

# Your Impact



# 79,967

People Helped Locally

**70** Agencies **220** Programs



**16,069** children and youth accessed programs to reach their highest potential

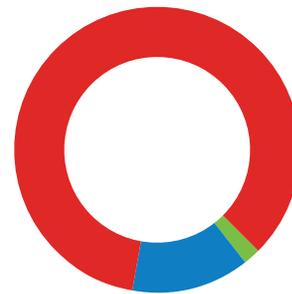


**24,023** individuals and families were helped by programs and initiatives supporting personal wellbeing and safety



**39,875** people were helped by our programs and initiatives in meeting their basic needs and moving out of poverty

## Accountable to you



**90%** Funds invested directly into programs and services

**8%** Fundraising costs

\* 10% without Federal Government COVID relief funding

**2%** Related Administrative Costs

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

**Local Love** ❤️  
in action



**United Way**  
Kingston, Frontenac,  
Lennox and Addington

United Way works with individuals, organizations and key partners in KFL&A to build and strengthen our community bringing people and resources together to facilitate change. Our vision is a future where people are self-sufficient in a community, where individuals live with hope, dignity and a sense of belonging.

Since the start of the pandemic 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 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**

United Way of Kingston, Frontenac,  
Lennox and Addington

417 Bagot Street Kingston, ON K7K 3C1  
Tel: 613-542-2674 Fax: 613-542-1379

[www.unitedwaykfla.ca](http://www.unitedwaykfla.ca)



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