



Food security remained a high priority in 2024, affecting more and more community members from all walks of life. Inflation, economic turmoil, and insufficient incomes continued to be community deficits that must be addressed.

Mount Paul Community Food Centre (CFC) is part of a national movement committed to well-being, belonging and social justice. We create welcoming spaces where people gather to grow, cook, share, and advocate for good food.



### PROGRAM HIGHLIGHTS

- Over 1,000 programs were offered through the year reaching a variety of populations and groups.
- Community engagement remained a priority with program evaluations, community participation and volunteer opportunities.
- Dedicated volunteers contributed over 16,000 hours to the CFC programs.

### PROGRAMS OFFERED

All Community Food Centres offer a special mix of programming that includes opportunities to build cooking and food-growing skills, improve healthy food access, and engage with community members. Here's some of what was served up in 2024:

- Produce Market
- Community Meals
- Youth Meals
- Produce Boxes
- Food Recovery
- Food Skills
- Garden Workshops and Gatherings
- Community Gardens
- Seniors Support for Independence
- Advocacy Support

# OUR IMPACT IN 2024

Mount Paul CFC remains committed to supporting our local community. This means providing a place where people can connect and access good food – food that nourishes the body and spirit. It means advocating for equitable policy change that addresses food insecurity and poverty in the long term.



87%

of community members feel like they belong to part of a community.



75%

reported the CFC helped managed their pre-existing health concerns.



*I love being able to come somewhere where we can meet or be with friends and enjoy a meal together.*



100%

stated the CFC provides a source of healthy food.



88%

reported a decrease in how much they worry about having enough food.



*I feel more positive, supported. The compassion that I feel from the CFC makes me feel more valued.*



*I feel like I am contributing to something while I am here.*



**community food centres**  
CANADA good food is just the beginning

Mount Paul CFC is one of 17 Community Food Centres across Canada that are bringing people together to grow, cook, share, and advocate for good food for all, in partnership with Community Food Centres Canada.

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Provided by:



**Interior  
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