

Local Love

in action



Since March, the need for meal and food programs has grown exponentially, with



1,600 meals being served every day



3,300 hampers/baskets being delivered every month to low-income seniors, students and families.

“ In a typical year, the Food Sharing Project provides fresh food and snacks at 88 schools across the region, serving over 16,000 students in a school year.

This past spring, when schools and workplaces were closed due to the pandemic, the Food Sharing Project shifted to a home delivery model. Logistically, there was a lot to figure out, but we knew we had to because the children who counted on us at school for their nutritional needs were just at home. With the support of the United Way, we delivered a box of fresh food to families' doors or monthly grocery gift cards to almost 600 families. Every week our drivers heard how much families appreciated the support from their community – one family referred to it as their “luxury box.”

Remember, the box just had basic foods, like apples, oranges, cheese, milk and bread. When we receive our grant from United Way we go right to the grocery store or local supplier and we purchase the food that children need to access what school has for them, whether it is remotely or at school. You can be confident that your donation stays right here and supports students and their families. ”

- Brenda Moore, the Food Sharing Project

“ I would like to send a big thank you to the United Way and Kingston Community Health Centres for the Seniors Food Box. I got my third yesterday and among all the fruit, vegetables, and other food basics this week there was a beautiful face mask. Thank you, you will never know the big sense of relief I got when I opened the package. Everyone is a amazing in providing the Food Box. ”

- Seniors' Food Box Recipient

“ I delivered a box to a 68-year-old gentleman in a wheelchair. He was so grateful to receive the food and support getting it to his apartment door. He commented that this was the first fresh produce he received in over a month. His family lives three hours away and were not able to help him. We chatted for over 20 minutes and I quickly realized I was not only delivering food, but much needed social connections. ”

- Seniors' Food Box delivery volunteer

59,320 People Helped Locally

Accountable to You



83% Funds invested directly into programs and services

14% Fund raising costs

***3%** Related Administrative Costs

* Canada Revenue Agency's benchmark for fundraising and administrative cost ratio is under 35%

Funded Agencies

Helping Kids Be All They Can Be

8 Agencies, 12 Programs

Big Brothers Big Sisters of KFL&A
Boys & Girls Club of Kingston & Area
Family and Children's Services of FL&A
Food Sharing Project
Girls Inc. of Limestone, Algonquin and Lakeshore
Pathways to Education Canada
Psychology Clinic at Queen's
Youth Diversion Program

Building Strong and Healthy Communities

23 Agencies, 33 Programs

Addiction and Mental Health Services KFL&A (Youth Outreach Program)
Bereaved Families of Ontario

Canadian Hearing Society
Canadian Mental Health Association
Canadian National Institute for the Blind
Centre for Abuse and Trauma Therapy Inc
Community Information Centre of Ottawa 211
Epilepsy South Eastern Ontario
Hospice Lennox & Addington
Independent Living Centre Kingston
KFL&A Public Health
Kingston Interval House
Kingston Literacy & Skills
Kingston Military Family Resource Centre
Lennox & Addington Interval House
Limestone Boat & Board Club
March of Dimes Canada
Martha's Table Community Program
New Leaf Link
Resolve Counselling Services Canada
Rural Frontenac Community Services
Sexual Assault Centre Kingston
Southern Frontenac Community Services

Moving People From Poverty to Possibility

11 Agencies, 26 Programs

Addiction and Mental Health Services KFL&A (Housing Loss Prevention)
Dress For Success Kingston
Elizabeth Fry Society of Kingston
Kingston Community Health Centres
Kingston Community Legal Clinic
Kingston Home Base Non-Profit Housing
Kingston Youth Shelter
Loving Spoonful
Outreach St. George's Kingston
Ryandale Transitional Housing
St. Vincent de Paul Society of Kingston

