

# Food Security



**1 in 9 households in KFL&A are living with food insecurity.** Food insecurity negatively affects physical and mental health and can lead to long term impacts, especially for children – **33 percent of food bank users in Canada are children.**

United Way works closely with agencies and programs to respond to the increasing food needs, working collaboratively on ways to best address food insecurity and help people in the local region.

## How United Way KFL&A Helps

Here are some of the programs funded through the United Way. For a full list of programs please visit [www.unitedwaykfla.ca/grants/](http://www.unitedwaykfla.ca/grants/)

### Food Reclamation and Redistribution

The Community Food Redistribution Warehouse (CFRW) facilitates the efficient collection and distribution of large donations of food to frontline agencies in KFL&A who provide meals or food to their program users. With large freezers, coolers, a loading dock, forklift and washing stations the CFRW has the infrastructure to safely receive and process large scale food donations.

Lionhearts Inc. picks up food from restaurants, kitchens, farms etc. and redistributes it to agencies, shelters, and other community programs that serve vulnerable populations.

Loving Spoonful also collects fresh produce from area grocery stores, farms, restaurants etc. and distributes to shelters, hot meal programs and pantries.

### Food Boxes

The Seniors' Food Box Program was initiated and designed in response to an identified need, **8.9 percent of food bank users are seniors.** Organized by Kingston Community Health Centres (KCHC), volunteers pack boxes of food that are then delivered to seniors on low income. The deliveries provide much needed healthy food and social interaction for isolated seniors.

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Kingston, Frontenac,  
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The Students' Food Box Program is similar to the Seniors' Food Box, United Way responded to a need identified by post-graduate and under-graduate students. United Way funds Students' Food Boxes, **delivered through KCHC to Queen's University and St. Lawrence College students.**

The Good Food Box program is open to everyone in the community. Run by KCHC with funding from United Way, this program **provides monthly access to fresh produce. The United Way subsidizes some boxes to provide these to individuals and families with low income.**

## Food for children and families:

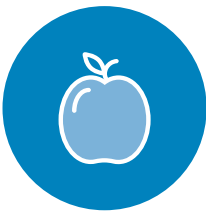
The Food Sharing Project works to **ensure students eat a well-balanced and nutritious breakfast, lunch or snack at school,** improving their physical, mental and social well-being and their ability to learn.

There is a need in our community for providing food to students and their families on the weekends during the school year and in the summer months as well. Through the Weekend Wellness Program, **nutritious food boxes are provided to identified families** through Lionhearts and the Food Sharing Project with funding from United Way and Rotary Clubs of Kingston.

## Meal Programs and education

Daily meals are provided in KFL&A through Lunch By George, Martha's Table, and other agencies in the region. Food is provided by Lionhearts at the Emergency Warming and Drop in Centre on Concession Street and the Integrated Care Hub. Lionhearts works to help other meal programs in the city by providing meals to agencies, prepared by trained chefs.

Cooking and food literacy skills are taught through the Wiisiinda! Community Kitchens Program run by Loving Spoonful and Tipi Moza. The program **emphasizes traditional and cultural foods and works to build food knowledge and community.** Loving Spoonful also runs a Community Kitchens program that brings children, youth and adults together to **prepare good food – learning about food systems, healthy food and basic food skills.**



**18,000** nutritious snacks and meals were provided to students at school



**3,940** food boxes were delivered to low-income seniors, families and students



**223,482** meals were served through food programs, including takeout, food boxes and in-person meals



**160,571** meals were served through food programs, including takeout, food boxes and in-person meals

**United Way of Kingston, Frontenac,  
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