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TheTableCFC on Facebook & Instagram



Community Food Programming & The Falls Food Hub

Outline

- Current Context
- Brief Background on The Table
- Our vision for the Food Hub
- Partners
- 2022 Activities
- 2023 Plans

Current Context

Food Inflation 11%

Canadian food prices will remain high for a while yet, economists predict

When official inflation numbers for October are released Wednesday, there's one area most economists expect to remain stubbornly high: Your grocery bill.

By Josh Rubin Business Reporter
Tue., Nov. 15, 2022 | 3 min. read

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READ THE CONVERSATION



Rent Inflation 17% for Ontario according to

Browse by Location



One Bedroom Smiths Falls
Ottawa | 30/01/2023

\$1,450.00

This is a beautiful freshly renovated one bed one bath unit. Features dark wooden flooring, stainless steel appliances, personal entrance, and in unit laundry. \$1450 heat is included, hydro is extra. ...

Elmsley Street South / Elmsley Street North | Beds: 1 | Additional Options



Two bedroom plus den Smiths Falls
Ottawa | 30/01/2023

\$1,700.00

Spacious 2 bedroom plus den, 1.5 bathrooms, upper level unit. Features hard wood floors, big bright windows, gorgeous living room fireplace, quite neighborhood, yard space. \$1700 heat is included. ...

Brockville Street / Oak Street | Beds: 2+ Den | Additional Options



Rooms for rent Smiths Falls March 1st
Ottawa | 30/01/2023

Please Contact

Available March 1st (possibly the wkend before) 2 rms in a 2 bdrm apt. Ground floor all utilities and Fibe internet included. Rms include bed, desk, chair, dresser, night table, hangers, lamps. No ...

Brockville Street / Oak Street







Room for Rent with Kitchenette in Smiths Falls
Ottawa | 29/01/2023

\$750.00

Modern and bright room for rent available for occupancy close to downtown Smiths Falls. Room includes kitchenette and shared bathroom with one other person. Gas forced air heat, hydro, central air ...

Beckwith Street South / Confederation Drive

Health Unit Food Insecurity Infographic

Scenarios		Total monthly income	Average monthly rent* (% of income needed for rent)	Monthly cost of Nutritious Food Basket (% of income needed for a Nutritious Food Basket)**	Funds remaining each month (for hydro/heat, childcare, transportation, clothing, school supplies and everything else)
	Family of Four Ontario Works 2 adults ages 31-50 and 2 children age 8 and 14	\$2760.00 ^a	3-bedroom \$1561.00 (57% of income)	\$1108.78 (40% of income)	\$90.22
	Family of Four Full-Time Minimum Wage Earner 2 adults ages 31-50 and 2 children age 8 and 14	\$3973.00 ^b	3-bedroom \$1561.00 (39% of income)	\$1048.12 (26% of income)	\$1363.88
	One Person Ontario Disability Support Program 1 adult age 31-50	\$1309.00 ^f	1-bedroom for accessibility \$994.50 (76% of income)	\$398.59 (30% of income)	\$-84.09
	One Person Old Age Security/ Guaranteed Income Supplement 1 adult age 70+	\$1885.00 ^g	1-bedroom \$994.50 (53% of income)	\$286.82 (15% of income)	\$603.68

Lack of healthy food over time contributes to chronic conditions such as diabetes, high blood pressure, and, mood and anxiety disorders.

Health care costs are 121% higher for adults living in severely food insecure households than in food secure households.

Poverty and
Food Insecurity

A Venn diagram consisting of two overlapping circles. The top circle is labeled 'Poverty and Food Insecurity' and the bottom circle is labeled 'Social Isolation & Low Community Engagement'. The intersection of the two circles is shaded darker than the individual circles.

9.7%

of area population
is moderately to
severely food
insecure (Stats Can)

30%

of Smiths Falls
population is living
on a low-income

Social Isolation &
Low Community
Engagement

“the loneliness
epidemic”



What makes a **Community Food Centre** different?



GOOD FOOD

Fresh, delicious, and nutritious food with no line ups



SKILLS

Cooking, healthy eating, and gardening programs



HEALTH

Focus on improving physical and mental health



EMPOWERMENT

Opportunities to lead and support others



COMMUNITY

Welcoming space with lots of ways to participate



ADVOCACY

Ways to contribute to a stronger community



Experience and Evidence

We know the model works based on our and other CFC experiences and feedback from our communities.

2021 Ottawa-based study showed centres with multiple types of programs and supports are the ones that make an impact on food insecurity.

([UofO / Ottawa Food Bank / Maple Leaf Centre for Action on Food Security, Sept 2021](#))

The Falls Food Hub

- Improve access to nourishing food
- A welcoming and dignified place that provides ample opportunities to learn, socialize, engage, and connect with other services and supports.
- The hub will be inclusive and as safe as possible for people of diverse gender identities, races, religions and backgrounds.

Partners

Steering Committee:

Ramsey Hart, The Table Community Food Centre

Samantha Davidson, Rideau Comm. Health Services

Shawn Pankow, Mayor

Jennifer Miller, Big Brothers Big Sisters/SF Town Council

Lauralee Merkley, St. Francis Catholic Church

Christopher Ryan, Trinity United Church

Lisa Millar, community member

Stephanie Cates, community member

Others: Legion Ladies Auxiliary, SF Community Food Bank,
Community Home Support, Health Unit, Adult Learning
Training Centre, Nurse Practitioners Clinic, Salvation Army.

2022 Activities

- Financial support for Legion Ladies Auxiliary and Rideau Community Health Services Lunch – brown bag take out and delivery, with frozen meals from Comm. Home Support = 200 meals / week **6,800 meals**
- Financial support for St. Francis Catholic Women's League lunch – take out and delivery = 150 meals/week **5,400 meals**
- Holiday Meal at Hanley Hall – **105 meals**
- Submitted grant applications x 2

2022 Activities (cont'd)

- SPACE – the next frontier!
 - Examined a number of possible locations
 - Partnership with Carebridge to locate at 44 Chambers identified as best fit.
 - Recently learned that building code restrictions won't allow us to proceed with 44 Chambers.
 - The search continues...

2022 Financial Overview

INCOME		
Canopy Growth		50,000
Town of Smiths Falls		40,000
Arch Diocese of Kingston		5,500
Other Donations		2,134
Foundation grant		10,000
TOTAL INCOME		107,634
EXPENSES		
Lunches and holiday meal		29,230
Mileage/transporation		240
Supplies		272
Promotion		106
Administration		2,500
Salary		7,500
TOTAL EXPENSES		39,848
Balance deferred for capital project or 2023 operations		67,786

Note: all funds received for Smiths Falls programs are allocated to distinct classes within our accounts.

Food Hub Capital Costs

- Kitchen Outfitting – \$160,000
- Other equipment (tables, chairs, etc.)- \$25,000
- Renovations ?????
- Sources of revenue
 - Existing deferred funds
 - The Table's reserve funds up to \$75,000
 - Trillium Foundation (will require lease)
 - Local fundraising

2023 so far

- Monday lunch switched to Hanley Hall, dine in with social opportunities and Rideau Community Health Centre, health workers on site.
- Wednesday take-out and delivery lunch continuing with St. Francis.



2023 To Come

- Regular supper meal.
- Add another dine-in lunch
- Educational programming starting in April with 8 week “Cooking for your Budget, Body and Planet”.
- Youth programming with Big Brothers, Big Sisters
- Find our permanent home
- **Promote and fundraise**

NOTICE TO READERS: Sign up for FREE email newsletters - local news and information in your inbox



NEWS

'It's for everyone': The Table launches new community lunch program in Smiths Falls

The new initiative feeds the need for social connection and helps combat local food insecurity

By **Evelyn Harford**  Smiths Falls Record News
Thursday, January 26, 2023



Cookware, Tableware, Barware
ChefEquipment.com

Side Bar



Thank You!