United Way
Niagara

FOOD INSECURITY

WHY?

People and families who are experiencing poverty and related issues continue to face overwhelming challenges, like struggling to keep food on the table. These stressors are causing alarming increases in mental health issues, domestic violence and social isolation. Ensuring individuals and families have access to basic needs, like food, provides them with the opportunity to overcome obstacles and upgrade skills, moving them from poverty to possibility.

Nearly 60,000 people in Niagara are currently experiencing food insecurity.

HOW?

Investing in
65
food security programs

Helping over
50,000
individuals and families

YOUR PART

$52
Provides 1 month of nutritious meals to a student in need.

$500
Provides emergency food for 17 families.

$1,200
Provides 12 food literacy skill development workshops to the community.

Make a gift. Change a life. www.unitedwayniagara.org.

IMPACT

"Before my husband's illness, I never thought I would be in need of assistance for food. When we got the bad news, I instantly fell to my knees.

Without an income, life became overwhelming. The bills were due and the cupboards were bare. We were desperate thinking how we would put food on the table. With the generosity of our community and the help we received, I have been relieved of my distress. We were given what we needed during this time of vulnerability.

Thanks to you, we have had healthy meals on our table through this horrific time."

INVESTMENTS IN FOOD

After School Matters - Family Care Packages **Anglicans in Action** - Family Meal Kits **Bethlehem Housing and Support Services** - Bethlehem Place Support Program, Community Support Program, Kenmore Court Community Support Program **Boys & Girls Club of Niagara** - Kid and Teen Zone, Nightlight Youth Shelter **Casa El Norte** - Emergency Food Support **Community Care of St. Catharines & Thorold** - Emergency Food, Food Program, Thorold Food Program **Community Care of West Niagara** - Vulnerable Seniors Food Security Support, Emergency Food, Emergency Assistance, Food Program, Food Security Liaison and Movement Program **Community Support Services of Niagara** - Access to Meals for Vulnerable Older Adults, Food Security & Transportation, Meals on Wheels Delivery, Meals on Wheels (Niagara Health System initiative) **Food4Kids** - Emergency Food Assistance Program **Fort Erie Multicultural Centre** - Early Essential Needs, Feeding Fort Erie Project **Fort Erie Salvation Army** - COVID-19 Food Security Support **The FORT** - After School Program, Teen Drop-in Program **GROW Community Food Literacy Centre** - GROW Low Cost Community Market, Market Equipment **Holy Trinity Anglican Church** - Harvest Kitchen **Hospice Niagara** - Food Security Support **Links for Greener Learning** - Good Food Box Emergency Support, Good Food Box Transportation, Links for Greener Families **Meals on Wheels** - Fort Erie, Niagara Falls and Port Colborne Meal Delivery Program **Niagara Centre for Independent Living** - Individual Disability Support Program **Niagara Community Garden Network** - Community Gardens **Niagara Ina Grafton Gage Village** - Meals for Seniors **Niagara Nutrition Partners** - Family Grocery Gift Card Program, Food Supports through COVID-19, School Nutrition Program **Niagara Regional Learning Centre** - Literacy for Life **Niagara Worship Centre** - Meal Program for Vulnerable People **Open Arms Mission** - Food Security Support **Port Cares** - Community Navigator, Reach Out Food Centre **Positive Living Niagara** - Community Fund Program **Project SHARE** - Frozen Meal Distribution across Niagara Food Program Partners, Food Provision, Access and Support **Society of St. Vincent de Paul - St. Alfred Conference** - Food Security Support **Southridge Community Church** - Collective Kitchen **Start Me Up Niagara** - Emergency Food Support, Food Plus, SMUN Centre **Strive Niagara** - St. Catharines Outreach, Young Moms Outreach **The Hope Centre** - EmergencyFood Security Support, Food Security **West Lincoln Community Care** - Food and Hygiene Security, Emergency Food Support, Food Safe Storage **Westview Centre4Women** - Emergency Food Security Program, Food & Financial Security **YWCA Niagara Region** - Street Support, Transitional Supportive Housing, West Niagara Transitional Supportive Housing