

Setting the Table

2015 annual report

Loving
Spoonful



In 2015 Loving Spoonful:

- ▶ Served over **7,900 people** through education and food distribution programs
- ▶ Recovered and delivered **70,000 lbs.** of fresh food!
- ▶ Preserved **4,700 lbs** of produce for winter distribution
- ▶ Worked with **250 volunteers** who donated over 4200 hours
- ▶ Grew food with **535 children** in gardens at 7 local schools
- ▶ Taught **142 people** to cook fresh and healthy meals in community kitchens
- ▶ **83%** of community kitchen participants surveyed report eating healthier since their workshops!

 **Over 250,000 lbs. of food distributed since 2008**



Loving Spoonful's Mission

Loving Spoonful works to achieve a healthy food-secure community by facilitating fresh food access, skill development and community engagement in a collaborative, empowering and environmentally sustainable manner.

Setting the Table

2015 was a year to assess and strengthen core programming of the organization and continue to create sustainable foundations in all areas including programming, funding and community partnerships. With a full time staff of three and 250 volunteers, serving over 7900 people through education and food distribution programs, we took time to examine how our various programs affect food insecurity in the community. Loving Spoonful staff, including our new Food Skills Coordinator, focused on the development and facilitation of skills and knowledge-based workshop programming offered in series to community members; a model that research confirms is better equipped to help effect long-term lifestyle changes.

Highlights:

- ▶ Implemented 7 new series of community cooking workshops for adults, teens and children including:
 - ▶ Drop-In cooking programs for adults at Kingston Community Health Centres (KCHC)
 - ▶ Youth Cooking classes with Pathways to Education
 - ▶ Cook Camera Action – a community cooking program for teens in partnership with local filmmaker James Greatrex
 - ▶ Rising Artists program for students in grade 4 – 6 in partnership with KCHC,
- ▶ Delivered a record amount of healthy, fresh food to local agencies
- ▶ Produced the region's first community consultation with over 300 people about local access to good food
- ▶ Helped the Memorial Centre Farmers' Market establish a winter home
- ▶ Worked with the City of Kingston and Limestone District School Board to develop and implement Community and School Garden Policies
- ▶ Developed a new, 3-year Strategic Plan for Loving Spoonful



"Loving Spoonful makes me feel hopeful. I was honored to work with such a dedicated, serious, and, above all, fun group of people!" - **Loving Spoonful Volunteer**



"I love this program so much! Everyone you bring in is so knowledgeable and enthusiastic. I'm thrilled to have my class be a part of this." - **Teacher involved in the GROW Project**



Grow a Row Engaging Gardeners, Farmers and Local Business

During the 2015 growing season, Loving Spoonful collected and distributed over **30,000 lbs** of healthy, fresh produce from gardeners, workplace gardens and farmers who planted an extra row for donation!



Preserve Reserves Preserving the harvest and building community

This year, **99 volunteers** lovingly processed over **4,700 pounds** of produce for winter distribution to our partner agencies.



Food Reclamation Reducing Food waste and feeding people

In 2015, over **70,000 lbs.** of surplus, fresh food was collected from restaurants, grocers, caterers and Grow a Row participants and distributed directly to 25 shelters and meal programs in Kingston.



Policy work Building a more sustainable and equitable food system

- Released the "Good Food Report" on Food Security in consultation with over **300 people** in KFL&A, regarding barriers to access to good food in the region.
- Worked with the Community Foundation of Kingston and Area to develop the food security section of CFKA's "Vital Signs" report.
- In partnership with the National Farmers Union and the Food Policy Council, organized "Eat, Think, Vote" a standing-room only public discussion by candidates for Federal Parliament at the Kingston City Hall.



Community Kitchens Building skills and confidence

Implemented new cooking workshop series for adults, teens and children reaching over **140 people** in the Kingston community.

85% of participants surveyed reported learning new cooking skills during our workshops and 88% of people surveyed learned to prepare healthy foods they had not tried before.



The GROW project Engaging students at 7 local schools

In 2015 the GROW project welcomed Lord Strathcona and Southview Public Schools and worked with over **500 students**; teaching food, culture and community in the classroom and GROW project gardens.



Community Garden Network Building Community

Providing support to our Community Gardens through visioning and developing new, garden-supportive municipal policies adopted in 2016.

AHEAD IN 2016:

2016 will be another busy year for Loving Spoonful as we roll out expanded community kitchen programming, including over 125 cooking and gardening workshops. Other areas of focus include:

Evolving community partnerships:

- ▶ A renewed partnership with the City of Kingston to revitalize the Kingston Community Garden Network and support local community gardens
- ▶ New programming in partnership with local agencies, that will focus on food skills as a component of a program to enhance mental health and social inclusion
- ▶ Partnership with Queens Medical School for service learning in community kitchen programming, connecting future doctors with populations in need

- ▶ Release of Loving Spoonful's 'Healthy, Safe Food Donations Guidelines' as fresh food donations continue to rise
- ▶ Launch of the Loving Spoonful "phone order" app; developed to increase efficient distribution of food to our partner agencies and food providers
- ▶ New Fresh Food Market Stands at agencies to increase the availability of fresh produce to individuals
- ▶ Summer Loving Food Series featuring topics including urban foraging, chickens and growing mushrooms
- ▶ Streamlining coordination of food reclamation volunteers with the 'Food Rescue Robot' web platform and improvement of cold storage facilities for temporary storage of reclaimed produce
- ▶ Continued work with the Kingston Food Policy Council, Limestone District School Board – Environmental Sustainability Advisory Committee and Kingston Food Providers Network and other agencies to build a more sustainable and equitable food system in Kingston and area

Executive Director and Board Chair's Message

It is with deep gratitude to our supporters, volunteers, donors and partners that we report on the past year. You have made it possible for Loving Spoonful to focus on "Setting the Table", enhancing operational fundamentals to ensure Loving Spoonful continues to grow sustainably and provide maximum impact on food insecurity in our community. In 2015, we developed and finalized a new 3-year strategic plan and continued to build on the strong programming reported in these pages. As a result, we enter 2016 with a clear vision and the tools to effectively increase the fresh food available to those in need, teach more youth, adults and families basic food skills that change the way they cook and eat, and engage in policy work to create a more equitable, healthy food system.

With your support, we continue to work toward our vision of a healthy, sustainable, food-secure community in 2016 and beyond. Thank you for being a key partner in achieving that vision.

Mara Shaw, Executive Director
Catherine Styles, Board Chair

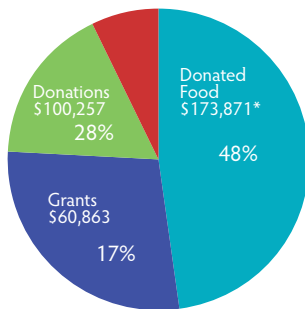
2015 Staff

Mara Shaw, Executive Director
Kayley Marsh, Vol & Outreach Coord.
Sarah Keyes, Food Skills Coordinator
Anita Johnson: Preserve Reserves Coord.
Ella Wright: Summer Intern

Board of Directors

Catherine Styles, Chair
Carey Bidtnes, Vice Chair
Fairleigh Seaton, Secretary
Anne Herfst, Treasurer
Jock Devonshire, Director
Suzanne Biro, Director
Kendra Link, Director
Pat Heffernan, Director

Revenues

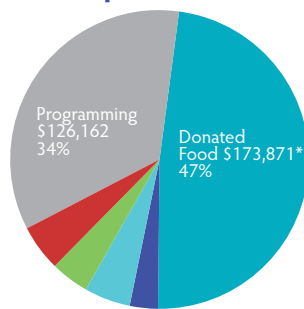


■ Events \$24,431 (7%)

Complete audited financial statements are available upon request

*The Canadian Association of Food Banks valued the average price per pound of food at \$2.50 for 2015

Expenditures



■ Outreach \$18,447 (5%)
■ Fund Development \$16,035 (4%)
■ Administration \$19,836 (5%)
■ Other \$12,088 (3%)



Enhancing access
to healthy food
lovingspoonful.org

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Thank you to all of our sponsors, donors, partners and volunteers

Funders

City of Kingston
Community Foundation of Kingston & Area
Community Food Centres Canada (The Lawson Foundation)
Estate of Larry Gibson
Kinsmen Club of Kingston
Queen's University
Alma Mater Society
Queen's University
Society of Graduate and Professional Students
Rotary Club of Catarauqui-Kingston
United Way KFL&A
Bell Media: 98.3 FLY FM and 98.9 THE DRIVE

Supporters

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Regina Rosen Food First Fund
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Sun Life Financial
Trailhead Kingston
Utilities Kingston

Donors

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Esker Ridge Farm
Farewell Farm
Farm Girl Food
Fat Chance Farmstead
Fiddlehead Farm
Foodland Amherstview
Forman Farms
Fosterholm Farms
Freedom Farm
Friendly Fires
Fruition Berry Farm
GoSaBe Development and Design
Grocery Checkout
Queen's
GROW Gardens
Honey Wagon Farms
InterCall
Irisa's Produce
Federal Liberal Association for Kingston & Islands
Kingston Latino Association

Kingston Olive Oil Company
Kitchen Garden
Knowlton Lake Productions
KPMG
Kristin Kinnard
Kitchen Garden
Long Road Ecological Farm
Loyalist Larder
Main Street Market
Mensen Farm
Ministry of Health and Long-Term Care
Okee Farm
Old Farm Fine Foods
Olivea
Patchwork Gardens
Pan Chancho
Queen's University

Hospitality Services
Ravensfield Farm
Real Food
Robinson Donation Gardens
Roots Down Organic Farm
Root Radical CSA
Roots Down
Salt of the Earth CSA
Sands Farm
Simple Country Pleasures
Sims Animal Hospital
Sodexo (Queen's)
Starbucks (Division & Dalton)
Sun Harvest Greenhouse & Garden Centre
Topsy Farms
Upon the Earth
Vera's Veggies and Fruits

And many generous individuals...

