

Taking Stock

2022

PROGRAM

DIRECTOR'S REPORT

KIM CUMMINS



Our Community

What does it mean to be a member?

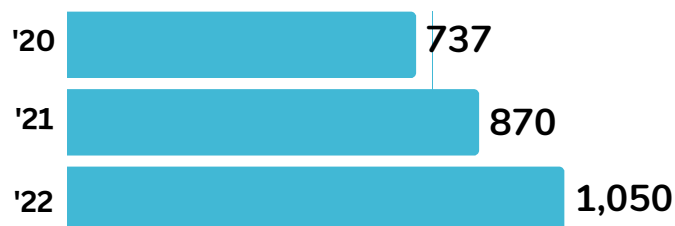
The Kitchen's membership model is the foundation upon which we strive to build an inclusive, collaborative, and resilient community. Whether an individual accesses services or volunteers their time, everyone becomes a member. All members agree to the same **Member Code of Conduct** which outlines **our collective commitment to celebrating diversity, promoting inclusion, and treating each other with care and respect**. All members have voting rights at the AGM and regularly inform our programs and operations through discussion, surveys, and evaluations. The membership model demonstrates our commitment to social justice, and strives to **reduce the stigma** that often comes with accessing support services. Becoming a member means more than gaining access to support, or becoming a volunteer. Members become part of a **community where everyone is treated equally, and their voice, skills, and experience can make a difference**.



Our Program Standards

- **Good Food:** fresh & nutritious ingredients
- **Low Barrier:** no means testing or ID
- **Accommodations:** cultural food & dietary restrictions
- **Accessibility:** drop-in, phone orders & home delivery
- **Translation Services:** translated documents & on-call support in 6 core languages (Mandarin, Arabic, Spanish, Cantonese, Tagalog, French)

43% participant increase from 2020-2022

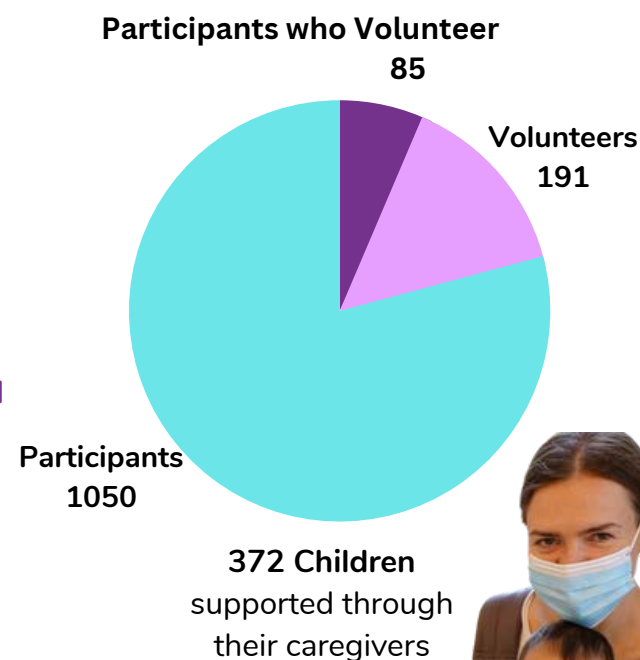


*Membership numbers do not include the number of children served.

"I just want to acknowledge the kindness, caring and loveliness in your monthly messages and your consideration of the needs and accessibility requirements of all people in the community, including those with flexible or unpredictable needs. It's so appreciated and refreshing!" -MM, Participant

Membership Breakdown 2022

Total: 1,326*

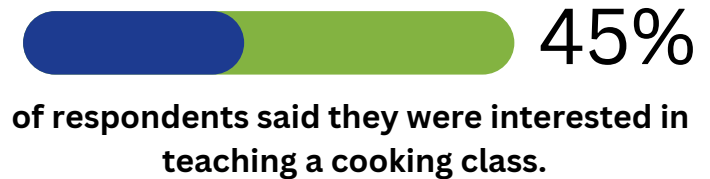


Cook

Food Skills Programs not only increase access to nutritious, wholesome food, they also create opportunities to learn, and share our skills with others in a supportive environment. Preparing and sharing healthy meals together is central to our work. It is how we strive to bridge the social isolation that often comes with living on low income. Cooking together is how we nurture healthy relationships with our food, with our selves, with the environment, and with the community that surrounds us.



Without a functional kitchen to cook in and Island Health regulations that limited food preparation in our new location, **2022 was all about getting creative with programming, gathering intel, and planning for the future.** Our membership had grown significantly since 2020, so we began with a **Food Skills Program Survey** that received 92 responses (10%) and gleaned a wealth of invaluable insight about participant skill levels, priorities, and interests. The information gleaned directly informed program planning.



We piloted participant-led virtual cooking programs and these classes were some of the most memorable programs of the year. In 'Japanese Comfort Food' class, Aayanori taught us how to make an incredible Nikujaga (meat and root vegetable stew), while his partner, Miwa, translated the instructions and shared stories of Japanese food and culture. In 'Family Favourites from Syria', Rehab taught her mother's recipe for kofta, just like she had taught her children who now make it for their families.



Volunteer, Linda Morde-Friessen and practicum student, Medalit Rios, did an excellent job adapting our budget-centered **Dinner on a Dime** program into a meal kit that made 3 recipes and provided 16 nutritious meals for just \$25. Other notable **meals kits drew inspiration from our garden produce**: Summer Couscous Salad, Fridge Pickles, Roast Chicken Dinner, and Yukari's Soba Noodle Salad. In the last two years, the number of families accessing our services has grown substantially. Camosun College practicum students Roxanne LayCraft and Sarah Towler developed **family-focussed programs**, like Spring Break Enchiladas, and a Family Halloween Night. Collectively, our **participants made 2,047 healthy meals through our Food Skills Programs**.

94%

found the meal kits with recipes the most helpful program model, with in-person programs second at 84%.

Looking Forward

Constructing our commercial kitchen and preparing for expanded, in-person food skills programs is by far, one of the most exciting projects of 2023. We plan to build on the success of our participant-led programs, to re-establish core programs like Supper Clubs and our famous preservation classes, and to introduce community meals and food demonstrations into core operations. They say that the kitchen is the heart of every home. We cannot wait to have an accessible space where we can nourish our community, bridge social isolation at the dinner table, and **celebrate the power of good food**.

"It is really exciting to expand my culinary horizons!"

-CM, Participant

Japanese Comfort Food
Virtual Cooking Program
Miwa & Aayanori



"Knowledge sharing between community members not only increases food skills but creates a great connection to others and brings meaning during a time in history that can feel isolating for many people." -BE, Participant

93.5%

of respondents felt 'fairly to very confident in the kitchen'

Spring Break Enchiladas
for Families
Dalila & Roxanne



Grow

Growing your own food is a delicious and rewarding act of resilience. Our Garden Programs provide tremendous amounts of fresh produce for the Pantry and Food Skills Programs, while offering hands-on learning opportunities and resources that support food growing at home. These programs help us meet our organizations fresh food needs, support local food systems, and create opportunities to reconnect with the land, while supporting our members in doing the same.



Loaded with food plant starts for home
Get Growing, Victoria Garden Event (May 2022).

8,310 lbs

Grown in our Gardens

2,078

Food Plants Distributed
with Get Growing, Victoria!

600 lbs

Fruit picked by
our team

Bruce Saunders
Omnivore Acres
Garden Lead
AKA King Kale!

The Amazing
Katie Bodin
Cedar Hill
Garden Lead



The strength of the Garden Programs comes from our dedicated volunteer teams, and our solid partnerships with Omnivore Acres Farm and St. Luke's Cedar Hill, who share their land as growing sites. With the Cedar Hill Garden (St. Luke's) entering its first full growing season, and Omnivore Acres in their second year with expanded growing space, the Garden Programs were a force to be reckoned with in 2022! The season started with a **Garden Program Survey** to help inform crop planning, identify priority workshop themes and volunteer interests. We received 84 responses and a wealth of information for program development.



of respondents are interested in touring our growing sites and other community gardens

Thanks to the tremendous leadership of volunteer Garden Leads, Bruce Saunders and Katie Bodin, and their dedicated volunteer teams, we set a new harvest record for the second year in a row: a whopping 8,310lbs of produce! Detailed harvest records were cross-referenced with fair market value in B.C. We learned that if we had purchased the variety and quality of produce our Garden Programs generated in 2022, it would have cost \$43,000! By investing in our Garden Programs, we have greater control over the quality of the food we provide.

"You always give awesome veggies"

-2022 Garden Program Survey Respondent

All season long, our Pantry Program fridges and meal kits were packed with giant heads of romaine, gorgeous peppers, hundreds of pounds of tomatoes, cucumbers, zucchini, fresh herbs, legumes, and winter squash. After a three year hiatus, we were so excited to organize a **fruit picking team with LifeCycles Fruit Tree Project** again! Volunteer Harvest Lead, Erin Leinweber, coordinated weekly picks throughout the city and **gleaned 600 lbs** of fruit for the Pantry Program! In the fall, we **pressed 200 litres of fresh apple cider** together that raised \$740 at our benefit concerts. For the third year in a row, we partnered with the **City of Victoria's Get Growing, Victoria! initiative** and hosted two wonderful garden events. We **distributed 2,078 food plant starts**, containers and gently used garden tools, as well as a wealth of garden education resources and recipes for the harvest, in an effort to promote food growing at home. In 2022, **these events helped to establish 29 new participant gardens, and provided another 67 growing spaces with valuable supplies for the season.** In September, we celebrated everyone's hard work with an end of season Celebration Dinner and awards: homemade pies!

Looking Forward:

We plan to host garden tours to showcase these amazing growing sites, and build connections with our membership and support network. We will work to increase support for our garden teams through hiring a Canada Summer Jobs student. Based on survey findings, we plan to reduce barriers to participant volunteerism in the garden by gathering funding to provide greater support (transit and accessibility), and to pilot participant-led garden workshops.



Cedar Hill Garden
ready for harvest

Share

Founded with dignity, choice and respect as its guiding principles, the Pantry Program offers healthy food distribution to hundreds of adults and children each month. Two services are offered: the Grocery Program and the Voucher Program (grocery gift cards). Through the Grocery Program, participants choose from a selection of fresh seasonal produce, proteins, healthy staple foods, cleaning supplies and toiletries. This self-select model accommodates cultural food preferences, allergies and family sizes. Our home delivery service brings healthy food directly to our most isolated participants living with chronic illness or mobility barriers. The Voucher Program offers grocery gift cards each month for up to a year.



Food Distributed

23,156 kg

51,050 lbs

1,050 Adults

372 Children

Served

Grocery Visits

2,854

752 delivered

Tyler Akis
Pantry Program
Coordinator

Pantry to Plate



Easy Pasta Primavera



Delicata Squash stuffed
with Curried Red Lentils

"I just wanted to say thank you for all the food you gave us yesterday! It takes a lot of pressure off having extra food."

-JY, Participant

2022 was our first full year of Pantry Program operations in our new home. At the beginning of the year, **Tyler Akis joined the staff team as Pantry Program Coordinator. He brought an abundance of passion, energy, and culinary creativity to the role.** Amidst rising food costs and inflation, Pantry Program access increased at a steady pace over the course of the year. Not only was the Pantry Program serving more people than ever before, but our own operation costs were increasing due to inflation. While the fundraising team worked their magic, our new Pantry Program Coordinator did the same. Drawing upon his decade of experience in the grocery industry, Tyler **developed new wholesale purchasing accounts** to save costs, and **brokered new food donor relationships**, including a **\$520 sponsorship from Urban Grocer** for our first ever **Back to School Stock Up** family event. In the spring and summer, we held **2 protein giveaways** with over 200lbs of donated chicken received from the Mann Family. Over the summer, Tyler designed an exciting new monthly feature, called Pantry to Plate.

Each month Tyler shared a nutritious and accessible recipe that could be made exclusively using items that were available through the Pantry Program. It was a tool designed to inspire meal planning, support participants as they tried new foods, and helped to increase awareness in the community about the quality of services we provide. The Pantry to Plate recipes developed a dedicated following, within The Kitchen's membership and throughout the broader community. In late August, the **BC Farmer's Market Association awarded us \$12,960 in dedicated support for 68 seniors through their Farmers Market Nutrition Coupon Program.** The program was designed to create mutual support for BC farmers while increasing access to nutritious food among vulnerable communities. As we shifted into the fall season, the number of new people reaching out to register for food support continued to climb. We worked to expand the reach of our food drive campaigns, and were so encouraged by the positive response. In September, we received the largest food drive donation our organization had ever received; a whopping **4,704lbs from the BC Thanksgiving Food Drive!** The 'coolest' food drive record was also set in 2022 when Facebook Group "What the Hell Just Happened" and Budget Brake & Muffler drove up in a **stretched limo filled with 1,311 lbs of donated food.** By the end of the year, we had registered an additional 280 adults for the Pantry Program, conducted **2,854 custom grocery orders (including 752 home deliveries)** and **distributed 51,050lbs of food.** We want to thank our incredible delivery coordinator, **Debra Burton, and our team of volunteer drivers!** The waitlist for the Voucher Program had grown significantly over the course of the year, but **thanks to holiday fundraising efforts, we created 75 additional spaces in the Voucher Program (40 families and 35 individual).** Every participant that accessed services in December, also received an extra \$20 grocery gift card for the holidays.

Looking Forward

Our participant base has grown and changed significantly since the move to our new location. We plan to conduct a Pantry Program survey to help inform a potential restructuring of the Voucher Program, and to continuously improve and adapt our services to meet changing participant needs. We plan to target additional fresh proteins, dairy, and culturally appropriate foods, by expanding partnerships and working with the Food Share Network.



Caregivers choose lunch supplies at our first Back to School Stock-up event

Connect

At its core, food insecurity is the direct result of lack of income. Ongoing social inequity create unequal access to income opportunities. Social support programs can't keep up with inflation, and the high cost of living results in people living on low income sacrificing essentials like healthy food and medication just to pay rent. Our Resource & Referral Base is one of our four program pillars that rarely gets the spotlight. It is where some of the most challenging and impactful work occurs. Since The Kitchen first opened in 2015, we have been a **part of a broad network that refer clients and connects people with resources at other organizations where they can get extra help.**

"Thanks to You and your Squad for making the Shelbourne Community Kitchen a welcoming, safe, friendly space to gather." -RF Participant

The Kitchen has long-standing referral relationships with Pacifica Housing, Phoenix Human Services, the Cridge Center, Saanich Volunteer Services, and a number of support workers. Through our **Community Resource Feature**, we share information about organizations that are doing incredible work in everything from employment services, subsidized housing, legal aid and advocacy, mental health and addictions, and family resources. **Staff provide referrals upon request**, and we maintain **large resource directories** that are available on our website and in hardcopy. Through our **Social Justice Hero Feature**, we use The Kitchen's spotlight to highlight the important work of people in the broader community who are making a positive impact towards social justice. **2022 Social Justice Heroes included: Jared Qwustenuxun Williams, Boma Brown and Safiyyah Kathrada.** We would like to thank our Camosun College and University of Victoria practicum students for their excellent work updating our resources each and every semester.



Community Resource Features 2022

- Legal Aid & Advocacy Resources
- First Nations & Metis Resources
- Income Tax Clinics
- Diversity, Equity & Inclusion: What to do if you experience or witness discrimination?
- Orange Shirt Day

Financial Snapshot

Fiscal Year 2022 January 1 - December 31 [View Full Financial Statements](#)

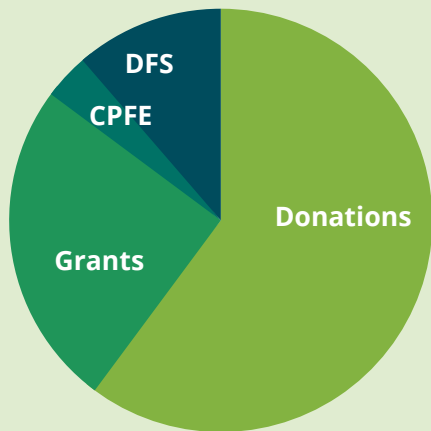
Revenue
\$595,729

Expenses
\$415,638

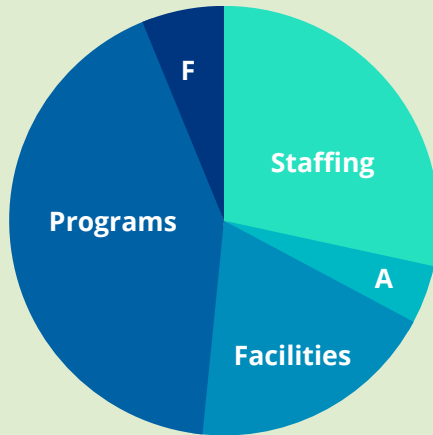
Food Distributed
23,156 kg / 51,050 lbs

*Value of donated food verified at \$3.21/lb by Foodbanks BC

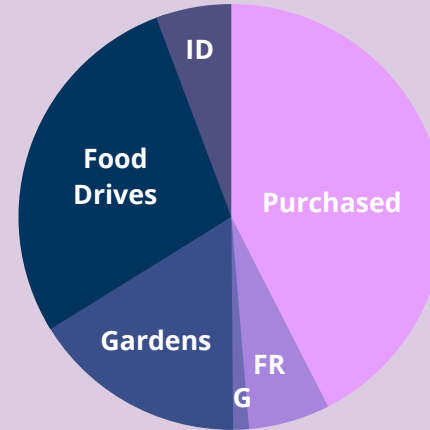
57.5% of all food distributed
was grown or donated!



60.2% Donations
25% Grants
3.5% Community Partners &
Fundraising Events (CPFE)
11.3% Donated Food* &
Other Products (DFS)



42.2% Programs
28.4% Staffing
18.8% Facilities
6.2% Fundraising (F)
4.4% Administration (A)



42.5% Purchased
16.3% Gardens
28.1% Food Drives
5.7% Food Rescue (FR)
6.2% Individual Donors (ID)
1.2% Grow-A-Row (G)

Thank you

FOR YOUR SUPPORT

Rising food costs and inflation caused a rapid increase in demand for food support while increasing overall operational costs. Gratefully, our generous donors, grantors, and community partners were there with us every step of the way. Thanks to the awe-inspiring support of our anonymous matching donor, and everyone who gave so generously to our Donate and Double Your Impact Campaign and benefit concerts. Together we raised \$130,034 in support of healthy food for our members!

