



# Food Security



**1 in 6 households in KFL&A are living with food insecurity.** Food insecurity negatively affects physical and mental health and can lead to long term impacts, especially for children – **33 percent of food bank users in Canada are children representing 600,000 visit each month.**

United Way works closely with agencies and programs to respond to the increasing food needs, working collaboratively on ways to best address food insecurity and help people in the local region.

## How United Way KFL&A Helps



Here are some of the programs funded through the United Way. For a full list of programs please visit [www.unitedwaykfla.ca/grants/](http://www.unitedwaykfla.ca/grants/)

### Food Reclamation and Redistribution

The Community Food Redistribution Warehouse (CFRW) **facilitates the efficient collection and distribution of large donations of food to frontline agencies in KFL&A** who provide meals or food to their program users. With large freezers, coolers, a loading dock, forklift and washing stations the CFRW has the infrastructure to safely receive and process large scale food donations.

Lionhearts Inc. picks up food from restaurants, kitchens, farms etc. and **redistributes it to agencies, shelters, and other community programs** that serve vulnerable populations.

### Food Boxes

The Seniors' Food Box Program was initiated and designed in response to an identified need, **8 percent of food bank users are seniors.** Organized by Kingston Community Health Centres (KCHC), volunteers pack boxes of food that are then delivered to low-income seniors in need. The deliveries provide much needed healthy food and social interaction for an isolated senior.

The Students' Food Box Program is similar to the Seniors' Food Box, United Way was able to respond to a need identified by post-graduate and under-graduate students. United Way funds Students' Food Boxes, delivered through KCHC to Queen's University and St. Lawrence College students.

**Stronger Together**



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Kingston, Frontenac,  
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The Good Food Box program is open to everyone in the community. Run by Kingston Community Health Centres with funding from United Way, this program **provides monthly access to fresh produce boxes at no cost to families or individuals with low-income.**

St. Vincent de Paul Society Kingston's Emergency Food Pantry provides monthly packages of 2-3 days worth of non-perishable food to individuals and families with no qualifying criteria.

## Food for children and families:

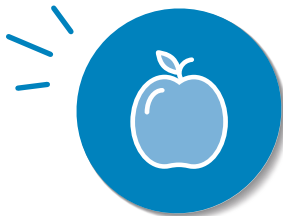
The Food Sharing Project works to **ensure students eat a well-balanced and nutritious breakfast, lunch or snack at school**, improving their physical, mental and social well-being and their ability to learn. There is a need in our community for providing food to students and their families on the weekends during the school year and in the summer months as well. Lionhearts, in collaboration with Kingston Rotary Clubs, packs and delivers nutritious food boxes twice a month to identified families with students in their households.

YMCA of Eastern Ontario runs a program open to all children/youth at no charge offering mentorship and a focus on feeding families, family physical and mental health, and youth empowerment. Food is provided as part of their participation in program activities.

## Meal Programs and education

Daily meals are provided in KFL&A through Lunch By George, Martha's Table, and other agencies in the region. Food is provided by Lionhearts at the Emergency Warming and Drop in Centre on Concession Street and the Integrated Care Hub. Lionhearts works to help other meal programs in the city by providing meals to agencies, prepared by trained chefs.

Cooking and food literacy skills are taught through the **Wiisiinda! Community Kitchens Program** run by Loving Spoonful and Tipi Moza. The program **emphasizes traditional and cultural foods and works to build food knowledge and community.** Loving Spoonful also runs a Community Kitchens program that brings children, youth and adults together to **prepare good food – learning about food systems, healthy food and basic food skills.**



**24,534** nutritious snacks and meals were provided to students at school



**6,780** food boxes were delivered to low-income seniors, families and students



**455,521** meals were served through food programs, including takeout, food boxes and in-person meals



**30,267** community members were served by these programs

**United Way of Kingston, Frontenac,  
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