



Access to Basic Needs Waterloo Region: Food

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Food is a basic human right.
No matter where you live
in Waterloo Region - because
of the Community Food
Assistance Network - you have
access to nutritious food.



58,688

individuals were served by the network

Wellesley

31%

of those helped are under the **age of 18**



450,387

visits are made to a **food hamper program**



1 in 10



households in Waterloo region accessed **food assistance**

Woolwich

3,469

hampers delivered by **community programs and agency partners**



Waterloo

2,395

community meals are served every day



Cambridge

27,059 lbs

pounds of food is **distributed by the Network** each year



Kitchener

40%

of those helped are single people **living alone**



North Dumfries



58%

of food distributed is **fresh or frozen**

Wilmot

How the Community Food Assistance Network Works



Two Food Banks, One Network

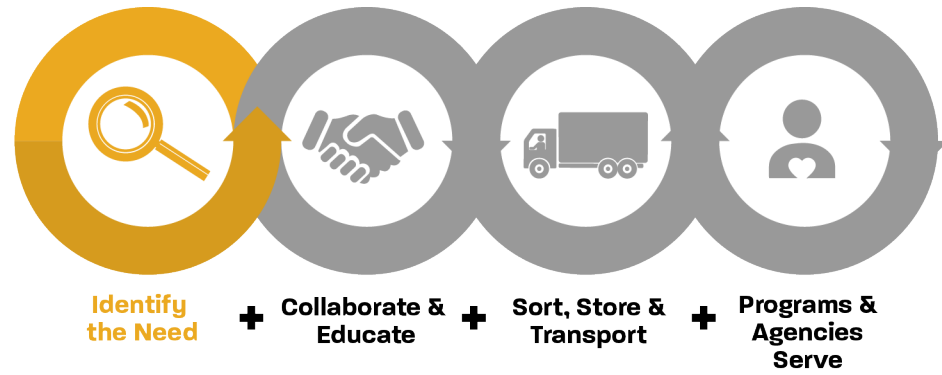


Community Food Assistance Network

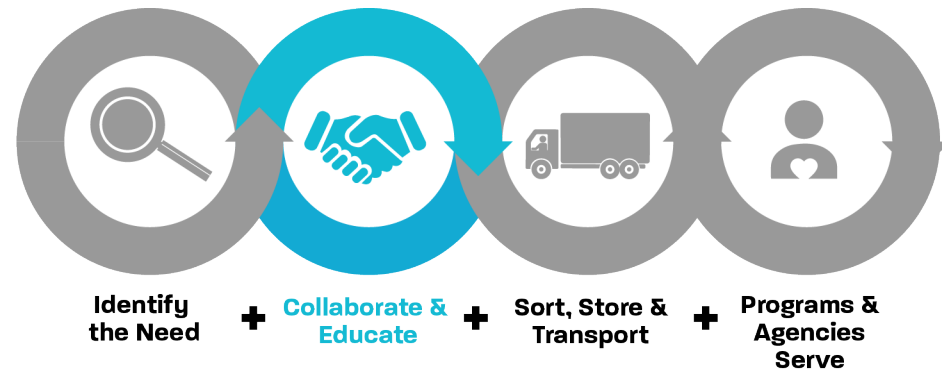
Meet some of our **120+** community programs and agency partners who are working together in Waterloo region.



Identify



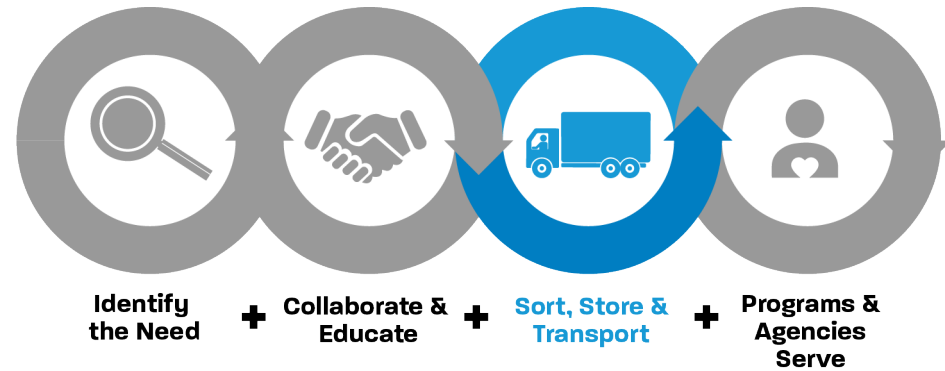
Collaborate



- Acquired & distributed 7.2 **million pounds** of food to local community programs, agency partners & provincial food banks.
- Grocery Card Pilots
- Fresh Approaches Room
- Mobile Pantry
- Mobile Food Market



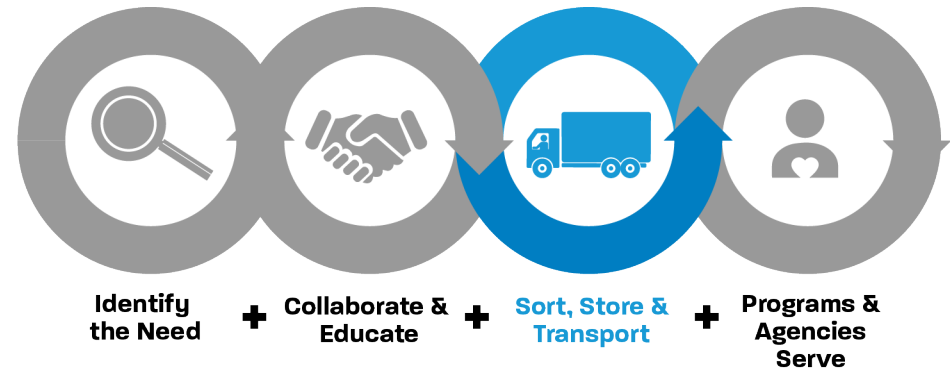
Sort



- Staff and volunteers sort food received from:
 - Food drives
 - Corporate donations
 - Grocery Stores
- Volunteer Opportunities:
 - thefoodbank.ca
 - cambridgefoodbank.org



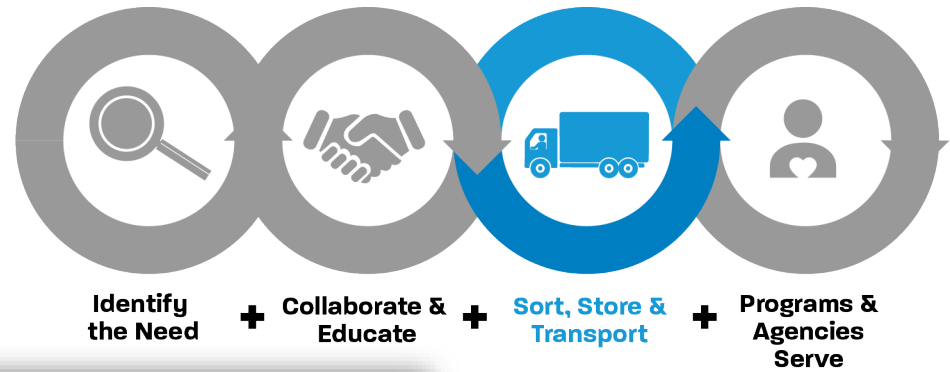
Store



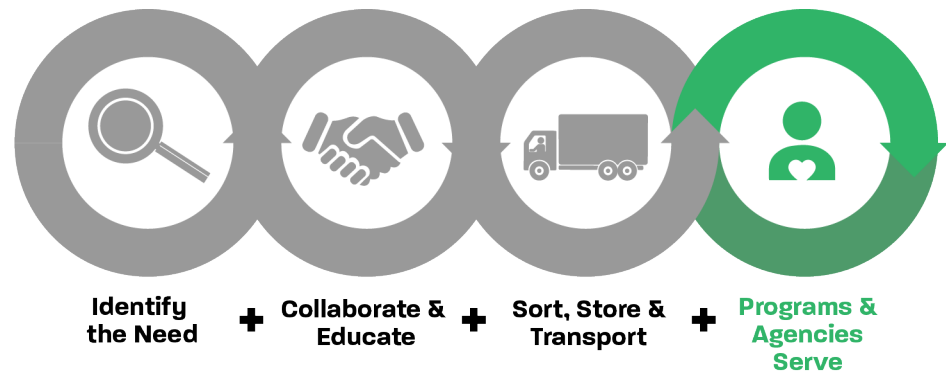
- Food is stored in our warehouse and distribution centres
- Volunteers working alongside staff



Transport



Serve



Impact

- 58,688 individuals accessed a food program
455,387 last year (45% increase from prior year)
- More than 100% increase pre-pandemic
- 35% Under the age of 18
- 1 in 10 households in Waterloo region are food insecure
- 213 hampers distributed *daily*
- 2,395 community meals served *daily*
- 61% distributed fresh or frozen
- 60% live in rentals





More than a Food Bank

BUILDING HEALTH AND
Belonging Through food



Community Pantry

Emergency Food Assistance



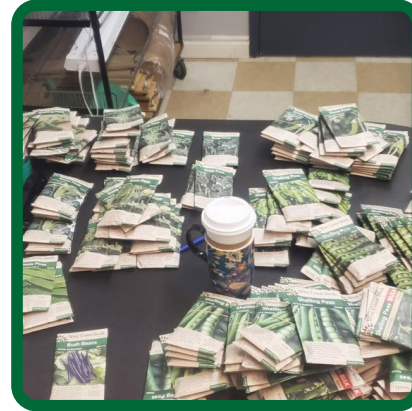


More than a Food Bank

BUILDING HEALTH AND
Belonging Through food

Seed Share

A place to get and share
seeds





More than a Food Bank

Wellness Hub

BUILDING HEALTH AND
Belonging Through food

Free Adult & Senior Programs



Wellness
for the
Mind,
Body and
Spirit

- Cooking Classes
- Yoga Classes
- Pilates Classes
- Self Management Classes - Helping to manage
 - diabetes
 - care giving
 - chronic pain
 - chronic conditions

Free Child & Youth Programs



Connecting
Nutrition and
Movement

- Cooking Classes
- Dance Classes
- Gardening
- Teen Programs
- Junior Ambassador Program
- Grandparent and Kin group



More than a Food Bank

Mobile Food Market

Delicious Dignity

Much like it sounds, the Mobile Food Market is a fresh produce market on wheels. The goal is to increase access to fresh food, at an affordable cost, for all households across Cambridge and North Dumfries.

Cambridge Food Bank

APRIL 15-19

**Green beans
Potatoes
Orange and yellow peppers
Lettuce
Oranges**

Pay What You Can

Subsidized Rate \$10 Suggested Price \$10+

Pay-what-you-can pricing = choice and dignity for people of all incomes

LOCATIONS

Tuesday

10:30am - 11:30am 55 Franklin Blvd. - Forward Church
 12:30pm - 1:30pm Your Neighbourhood Credit Union (YNCU) 385 Hespeler Rd.
 3:00pm - 4:00pm 116 Rouse Ave. - Greenway-Chaplin Community Centre
 5:00pm - 6:00pm 450 King Street East - Trillium United Church

Wednesday

10:30am - 11:30am 92 Northumberland St. Ayr - Knox United Church
 12:30pm - 1:30pm 73 Queen St E Cambridge St. Andrews Presbyterian Church
 1:00pm - 2:00pm 350 Linden Dr. - Preston Heights Community Group
 4:00pm - 5:30pm Hespeler Village Neighbourhood Assoc. at Hespeler Arena

Thursday

10:30am - 11:30am 1145 Concession Rd. - Longs Community Centre
 1:00pm - 2:00pm 400 Holiday Inn Dr. - Temple Baptist Church
 2:00pm - 5:00pm 54 Ainslie St. S. - Beside Cambridge Food Bank

Friday

1:30pm - 2:30pm 1-241 Southwood Dr - Kinbridge Community Association

Everyone Welcome

Cambridge Food Bank

To learn about upcoming programs:



Social Media Channels

Our Website

@cambfoodbank

www.cambridgefoodbank.org



Adults/Senior Programs
Contact Chai at
519-572-9359 ext. 113



Child/Youth Programs
Contact Vanessa at
519-622-6550 ext. 109

Connect with Us!

Cambridge Food Bank

54 Ainslie St. S
Cambridge
519-622-6550



cambridgefoodbank.org

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[TikTok](#)

@cambfoodbank



The Food Bank of Waterloo Region

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