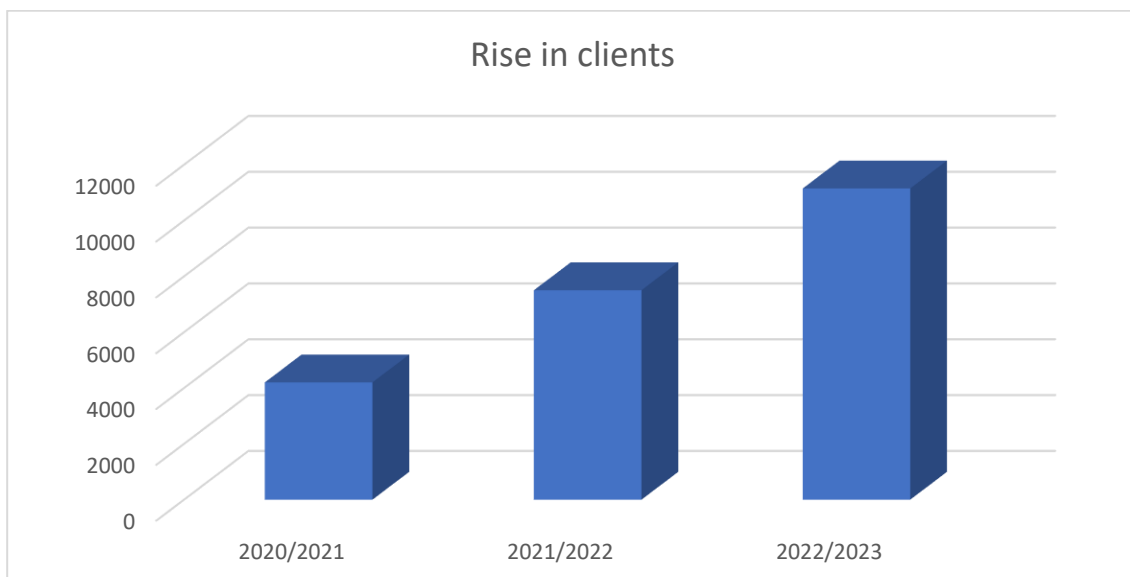
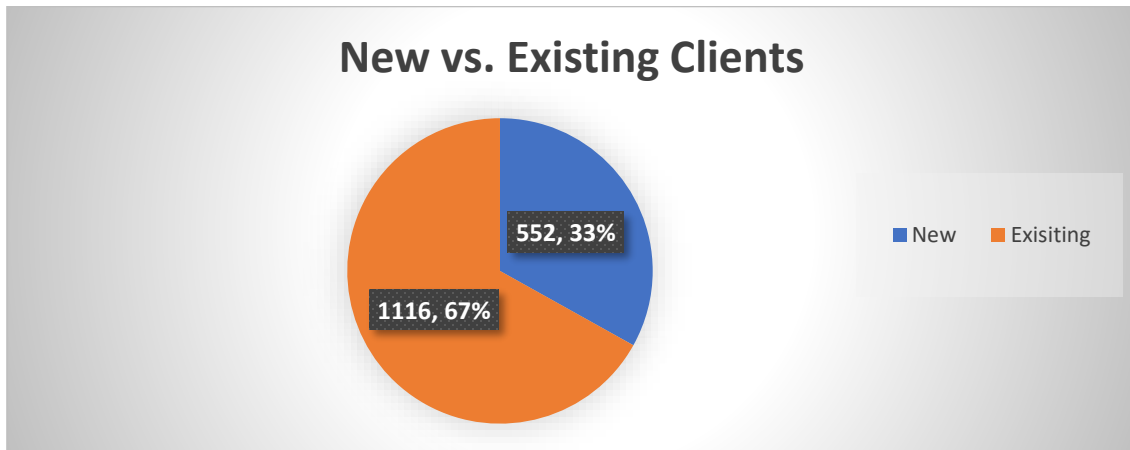


Executive Director's Report

The end of September marked the end of our Fiscal 22/23 year. We held our AGM in October and we thought we would publish a few points. We will be generating Annual Reports going forward and posting them on our website. Our financials are always posted on the CRA website. Unfortunately, it can take up to 6 months for CRA to post financial statements. Therefore, we wish to publish a few points that will shed light on how our last Fiscal year was.

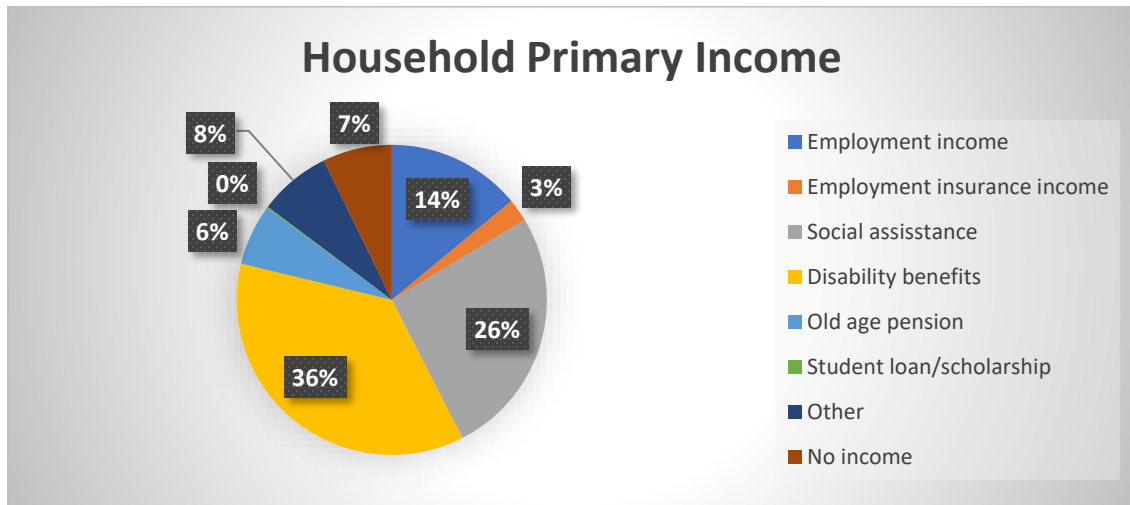
Our clients

- We served an average of 929 clients per month. 678 different households and 11,149 total individuals, which includes repeat visits. Compared to the 567 households and 7,503 clients we serviced last year. Since 2020/21, when over 4,200 clients were served, our client numbers have risen by over 60%. Included in the total individuals' number is 552 new individuals that started using the food bank.

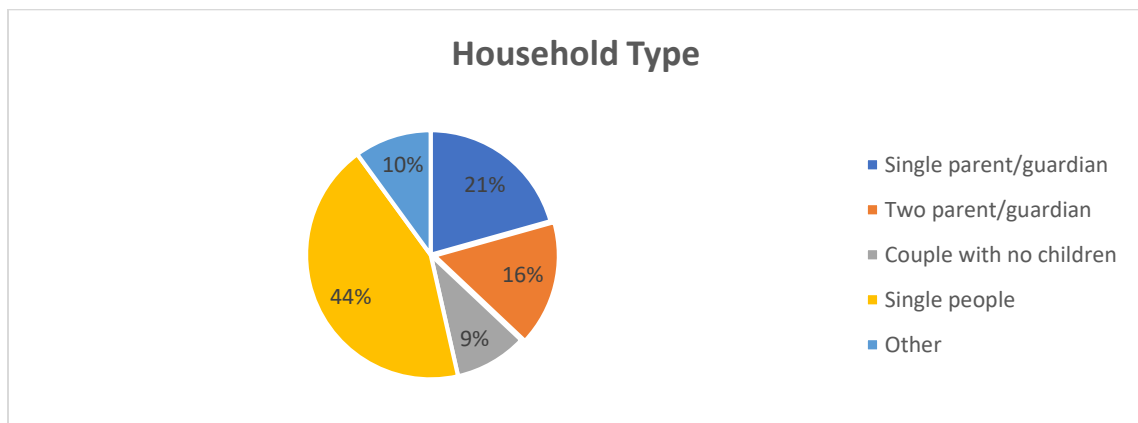


Who we serve

- Out of 678 households, 95 of them are employed whether it be full time or part time. However, due to the rise in the cost of food and housing, they cannot always make ends meet. The rest of the households represented are on some form of benefits or assistance, which is below the poverty line and not enough support in this economy.

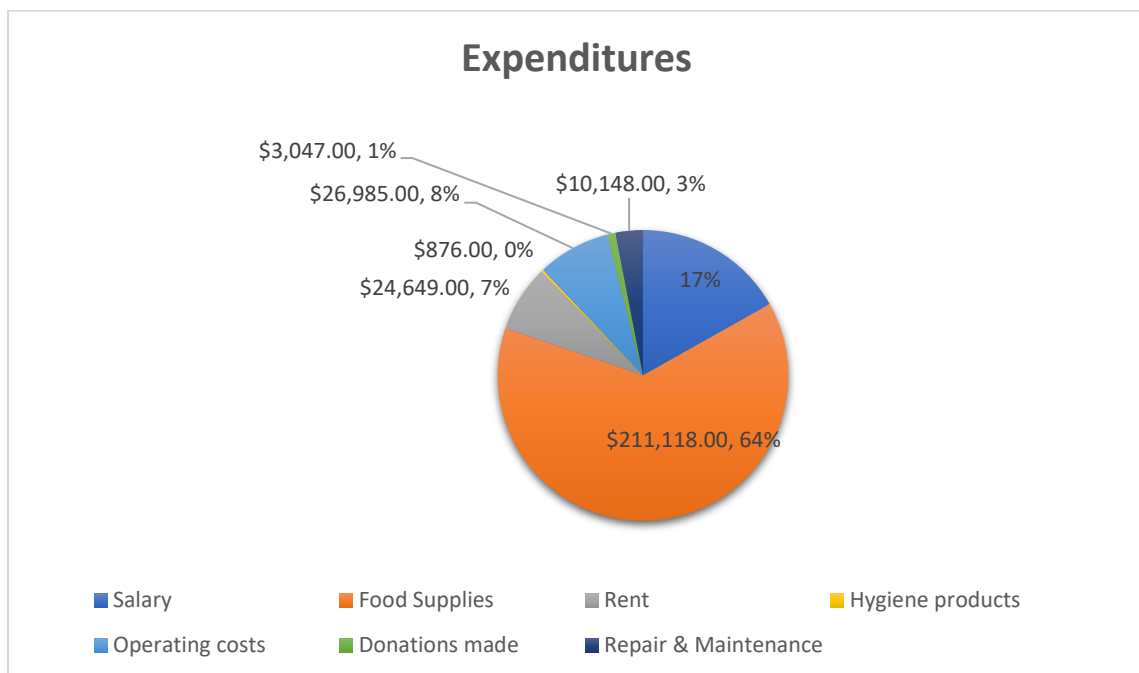


- We serve many different household types. Single person households continue to be our main configuration.



Our costs/expenditures

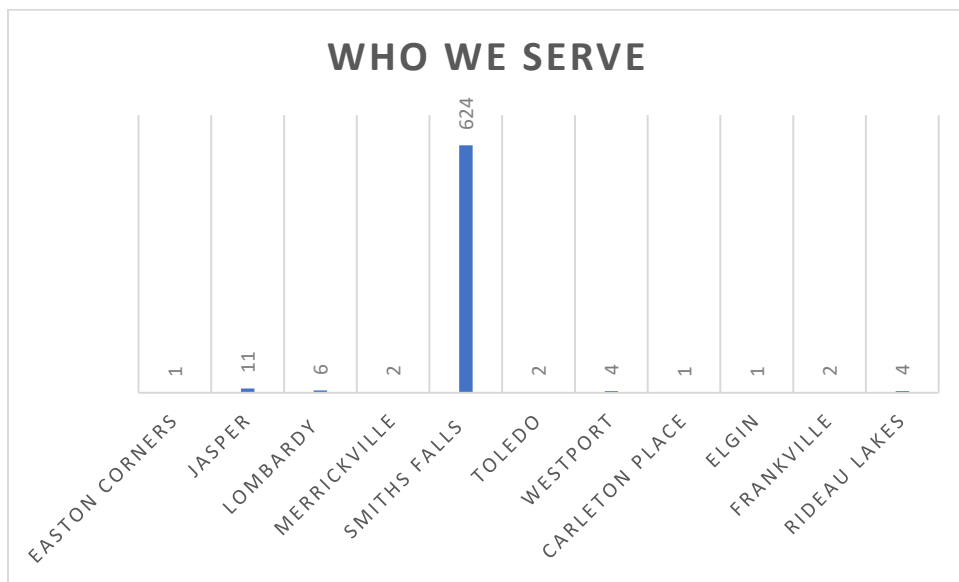
- Last fiscal year, the food bank spent over \$121,000 in food alone. This fiscal year, we have spent over \$211,000 on food. This represents a 56% increase in food costs. This is due to the rising costs of food and the significant rise in clients. We expect to continue seeing a rise in food and operating costs as inflation continues to rise. This past fiscal year's total operating costs were over \$329,000. This number represents food costs, rent, Food Banks Canada membership, etc. The funds spent were to supplement the food we received through donations. Between Build a Mountain of Food, CP Holiday Train, and the community itself, we received almost 80,000lbs in food. Unfortunately, due to our high client numbers, the donated food does not go as far as it did in past years. Pre covid, we did not see even half the number of clients we do now. We did not have to spend as much money on food as we had great food donations and a lot fewer clients to serve. Currently, we see astronomical numbers therefore our spending has risen exponentially. All our financials are always posted on the CRA website and we use a licensed accountant to ensure our financials are always in absolute order.



- The client numbers continue to rise while donations are starting to decline. We, like most food banks, are trying to sustain our services. Food banks do not receive government funding. If donations drop significantly then the food provided by food banks will drop as well. We have made small adjustments to hopefully be able to maintain services in the long run. We operate on strictly community donations. Our community has extremely generous supporters and we are blessed to have them.
- We operate on one salary and approximately 35 to 40 volunteers. This past fiscal year we had over 4,000 volunteer hours. Volunteers are of utmost importance. Without them, we would not exist. We have some of the most dedicated and compassionate volunteers. They are the heart behind the operation.

Who we serve

- We serve a wide catchment area which includes Smiths Falls, Jasper, Lombardy, Montague Township, Merrickville, Toledo, and surrounding areas. We will serve individuals outside our catchment area when there are special circumstances.
- Outside our clients we also supply the Connections program with food items weekly. We supported the WAK program the past fiscal year and supplied them with snacks for the children as well as pasta and sauce for their spaghetti dinners. We continue to supply the Rideau Community Health Services as well by providing them with emergency food hampers on an as needed basis. We also supply five schools in town by providing them granola bars monthly for their breakfast and/or snack programs. Those schools include: Chimo Elementary, Duncan J. Schouler, Montague Public School, Smiths Falls District Collegiate Institute, Lombardy Public School and St. Luke Catholic High School.



This report represents our last fiscal year (2022/2023) and we will continue to produce annual reports that are posted on our website after our AGMs.

We thank all our incredible donors who help to keep our doors open to be able to serve our community. Without our donors, we would not exist. And a huge thank you to the amazing volunteers who continue to be the backbone of this operation.