scotians raise food and funds is a really special thing, not just because of the amazing results, but the meaningful way they bring the community together. Asraa El-Darahali said it best: "People really want to do good, and sometimes they just need an avenue." Share the Spirit of Ramadan provided it, raising \$15,000 worth of food for FEED NOVA SCOTIA and other local organizations. Working together to feed those in need was inspiring, and seeing everyone involved celebrate the collective effort left a mark on our hearts.

314 participants and 78 sponsors

helped make our signature events a big success.



445 events held on our behalf raised \$605,713 &

109,310

kilograms

of food

Sobeys Matching Campaign for Giving Tuesday Over \$140,000 CBC Cape Breton Light Up a Life \$57,864 CBC's FEED NOVA SCOTIA Day \$53,325 & 10,630 kg Tim Hortons Smile Cookie \$50,260 Halifax Burger Week \$36,269 Citco's Staff Food Drive Competition 5,638 kg & \$732 Chicken Farmers of Nova Scotia donation 4.500 chickens Egg Farmers of Canada donation 2,250 eggs





to the countless kids who asked for food donations instead of gifts on their birthdays. We think that's pretty awesome.

Standout events & contributions



66% corporate and individual

5% farmers

10% reclaimed food from wholesalers and grocers

9% National Food Sharing System

9% prepared food donated by hospitals, hotels, etc.

1% food purchased by FEED NOVA SCOTIA

Where our financial donations came from individuals 54% corporations 23% organizations 14% foundations 6% miscellaneous 2% government 1%

Note: The government category includes funds raised by employees within government departments, police, military, and fire departments.

Give12 Meaningful, reliable support

every month of the year

"I can't imagine not having food on the table or the stress that must put on families—that's why I give."

Terri provides steadfast support for Nova Scotians facing hunger through give12, our monthly giving program. We were thrilled to see an increase this year in the number of donors who committed to doing the same.

Knowing we can distribute a reliable source of food means peace of mind for us, our network, and the thousands of families we support.



p score

Small entrepreneurs

with big heart

Lemonade stands are a time honoured summer tradition for so many kids. Anni and Rosa added a charitable twist to their operation, using funds from sales to buy food for families in need. These moments never lose their magic; it's always an honour to meet inspiring young Nova Scotians who are so eager to lend a hand.

time ition for so sa added a operation, to buy

Putting your support to work



We spent **18 cents** to raise every **dollar**.

Canada Revenue Agency prefers to see charities spend less than 35 cents to raise every dollar.

If you factor in the value of food we raised, it drops to 4 cents.

Every \$2 donation allows us to distribute 3 meals.



How we spent each dollar

Here's a quick summary of how we spent each dollar this year. Keep reading to see our detailed financial statements at the end.

12%

Community Connections (e.g. member services, awareness activities, network development building)

45%

Food distribution and occupancy

19%

Administration (e.g. volunteer services, human resources, I.T.)

20%

Communications and fundraising



Redirected to member agencies

The sea of orange makes

waves across the province

Knowing the impact of your support means a lot, so we were thrilled when Katie and her colleagues from Atlantic Superstore gave us the opportunity to share. They got to work volunteering, and you could feel the energy and enthusiasm build. And it didn't stop. Their fundraising campaigns raised 17,000 kilograms of food and \$300,000—a 50 per cent increase over last year. We were blown away by their incredible engagement and unwavering commitment to our neighbours in need.

We're proud to recognize these extraordinary contributions

One Million Kilogram Club

Cumulative giving totals 1 million kg or greater, since January 2000

Atlantic Superstore Sobeys Inc

Financial and in-kind donors

Cumulative giving totals \$100,000 or greater (excluding event sponsorship)

Alice Li Alter Ego Trust AML Communications Anonymous individual donor Anonymous donation through Stewart McKelvey Canadian Tire Foundation for Families Edmonds Landscape & Construction Services Ltd ExxonMobil Resources Ltd Grocery Industry Foundation Atlantic Inc LiFT Family Fund Nova Scotia Power Nova Scotia Government & General Employees Union **RBC** Foundation Scotiabank Sobeys Inc TD Canada Trust Windsor Foundation

Ben's Thrift Store Campbell Company of Canada Limited Costco Wholesalers den Haan Enterprises Ltd Eyking Brothers Farms Ltd Farmers Co-Operative Dairy Ltd GFS - Gordon Food Service High Liner Foods Incorporated Hostess Frito-Lav Company J.W. Mason & Sons Limited Kraft Canada / Mondelez Canada Lawtons Drug Stores Limited Lewis Brothers Inc Lighthouse Sales & Distributors Ltd Nova Agri Inc Sable Warehousing & Distribution Ltd Saputo Foods Sawler Gardens Seaway Distributors Ltd Spurr Brothers Farms Ltd

Cumulative giving totals 100,000 kg or greater, since January 2000

Food Donors

Stone Hearth Bakery Sysco Food Services Target TRA Maritimes Vermeulen Farms Ltd Walmart Wilmar Acres Ltd / Dominion Produce Ltd

Estate Gifts

Estate of Corinne Mabel Hopgood Estate of Dorothy Louise Grady Estate of Dr. James Gordon Duff Estate of Margaret Johnson

A key partner

that makes it possible

Sobeys knows the importance of food, and we know the importance of Sobeys. As our largest food donor we couldn't do it without them. Both corporately and at the store level, their commitment runs deep. Sara and the team at the Queen Street location showed this loud and clear when they chose us as their charity match for the company's annual Fill the Food Bank Fuel the Community campaign.

Schoop .

SARA BUNDER

PROFEE AND MANAGEMENT

Sobeys

Service you since

"It relieves a lot of worry."

Dartmouth Family Centre and Salvation Army are two of our member agencies, and for Shelly, it means a lot to have them in her neighbourhood. Living on Income Assistance, she has limited resources, and the winter months are especially tough. After expenses, she has about \$40 left to cover basic needs like food.

At the Salvation Army, she can access nutritious food and so much more. She takes her youngest, Carson, to the mom and tots program. She knows the staff are always available to talk—and having that emotional support means a lot to her as a single mom. The Dartmouth Family Centre has also helped Shelly and Carson start working through some challenges he faces with separation anxiety.

Shelly hopes Carson will start school soon, which means she'll be able to go back to work. Until then, she's grateful to all those who provide that critical support.

We're proud to provide regular food support to Dartmouth Family Centre and the Salvation Army, so they can be there for Shelly's family and so many others.



Statement of Financial Position (for the year ended March 31, 2016)

ASSETS		
	2016	2015
General Fund		
Cash and short-term investments	\$278,119	\$137,199
Accounts receivable	\$44,895	\$68,003
Prepaid expenses	\$35,291	\$49,783
	\$358,305	\$254,985
Capital Fund		
Capital assets	\$508,157	\$527,867
Bequest Fund		
Cash and short-term investments	\$750,830	\$308,895
Due from general fund		\$241,935
	\$750,830	\$550,830
Operational Reserve Fund		
Due from general fund	\$64,920	\$64,920
	\$1,682,212	\$1,398,602

LIABILITIES

	2016	2015
General Fund		
Accounts payable and accrued liabilities	\$265,573	\$223,467
Deferred revenue	\$61,935	\$82,760
Due to bequest fund	-	\$241,935
Due to operational reserve	64,920	\$64,920
	\$392,428	\$613,082

Capital Fund

Deferred revenue	\$53,575	\$60,276
Deferred contributions - capital campaign	\$54,654	\$85,828
· · · · · · ·	\$108,229	\$146,104

FUND BALANCES

	2016	2015
General Fund	(34,123)	(\$358,099)
Capital Fund	\$399,928	\$381,765
Bequest and Legacy Funds	\$750,830	\$550,830
Operational Reserve Fund	\$64,920	\$64,920
	\$1,181,555	\$639,416
	\$1,682,212	\$1,398,602

Statement of Revenue and Expenditures (for the year ended M

	2016	2015
Donated Food	\$9,932,401	\$10,815,063
Distribution of Food to Members	\$9,932,401	\$10,815,063
Revenue	\$3,436,195	\$3,437,350
Expenditures		
Food Procurement and Logistics	\$1,306,515	\$1,550,166
Community Connections	\$363,908	\$590,022
Fundraising Expenditures	\$421,405	\$433,607
Administrative	\$582,333	\$614,974
Occupancy	\$101,507	\$79,406
Communications and Donor Relations	\$208,034	\$198,566
Redirected Donations	\$110,354	\$152,041
	\$3,094,056	\$3,618,782
Excess of expenditures over revenue for the period	342,139	(\$181,432)

View our complete audited financials:

feednovascotia.ca/financials

March 31, 2016

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"That feeling of knowing you're part of something good—it gives you hope for the future."

Jin Won Lee, Volunteer





213 Bedford Highway Halifax, NS B3M 2J9 902.457.1900 feednovascotia.ca

Registered charity # 11903 9337 RR0001 Provincial association of



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