



# THE FOOD BANK OF YORK REGION'S **ANNUAL IMPACT REPORT 2023**



# ABOUT THE FOOD BANK OF YORK REGION

The Food Bank of York Region (FBYR) is committed to providing food relief to people experiencing severe food insecurity. Our Food Bank serves as the regional food collection and distribution centre for a network of 80+/- non-profit agencies, including municipal food banks, community food pantries, schools, social services agencies, and social housing food pantries.

## Food Insecurity in 2023

Food insecurity continued to rise at an alarming rate in 2023—both Canada- and Ontario-wide. Food insecurity, defined as the inadequate or insecure access to food due to financial constraints, has serious implications for people's health and wellbeing. It has been deemed a public health crisis that negatively impacts people's physical, mental, and social health. (For information on food insecurity in York Region, please read our [latest Report on Food Insecurity](#).)



## Why Food Insecurity in our Region

Canada's major food bank associations have been sounding the alarm regarding the unprecedented rise in food insecurity throughout 2022 and 2023. Food bank usage in Ontario increased by an astounding 38% from April 2022 to March 2023, the highest single-year increase on record. (See [Feed Ontario 2023 Hunger Report](#)).

The main drivers of this unprecedented growth in food insecurity include:

- **Spike in costs for food and rent** due to skyrocketing inflation, and lack of affordable housing. Food bank users may spend from 50-100% of their income on housing.
- **Income Gap:** Wage increases have not kept pace with the rapid rise in cost of living, and minimum wage is 35% below the poverty line.
- **Erosion of Social Assistance:** The income provided to social assistance recipients falls well below the poverty line and does not afford even a basic standard of living.



# A Message from our CEO

This past year was a challenging year for low-income households and people struggling to make ends meet. In 2023, the highest levels of food bank usage ever were reported in Ontario and all of Canada. Many food banks and local food pantries are reporting that their services are being strained and can't keep up with demand.

In order to bridge the growing food security gap, The Food Bank of York Region continued to increase its food collection and distribution services to the 83 municipal food banks, food pantries and other food and meals providers we serve. In 2023, we delivered over \$9 million worth of food all across the region, serving people facing food insecurity.

Our food assistance program and services would not be possible without the generous donations from members of the community, local businesses, corporate sponsors, charitable organizations, food retailers, farmers, and the work of the many volunteers who give of their time. It truly takes a community working together in partnership to provide food assistance for our neighbours in need struggling to put food on the table.

Our 2023 Annual Report summarizes the progress that was made in this past year to ensure that not only is the surplus food in our system not wasted, but it makes its way to the tables of those who need it most. Our work would not be possible without your ongoing support, generous donations and volunteer participation.

Thank you for partnering with us as we work toward a York Region where every person has sufficient access to nutritious food, and no one has to skip meals or go hungry.



**Alex Bilotta**  
*Founder and CEO*

## Our Affiliations

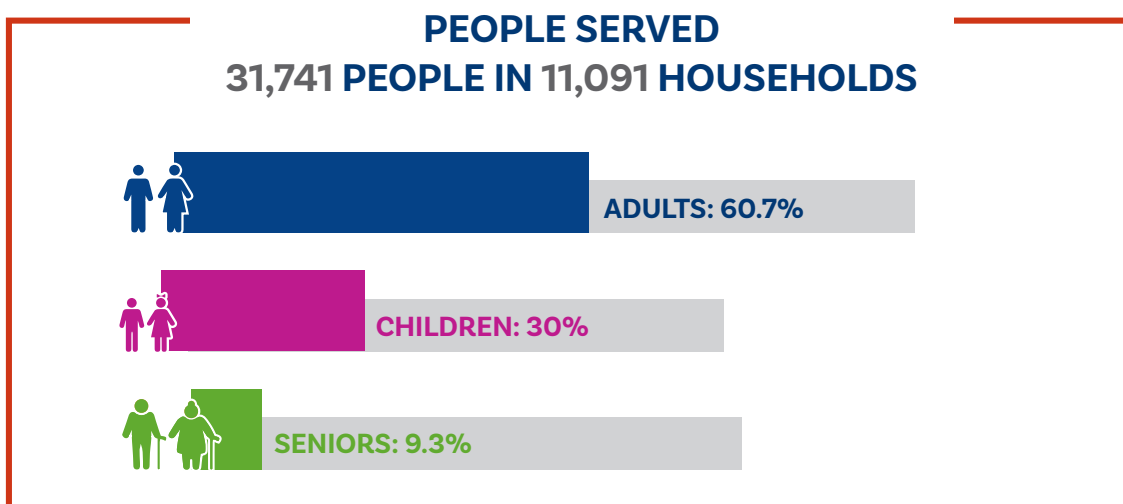


# Our Impact in 2023

The rising trend of food insecurity since 2021 has shown little sign of abating to date. In response to the need, our Food Bank has increased its services to our network of food banks and food assistance providers continuously since 2021. In 2023, The Food Bank of York Region distributed food for 2.27 million meals to our network of 83 food assistance providers.

## OUR REACH AND GROWTH IN SERVICES FROM 2021 –2023

- 42% Increase in people served
- 60% More households served
- 36% More non-profit food assistance providers served



## 2023 Highlight: Food Assistance for First Nations

Since 2021, The Food Bank of York Region has been providing food and water relief to food banks in three First Nations communities. We serve the Chippewas of Georgina Island Food Bank, the Saugeen Shores First Nation Food Bank in Southampton, Ontario, and the Nawash Nation in Cape Croker, which is under a water advisory.

Our Food Bank delivers a truckload of food, water, household consumables and non-food items every four to six weeks on average to each of these food banks serving their local communities.



# Food Distribution in 2023

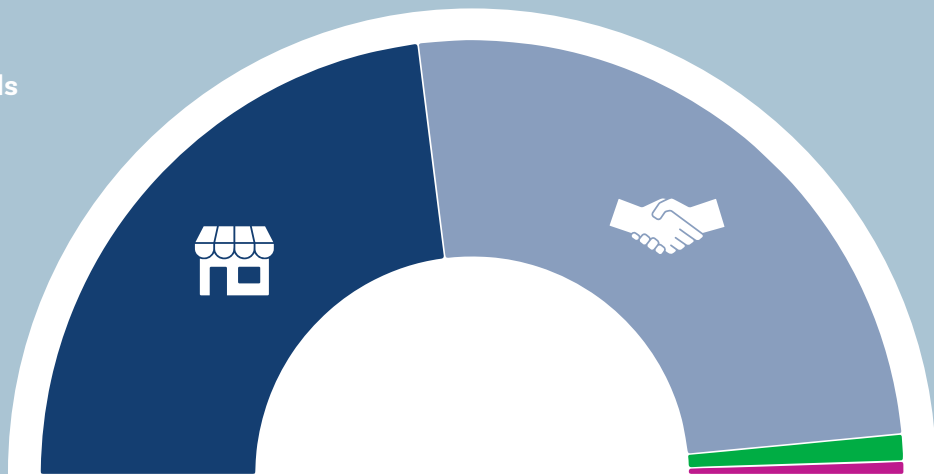
In 2023, our Food Bank increased our food distribution services to deliver more food to more people in need!

- **\$9.3 Million worth of food distributed**
- **Over 50%** of the food distributed in 2023 was fresh or frozen food
- For every **\$1 dollar donation**, our Food Bank distributed **\$5 worth of food**

## Food Sources

A heartfelt thanks to our many generous donors who contributed **2.27 million pounds** of donated food in 2023!

- 46 %** Food Retailers
- 51 %** Food Brokers
- 2 %** Food Drives and Purchases
- 1 %** Private Donations





# Our Food Bank's History

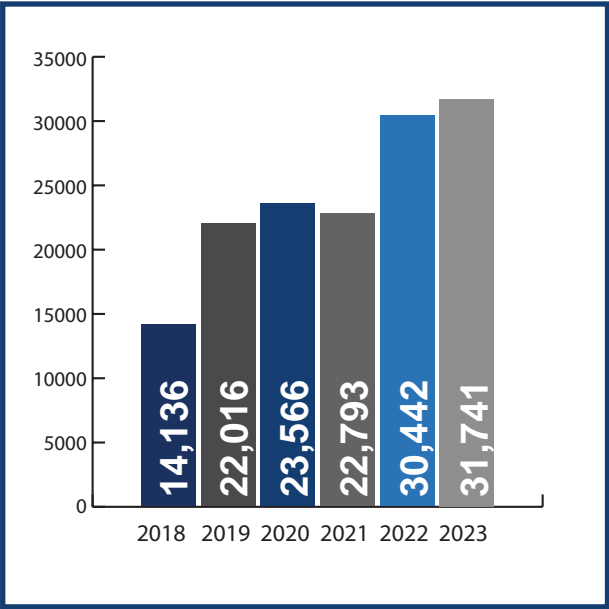
Our Food Bank was founded in 2013, when a bakery in Aurora in York Region sought to have their end-of-day inventory distributed to people in need. And it just grew from there to serve more people and to support more food assistance services throughout the region!

From these small beginnings The Food Bank of York Region has grown to serve 80+/- food banks, food pantries, shelters, social housing cooperatives and school food programs all across York Region.

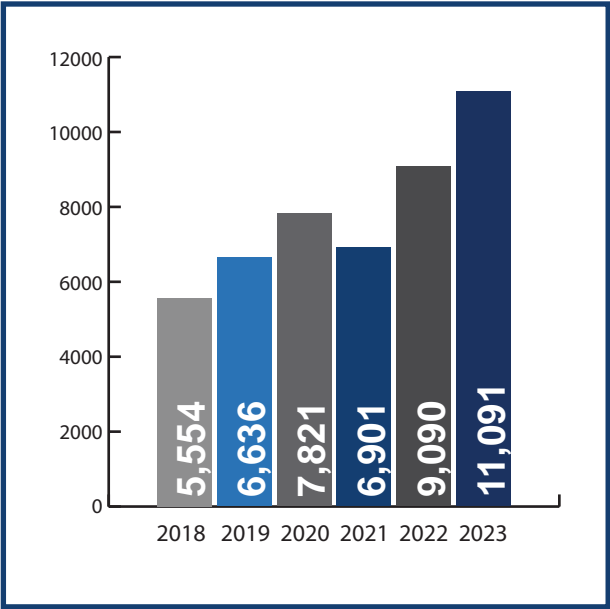


# Our Impact 2018 - 2023

NUMBER OF PEOPLE SERVED 2018-2023



NUMBER OF HOUSEHOLDS SERVED 2018-2023



# It Takes a Community

The Food Bank of York Region and our network of food providers are committed to continue to distribute food relief to bridge the food insecurity gap. However, it takes a community to ensure that every person in York Region has access to food security—a fundamental human right.

We are very grateful for the many individuals, corporations, foundations, and organizations that generously gave their resources, finances, and time to support our food assistance programs in 2023!



## Thank You Tim Hortons!

The Food Bank of York Region is extremely appreciative of the Tim Hortons restaurants in Richmond Hill and Vaughan that sponsored us for the 2023 Smile Cookie campaign. Thanks to their support, funds were raised to provide food for over 247,430 meals!

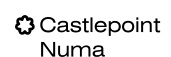


## Thank you Walmart!

A big thank you to the Walmart's Fight Hunger Spark Change annual campaign! The Food Bank of York Region was the recipient of donations from each of the 14 Walmart stores in York Region.

## Sponsors and Friends

Thank you for partnering with us to provide more meals to more people in need in 2023!





# Recognition for Our Volunteers

Volunteers are foundational to our food assistance program—our services would not be possible without their efforts! A special thank you to the 496 amazing volunteers who donated 6,499 hours in 2023 to deliver food to our neighbours facing food insecurity!





# Volunteer Spotlight



**Manpreet Kaur**  
of Ozery Bakery

"I enjoy helping people who are in need. Ozery Bakery has given my team and me the opportunity to make an impact on our community. As a team and community, we are able to do a lot more which is an amazing thing."



**Noah**  
Volunteer

"I enjoy giving back to the community. After the COVID-19 pandemic, there has been a rise in food insecurity and what better way to help people than volunteering at the food bank to ensure people get the help they need."

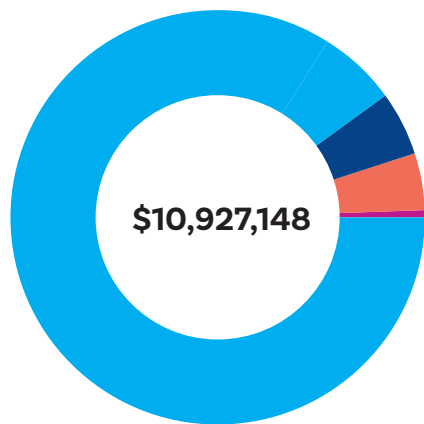


**Beth**  
Volunteer

"Food insecurity is a huge problem for humankind, and working at the food bank is time well spent."

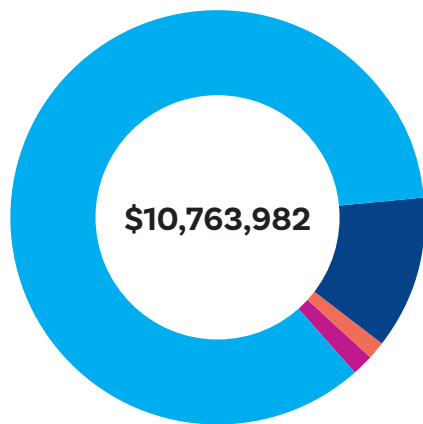
# Financials

REVENUE AND DONATED GOODS:  
TOTAL: \$ 10,927,148



Donated Food and Goods: **85%**  
Designated Funds & Grants: **5.8%**  
Monetary Donations: **7.7%**  
Other Revenue: **1.5%**

EXPENSES AND OUTFLOW OF DONATED GOODS:  
TOTAL: \$10,763,982



Donated Food & Goods Distributed: **86.3%**  
Food Program Costs: **11.3%**  
Administration: **1.2%**  
Fund Development: **1.2%**

To view the complete financial statement and our auditor’s report, visit: [fbyr.ca/annual-reports](https://fbyr.ca/annual-reports)

Thank you to all our generous donors whose monetary donations were put to work to ensure that members of our community struggling to put food on the table would have enough food!

## Your Donations at Work



**9.3 MILLION**

Dollars of food  
rescued and distributed



**OVER 50%**

Fresh and frozen  
produce distributed



**31,741**

People receiving  
food assistance





## Our Community Partners

The Food Bank of York Region supported a network of 83 community partners in 2023 that provide food services to low-income families and single adults, children and seniors struggling with food insecurity.

### Food Pantries & Meal Providers (49)

- Community Food Pantries
- Food Closets
- School Food Pantries
- Community Meals & Outreach Services

### Shelters (5)

- Homeless Shelters
- Women's Shelters and Services

### Housing Programs [25]

- Youth & Transitional Housing
- Social Housing

### Emergency Programs [4]

- Substance Abuse Programs
- Animal Shelters

To see the full list of our network of community food providers, please visit [fbyr.ca/community-partners](https://fbyr.ca/community-partners)

“The ‘right to food’ is a human right that protects the rights of all human beings to live in dignity, free from hunger, food insecurity and malnutrition.”

—C. Frison and P. Claeys (Springer Reference Encyclopedia of Food and Agricultural Ethics, 2014)



# How You Can Help

Partner with us to fight food insecurity in York Region.  
You can help by:

## Donating

Make a one-time or monthly financial contribution at  
[fbyr.ca/donate](https://fbyr.ca/donate)

## Sponsoring

Host a corporate event, food drive, or matching program.  
[fbyr.ca/get-involved](https://fbyr.ca/get-involved)

## Volunteering

Our work would not be possible without the hundreds of volunteers who give of their time.  
[fbyr.ca/volunteer](https://fbyr.ca/volunteer)



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The Food Bank of York Region is a registered charity  
(Charitable Registration B/N: 849539473RR0001)