



2022 Annual Report

Food Stash Foundation

Food is too valuable to waste

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Message from Our Board Chair & Executive Director

Change is a constant in the charitable sector - we collectively work hard to fill gaps and serve our communities when times are tough and where mainstream systems fall short. At Food Stash in 2022, this meant trying to keep pace with the increased demand for our programs that resulted directly from inflation and rising food prices. We experienced inflation and rising operating costs ourselves, at the same time that we navigated yet another warehouse move (this time due to redevelopment) that came with a \$130,000 cold storage price tag.

We didn't miss a beat with that warehouse move. Not a single food pickup, delivery or market day was missed. And we're pleased to report that, with a lot of help from our generous supporters, we were able to fully pay off a short-term loan for our new cold storage. We have settled into our new warehouse well, and are taking full advantage of having some stability thanks to a 5-year lease with no demolition clause. We opened our doors and our space to 8 other nonprofits and local businesses who needed a little storage space here and a little programming space there, and we brought in some new art as a homage to our old space.

But we would be fooling ourselves if we said that it wasn't an exhausting year. In 2022, we:

- Increased the number of food donors we pick up food from by 26%
- Increased the number of community partners we deliver to by 18%
- Rescued Food Market attendance grew by 83% (while donations dropped by 90%)
- Increased the number of households we deliver Rescued Food Boxes to by 15%
- Rescued over 1 million pounds of food!

At the end of 2022, we made the difficult decision to pause our Market for a few months. As a team, we needed to take a collective break to strategize, improve based on what we've learned, and come back fresh with a reimagined operating model for the Market. Food Stash is nothing without the dedicated, hard-working and passionate team of staff and volunteers behind it, and so we've doubled down on our efforts to support our own professional development and wellbeing so that we can continue to show up in 2023 in the best way possible for our community.

In 2023 we are excited to further pivot the Rescued Food Box program to support folks in our community experiencing disability, dive more into advocacy through our involvement in the Vancouver Neighbourhood Food Network movement and establish the Market as one of our core programs.

Thank you to each of you who generously donated your time, energy, money and/or expertise in 2022 to help further our mission and serve our community. Thank you to the ʔəliilwətaʔt, Skwxwú7mesh and xwməθkwəyəm Peoples whose land we work on.

Yours in community,
Joben & Carla



Our Year at a Glance



1,046,871 pounds
total food redistributed



78%
to Community Partners



10%
to Rescued Food
Box Program



9%
to Rescued Food
Market



2%
to compost



1%
to Community Fridge



Food Donor Spotlight

23

food donors provided regular food donations

20

all year

6

seasonal

Everything Food Stash does starts with the food donated by a number of grocery stores, farms, wholesalers, and now even gardening enthusiasts! In 2022, we started accepting donations of surplus produce from urban farmers and gardeners, some of whom even deliver the food to us!

We are extremely grateful to all of our food donors - new and old, ad-hoc and scheduled - but we'd like to highlight the generosity and dedication of one of our newest Food Donors, SPUD, who began working with us in January 2022. SPUD aims to have the lowest waste in Canada and they do this by selling imperfect produce, using technology to buy only what customers want, prioritising local suppliers for shorter ordering lead times, and donating whatever they can't sell to Food Stash.

Spud.



“ Food Stash has been a dream partner in helping our surplus food get to those who can benefit most from it. The service is consistent, and communication is outstanding. The detailed metrics they provide have proven very useful in understanding and minimising food waste in our warehouse.

- Richard Hachey, Warehouse Manager, SPUD

At the peak of summer, we were graced with freshly picked produce from 35 households through the Vancouver Fruit Tree Project, as well as surplus harvests from 6 local farm partners. This freshly harvested produce supported our program growth in the summer months and cultivated a beautiful community of food waste saving partners.



Food Recovery

33

Community Partners received weekly Food Stash deliveries

16,000

pounds of food delivered to our Community Partners per week

10,000+

people served per week through Community Partners' food programs



Our Food Recovery Program is at the heart of what we do at Food Stash. Over 75% of all the food we rescue is delivered directly to 33 Community Partner organisations across Vancouver. Our dedicated Food Rescue Drivers have built lasting relationships with each Community Partner to ensure that the types and quantities of food we deliver match their capacity and their communities' needs and preferences.

We provided over 800,000 pounds of food to our Community Partners through weekly deliveries all year round. Our Community Partners don't stop serving their communities, so we don't stop serving them. We were on the road delivering food 362 days of the year in 2022.

New 2022 Partners

Food Recovery work takes an investment of resources, from living wages for our dedicated driver team, to fuel, insurance and fleet maintenance. To ensure we can continue to provide this valuable service to the community long into the future, we introduced a nominal delivery fee in late 2022. We refined and tested the fee structure based on conversations with and feedback from several of our Community Partners of various sizes and with varying budgets, and we rolled out the fee in January 2023. We're grateful for our Community Partners' support.



The Biltmore



Our Community Partners*

“ We are so grateful to be able to provide our service recipients with extra nutritious foods and fresh food items. The food we receive through Food Stash has also helped support our food program greatly which helps keep our quality high while responding to rising food costs. ”

-The Kettle Society

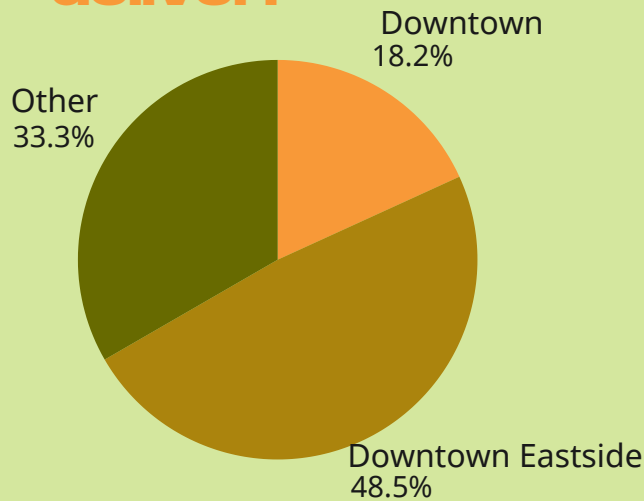


Picture from The Heart Tattoo Society

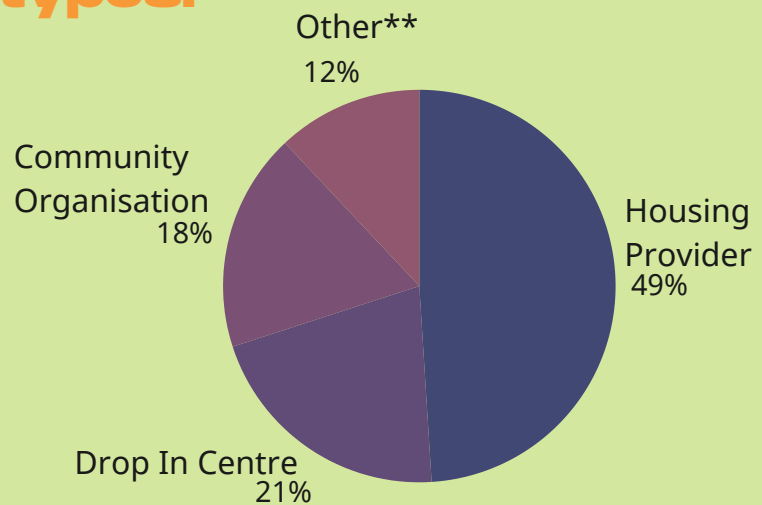
80%

serve multiple populations including seniors/elders, Indigenous people; people experiencing homelessness; people experiencing substance use issues, and people experiencing gender-based violence.

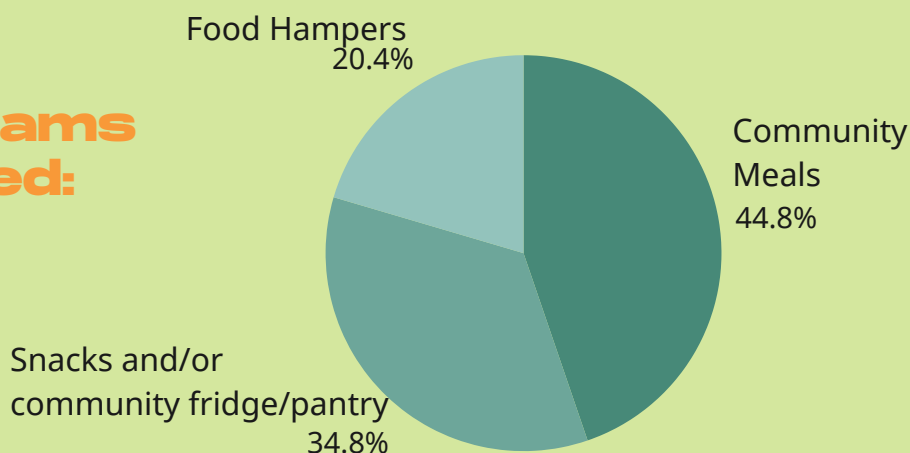
Where we deliver:



Organisation types:



Food Programs offered:



*Data were self-reported by 27 community partners. Gaps were filled in with online research as needed.
 **Other organization types include health centres, school programs, etc.

Rescued Food Box Program

The Rescued Food Box (RFB) program provides a weekly food box filled with 25 pounds of rescued perishable and nutritious food delivered to our members. The program is intended for those with little or no income who require home delivery as they have a disability and/or chronic health condition that makes accessing food and other food services challenging.

108

RFB member households received weekly food deliveries

220

individuals served each week

2,000+

pounds of food delivered to RFB households per week



Major Accomplishments

- With the help of our lovely staff, volunteers, delivery partners, and RFB members, the program was able to serve 220 individuals and deliver 108,244 pounds of food in 2022.
- We started a partnership with local delivery company Novex. They use hybrid and EV vehicles and purchase carbon offsets as part of their commitment to zero emissions. Carsharing co-op Modo also provided driving credit to our volunteer delivery drivers.
- We continued to work with long-time partner Shift Delivery Co-op, making 44% of our deliveries by zero-emission cargo e-trike.
- Our partnerships were crucial in growing the RFB program. We were able to start clearing our waitlist, offer spots to those in need, and stay true to our values of environmental sustainability.

Significant Changes in 2022

- At Food Stash, we aim to provide dignified food access to anyone experiencing hunger. The need for affordable healthy food increased dramatically with the rise in food prices.
- In 2022 we shifted to serving low-income individuals with chronic health conditions or disabilities.
- Our program is unique in providing customized options and low-cost delivery service, aimed to benefit people lacking access to in-person food services.

Our Rescued Food Box Members

95%

indicated that their access to nutritious food has improved since joining

88%

of respondents rated their satisfaction with RFB as 4 or 5 out of 5

“ Food Stash helps me maintain food security as well as gives me the opportunity to improve my cooking skills. Without Food Stash, I wouldn't be able to afford a variety of fresh produce and I would be forced to rely on things like pre-packaged soups which lack nutrition.
-Anonymous RFB Member

Want to learn more? Read Leslie's heart-warming story about the positive impact becoming a member and volunteer has made in her life. [Click here](#)



65%

of members have a disability/chronic health condition*



87%

of members are low income



50%

of members are seniors/elders

*We recently shifted our eligibility criteria to prioritise low-income households and people with disabilities and/or chronic health concerns. We expect the proportion of our members falling into this category will continue to rise over time.

Rescued Food Market

The Rescued Food Market began in October 2021 as a “pay-what-you-feel” market where everyone is welcome to choose from a variety of produce, dairy, and protein-rich foods (meat and plant-based), without needing to show ID or prove their income.

116

people served per market

1,871

pounds of food distributed per weekly market



In Canada in 2008, the average household spent 8% of its budget on food. In 2022 that number climbed to 10%, with food costs predicted to rise to 12% of the Canadian household budget. It's therefore no surprise that the Market's average attendance went from 88 people per Market in 2021 to 163 people per Market in the last month of 2022.

We are so grateful that our volunteers and donors enabled us to provide much-needed food access for so many people during a time of unprecedented need.

Thanks to the dedication of our community and staff, not a single Market day was missed and there were no disruptions to any of our programs in 2022, despite moving into a new warehouse in August.

Nevertheless, the 86% increase we saw in Market attendance meant that on busy days, the ratio of Market shoppers to staff was 55 to 1. We also noticed that pay-what-you-feel donations dropped 82%, when comparing average Market donations in 2021 to donations made in the last month of 2022.

By carefully monitoring and evaluating Market changes over the past 15 months, we learned that in order to ensure the program can continue indefinitely, we will need to revise the Market model in 2023.

As always, we'll be excited to share our learnings with other groups who want to start their own Rescued Food Markets, so we can help more people gain access to healthy, affordable food.

Our Rescued Food Market Shoppers



Cake made by a shopper to celebrate one-year anniversary of the market

Thank you! This organization has helped me be able to have some fresh food during a really difficult time and I can see how you've been able to impact and make such a big change in people's lives and for the planet!

-Anonymous Market User

As the market grew in popularity and we solidified a steady community of market shoppers, we realised it was time to take a deeper dive into understanding who our market shoppers are and why they visit the market. To learn more, we partnered with UBC's Office of Regional and International Community Engagement (ORICE).

The ORICE student research teams helped us conduct surveys using community engaged research principles. The results of this survey help inform the ways we make programs more accessible, and help us better understand the needs and motivations of our community.

Thank you to ORICE for two years of dedicated partnership!

Demographics

78%

Women-identifying

72%

Seniors (55+)

57%

Asian

Reason for Visiting

64%

report COVID-19 impacted ability to meet household needs

72%

income below \$25k/year

14%

shop to prevent food waste

98%

affected by inflation/high cost of living

Shoppers' Experience

83%

report feeling part of a community at the market

90%

are satisfied or very satisfied by overall market experience

Volunteer Appreciation

2,974
volunteer hours

154
individual volunteers

33
groups volunteered

To all of our amazing volunteers – **Thank you!** Everything Food Stash has done could not have happened without your tireless dedication, and we appreciate the strong community we have developed together!

Not only do individuals take initiative to gift us their time, so do school groups and corporations:



“Not only has our volunteering experience been a personal wake up call to take action on the ways in which I can minimize food waste in my own life; it has been an honour for our whole team to learn from and support Food Stash’s collaborative approach to tackling food insecurity in lock step with reducing the environmental impact of food waste. All of us are excited to continue and grow our support in the year ahead!

-Caroline Von Hirschberg, Co-CEO, Spring Activator Inc.

Another volunteer highlight of 2022 was our partnership with Peko Produce, offering the Peculiar Produce Box - a box filled with a range of imperfect and surplus produce, helping us reduce even more food waste!

From its launch on October 19th, 2022 up until December 25th, 2022, a total of **505 Peko boxes** were lovingly assembled by Food Stash volunteers.

These boxes resulted in an earned **revenue of \$2,753** coming back to support Food Stash’s programs. To put this into perspective, that revenue **offset the cost of 42 Food Stash Rescued Food Boxes.**



Volunteer Spotlight

From our volunteer drivers (with winter tires) braving the December snowstorm to get our Rescued Food Boxes safely to our members, to other volunteers trudging through the snow to get to the warehouse to help sort food and pack boxes, there are so many stories that emphasise our volunteers' teamwork, initiative, and care. The following list is far from exhaustive, but we wanted to highlight a handful of our volunteers that went above and beyond when it comes to the in-kind donation of their time and effort in 2022! Thank you all!

- Amy
- Andrea
- Anna S.
- Brie Brooklyn
- Chris
- H.B
- Helen
- Hugo Goode
- Julie & Ian
- Keith
- Leslie
- Linda
- Manon Balard
- Miriam M
- Nancy Lanthier
- Suma
- Terri

“Volunteering at Food Stash is a valuable experience for our students, and they always come back from these events energized and happy. For a lot of young people, the problems facing our society and our planet seem insurmountable, and it is refreshing for them to take direct action and make a meaningful contribution in their community.

-Phil B., Stratford Hall”



Community Hub

We all know that real estate in Vancouver is expensive, especially when you need 4,000+ square feet and cold storage. We are fortunate to be able to share our warehouse space with 8 other like-minded organisations and local businesses for a real **win-win-win** Community Hub situation.

win #1 Greater impact! From Growing Chefs storing the equipment they use to teach school kids about food, to Cycling Without Age storing their e-trishaws that they use to take seniors out for rides to combat social isolation, sharing space helps organizations do more good.

win #2 Shared costs! Our warehouse rent is nearly \$16,000 per month. That is a big cost for one organisation to take on alone. Sharing our space with other groups helps share this heavy load.

win #3 Synergy! We love collaborating and learning from others, so being around other organisations and local businesses has allowed us all to share more than just our space - we share ideas, good food and even our volunteers!



Community Events

2022 was jam packed with events and workshops! Collaboration with our community partners enabled us to broaden our impact while promoting community building and skill sharing.

We partnered with Strathcona Community Centre and Biota Fermentation to learn how to can and ferment, empowering community members to reduce their household food waste in a fun way. We got our creative energy flowing with zero-waste art at the Downtown Eastside Neighbourhood House, and learned how to cook with whatever's available with Spread 'Em Kitchen.

A highlight of our summer was the Community BBQ, an idea brought to us by a new friend from the Rescued Food Market. This event saw 50+ community members swing by to learn about food waste while enjoying an amazing meal together.

8 events hosted in 2022

- Film Screening: Food For The Rest of Us
- Earth Day Pancake Breakfast
- Cooking With Unpredictable Ingredients
- Strathcona Community Centre Canning workshop
- Fermentation Workshop
- Community BBQ
- Open House
- Art Workshop with Jenny Hawkinson

Food Justice

Dignified Food Access

As part of our commitment to Food Justice, we're moving towards a more inclusive and equitable system that eliminates stigma, provides client choice and access to culturally relevant food, and is responsive to the unique and evolving needs of the community we serve. Read more about the practical steps we're taking [here](#).

Advocacy with Vantage Point

We were part of a group of organisations that produced a social media campaign creating dialogue around what food insecurity can look like for British Columbians, and encouraging voters to participate in the provincial election. This campaign created an online community passionate about finding solutions to food insecurity such as universal basic income or dedicating funds for food security in municipal budgets.

Team Training

Thanks to a grant from Community Social Services Training Fund, the staff team, several board members, and our friends from FoodMesh, Vancouver Food Runners, and CityReach Care Society participated in trainings on anti-oppression, cultural safety, and decolonization. These trainings helped grow our knowledge of anti-racism and decolonization, as well as the tools and best practices to inform DEI policies - resulting in our first annual survey that has already helped identify opportunities for improvement.

Mount Pleasant Food Network

Food Stash became the **host organisation** of the Mount Pleasant Food Network (MPFN), part of the broader Vancouver Neighbourhood Food Network. Together, the 10+ organisations in the MPFN work on non-partisan political action and advocacy aimed at addressing food systems change. Check out the **[Food Justice Town Hall](#)** to see the Food Network's food justice work in action!

BC Centre For Ability Partnership

As we work to better understand the root causes of food insecurity and our role in addressing them, we have intentionally sought out employment placement opportunities to create jobs at Food Stash for folks experiencing barriers to employment. We partnered with the BC Centre for Ability to do just this and are thrilled with the results.

Financials

\$883,233

2022 Revenue

\$968,998

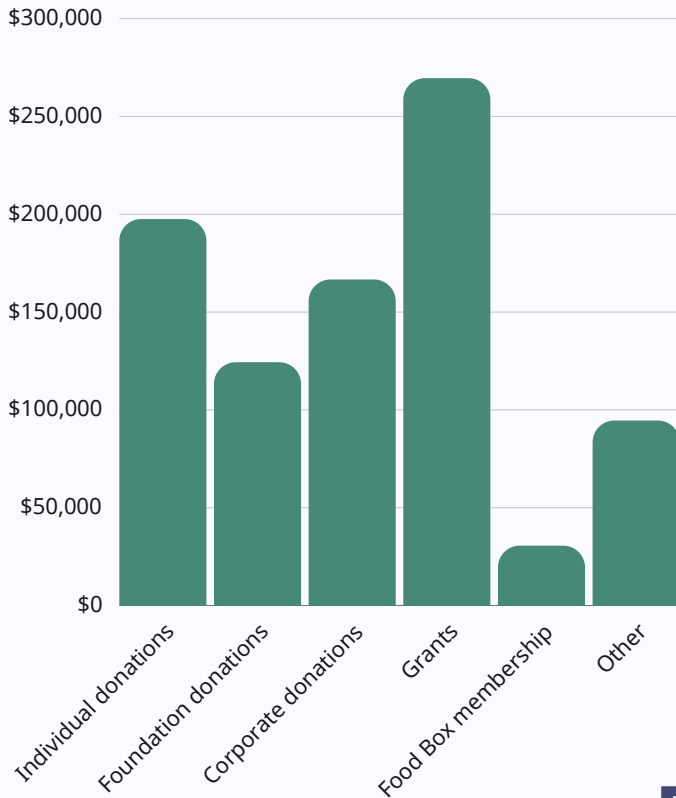
2022 Expenses

20%

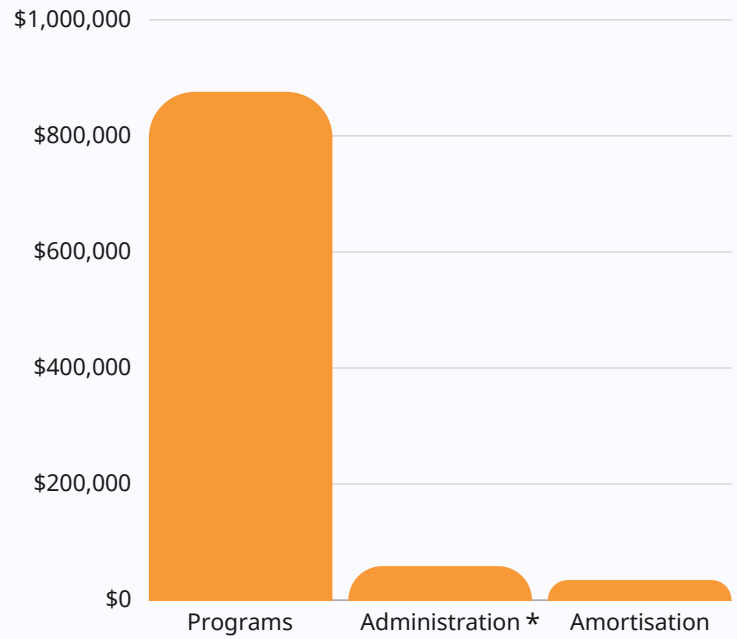
revenue growth from
2021 - 2022

2021-22 Fiscal year:

Revenue



Expenses



*Administration costs include office expenses, advertising, and accounting fees. Salaries are considered program costs.

In-kind contributions:

\$2,808,095

Food donations **

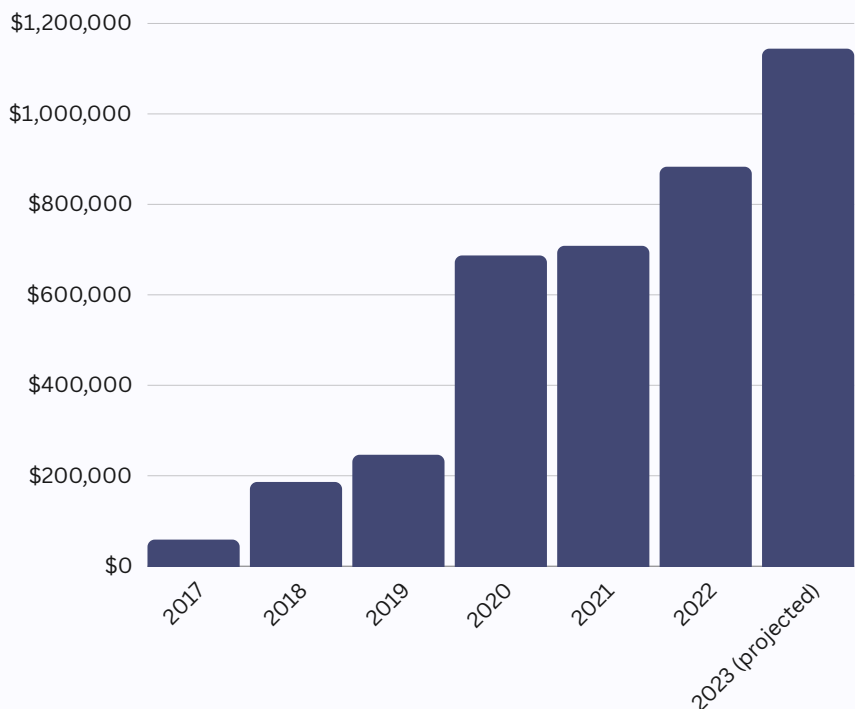
\$65,600

Volunteer hours ***

**based on \$3.21/lb of food (Food Banks Canada)

*** based on \$20/hr

Revenue Growth:



Donors and Supporters

Thank you for giving generously in 2022!

As a registered charity, Food Stash relies on and cherishes each gift of money, resources, and time. The steady commitment and generosity of donors empowers us to fight food waste and provide dignified access to healthy food.

Thank you for helping to promote a thriving planet and a healthy community.

While not a complete list, here are some wonderful donors who have our deep gratitude:

Bruce Etherington
Carol MacKinnon
Colleen & Jack Davis
Denise Grams
Idea Family Foundation
Irwin Nathanson & Joan McEwen
Karen Clarke
Leonard Schein
Leslie & Willi Distler
Lightburn Family Fund, *held at Vancouver Foundation*
Lindsay Family Fund, *held at Vancouver Foundation*
Marie Auger-Méthé
Marilyn Mearns
Mel & Geri Davis Charitable Trust
Nancy & Andrew Stonkus (Stonkus Family Foundation)
Nancy Lanphear
Nicola Wealth Gives Back Private Giving Fund, *held at Nicola Wealth Private Giving Foundation*
North Shore Unitarian Church
Richard Moore
Robin Pascoe & Rodney Briggs
Ronen Shayovitz
Samson Lai
SonJan Enterprises Ltd
Synergy Fund, *held at Vancouver Foundation*
Taya Hall
The Hamber Foundation
The Wolrige Foundation
Vancity Community Foundation - BobCat Fund
Vancouver BIA Partnership



Donors Continued

An incredible 247 people donated to Food Stash through our end-of-year Double Up for Community Food campaign, and many more gave their time to help raise funds and spread the word.

Legacy Liquor Store made the campaign a success by matching donations up to \$50,000, and Food Stash's board of directors also matched donations up to \$25,000.

Our Board of Directors:

Joben David
Leonard Schein
Jeremy Leal
Zander Brais
David Schein
Anna Migicovsky
Jason Attew
Jeff Guise
Matt Livingston
Sophie Kelk
Perleen Prasad



Thank you to all other donors, including those who wished to remain anonymous.

Looking ahead

2023 is bound to bring more changes and challenges, and we're looking forward to meeting them in collaboration with the organisations, volunteers, donors, and community members who help make everything at Food Stash possible.

We aim to promote a thriving planet and a healthy community by:

- Serving as many people as we can in a healthy, dignified, and meaningful way
- Partnering with more retailers, wholesalers, and other food donors to rescue even more food that would otherwise go to waste
- Empowering the public to fight food waste and work on important food-related issues
- Catalysing change through our networks and community partnerships

Please learn more about our updated vision and mission statements that emphasise principles of justice, sustainability, and dignity. [Click here](#)



Together we can prevent good food from going to waste while providing dignified food access to promote a thriving planet and healthy community



[Donate today!](#)

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 living wage employer

