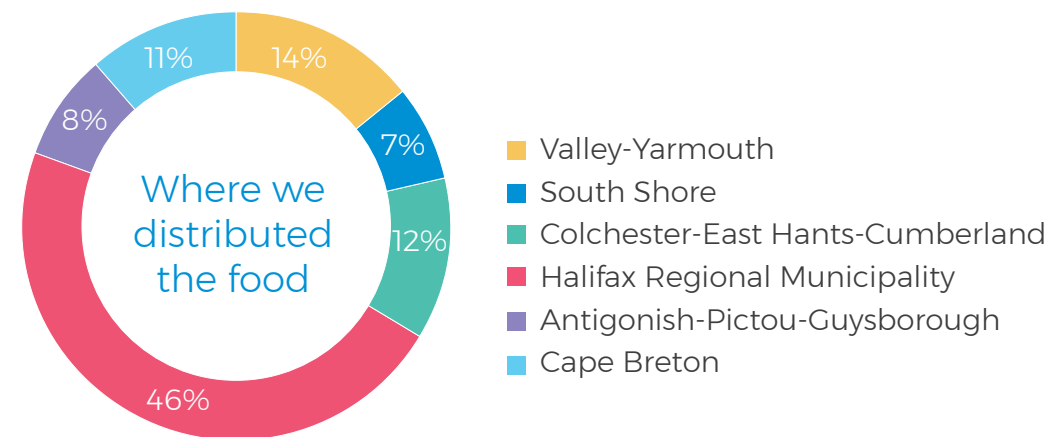
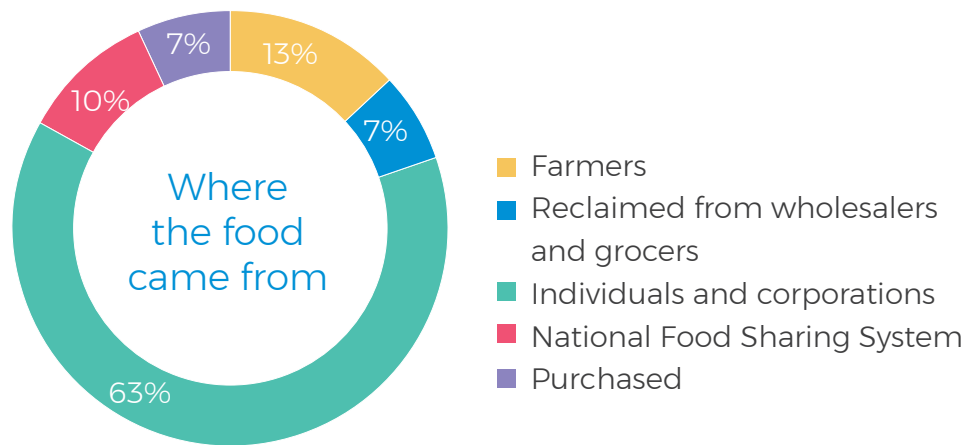




55% perishable foods
like fresh fruit and vegetables, frozen foods, meat, and dairy products.

45% non-perishable foods
like canned vegetables and fruits, soups and stews, cereal, grains, and other staples.



We distributed 2,132,674 kilograms of food. With 67 Wright Avenue now feeling comfortably like home, our warehouse and transportation teams developed efficiencies that led to new monthly highs for food distribution, and a total increase of 9% over last year.



Hurricane Dorian: The needs of those who are food insecure are always urgent, but a crisis further amplifies the struggles and inequities marginalized communities face. Hurricane Dorian, the largest, most powerful storm in our province's history, perfectly illustrated this. Many people in low income situations weren't able to stock up on food before the storm; nor

were they able to replace the perishable foods they lost to spoilage in the days that followed. We knew getting more food to our member network was critical. With the help of our community and notable gifts from Nova Scotia Power and Emera, and the Province of Nova Scotia, we reached a record-high for monthly food distribution—202,000 kg in just 22 days.

Providing local food: Despite two back-to-back growing seasons with extraordinary challenges, support from Nova Scotian farmers accounted for an incredible 13% of the food we distributed. This commitment to community isn't lost on us, our members, or those we support. Farmers were there for us all year round, and particularly during the holiday season.

More than 6,800 households received food support at Christmas. Farmers filled our hampers with potatoes, sweet potatoes, onions, carrots, apples, and cranberries. Katie Keddy, from Charles Keddy Farms, said, "One of our holiday traditions is food. We gather as a family to eat, and to be able to provide that for other families makes us very proud."

COVID-19: In March, the coronavirus pandemic threw everyone off course. Through the generosity of our community, and the dedication and resiliency of our member agencies, we made sure food support was available. We'll report more fully on our response to the crisis (as we continue to move through it) in next year's report.



Other food highlights from the year

- We distributed 8,200 kid-friendly, healthy food packs through Food Banks Canada's After the Bell program, supported by presenting partner McCormick Canada; lead partners Kellogg Canada Inc and Loblaw Companies Limited; and supporters Compass Group Canada, The Global Food Banking Network, Hershey Canada Inc, PepsiCo Canada ULC, and Organic Meadow Inc.
- We made big strides in further rolling out the retail food program, onboarding 21 stores which now represent an incremental 16,000 kg of rescued surplus food monthly for Feed Nova Scotia, plus several other stores that regularly donate directly to matched member food banks.
- We loved being part of a special project that provided culturally-specific food hampers for 80 Muslim families in HRM during Ramadan. Thanks to Bayers Westwood Family Resource Centre, St. Paul's Family Resource Centre, Islamic Association of Nova Scotia, Islamic Information Foundation, Maritime Muslim Academy, Nova Scotia Islamic Community Centre, and Ummah Masjid and Community Centre for making it possible.
- When the Anthony family reached out with an offer of wild blueberries, our friends at FOUND Forgotten Food got a team of volunteers to harvest, and Courthill House Farms delivered the beautiful berries to our warehouse. This awesome teamwork allowed us to distribute almost 70 quarts!
- We started adding frozen vegetables to our bulk food purchase orders, in addition to non-perishable canned goods, in an effort to provide greater nutritional value to the food going to our member agencies.



At least 45,000 individuals were supported by our member food banks in 2019.

Food insecurity continues to be a crisis in our province, and food bank use is just one piece of the picture. Thousands of Nova Scotians struggle and don't reach out for support. And for those who do, it can be very difficult. Why do some people visit a food bank? We asked and here are some of the responses.

My husband is now paid once a month and we are struggling adjusting to that.

My hours at work had been cut due to lack of work and bills were piling up so I had to pay them. I ended up with \$15 for food.

EI ended earlier than anticipated & return to work between pay periods left me with no income for a month.

Around the holidays so money was very tight.

One full-time working parent and 5 children in NS. We're broke. Struggling. And just trying to survive.

I am the only one working as my wife is a student, and I get paid the minimum wage.

High rent eats up most of my CPP disability.

I have worked all my life. I still work full time. After I pay rent and my bills, I often don't have much, if any, for food.

I cannot work due to a disability thus I have very little income to support myself and my two kids.

Unexpectedly having to leave work due to illness.

Am a single mom. I needed necessities to feed my son.

Small disability pension, single mom. I was struggling and behind in all my bills and low on canned goods.

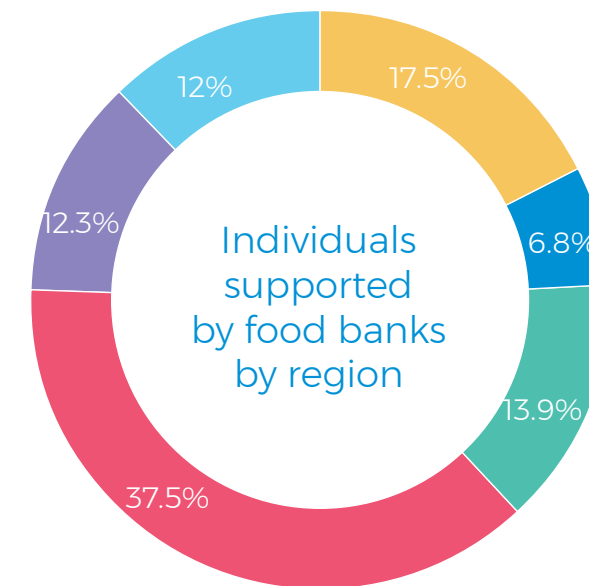
Single mom low paying job always broke.

On welfare not nearly enough food money.

Back to school for myself and my son left me with very little money. I also fell behind on rent.

I left a bad marriage.

Making ends meet pay cheque to pay cheque.



- Valley-Yarmouth
- South Shore
- Colchester-East Hants-Cumberland
- Halifax Regional Municipality
- Antigonish-Pictou-Guysborough
- Cape Breton

46% of individuals supported by food banks report Income Assistance as the primary source of income in their household. This tells us a lot about how social assistance fails to meet the needs of those struggling. In January, the provincial government raised Income Assistance rates with a new Standard Household Rate, but the change was inadequate at best.

Source: Feed Nova Scotia client registry

People need food to live. That's why food distribution is a big part of our work. But it can't stop there. We need to address and fix the reasons people are hungry in the first place.

- 12.7% of households in Canada, and 15.3% of households in Nova Scotia are food insecure.
- 28.9% of Black households in Canada are food insecure, compared to 11.1% of White households.
- 1 in 4 children in Nova Scotia lives in poverty. Child poverty rates are highest in federal election districts of Cape Breton, Annapolis, and Digby. The highest child poverty rates in Nova Scotia are in postal areas where higher percentages of African Nova Scotian and Aboriginal children live.

Source: Household food insecurity in Canada, 2017-18, PROOF; and 2019 Report Card on Child and Family Poverty in Nova Scotia

Our accomplishments only happen through collaboration, and increasing food security requires an all-hands-on-deck approach. Thanks to those who came to the table. We'll keep working to add more seats to ours and look for ways to learn from others.



Our member network: Our biggest collaborative relationship happens every day with our member network of 141 food banks, shelters and meal programs across the province. Without their efforts, the food we distribute wouldn't make it to the homes of thousands of Nova Scotians. But our work goes beyond food. As reinforced through our What You Do Matters social innovation framework, the work of food banks is also about making connections; opening hearts and minds; and pushing forward with a 'try, try again' attitude.

Network standards: We continued rolling out the network standards that we introduced last year to help ensure people get the best support possible when reaching out to any member of our provincial network. By February, 94% of member agencies achieved Level A standards for organizational structure, welcoming environment, and changing hearts and minds. As part of the network

standards process, we also provided food safety training to 212 individuals at 46 member agencies. It was especially inspiring to see the way Westend Community Food Bank Association embraced the network standards as an opportunity to strengthen their organizational structure and the support they provide. A dedicated team of volunteers at this large food bank in Halifax had been supporting the community for decades, without a formal organizational structure. We worked with them to develop a board of directors, mission statement and strategic goals; establish accountability by registering as a not-for-profit organization with the Nova Scotia Registry of Joint Stocks; define roles and responsibilities; and provide a welcoming environment for those seeking food support.

Capacity grants: We provided \$40,000 in capacity grants to 29 member agencies to help them solve challenges of safety, accessibility, transportation, and barriers

to creating a more welcome environment. Funded projects ranged from providing bus tickets, creating a sun safety awareness program, and starting up a cooking class to increasing freezer space, developing a community garden, and installing internet.

Learning and sharing: A benefit of any network is learning and sharing. We brought 55 member agencies together at seven regional meetings to do just that. When Queens County Food Bank hosted a meeting, neighbouring food banks got to see their new space. The building is well-suited to a store-front model they offer, giving people an element of choice in the food items they receive. We believe choice contributes to a more dignified experience. At year end, 110 member agencies offered some form of choice within their food support (up 14.7% from 2018-19). Eight of these agencies offered a full shopping model approach and two were looking to develop one in the next six months.





Christmas: People living with food insecurity come up against barriers every day. This year we removed one by enabling individuals to apply for holiday support online. This small, but meaningful change let people reach out for help more easily and comfortably.

By December 24, we matched 6,803 households in HRM with food hampers. This huge collaboration came to life with almost 60 participating organizations and an estimated 1,500+ volunteers. To address a 7% growth in requests for support, we quickly pulled together

a last-minute, pop-up in Dartmouth where an additional 200 households were greeted with freshly baked cookies, a holiday food hamper, and a gingerbread house. We also matched 3,769 households with gift support. We're especially proud of our Hearts for Christmas program, which provided gift cards and hampers to 920 households with children. A special impact of this program is that parents were empowered with the resources needed to do the shopping themselves and bring the Christmas wishes of their little ones to life all on their own.

Food Inclusive Housing: We worked with Davis Pier on an innovation lab around food security as part of the province's Poverty Reduction Blueprint. Together with community partners in Amherst, we designed and tested a prototype service called Food Inclusive Housing. For three months, participants paid for rent and food in a unified bill, chose the foods they wanted, and received a weekly delivery. At the end, people said they ate better for less money, had decreased stress, and more time in their day. We're keen to help expand the program to other areas of the province.

Food Banks Canada: In June, we co-hosted a national conference with Food Banks Canada, exposing our members to opportunities, changes and trends through a peer network forum. Twenty-six of our member agencies participated in the conference; thanks in part to a \$10,000 grant we secured through NS Department of Communities, Culture and Heritage to offer registration and travel subsidies. 94% of participating member agencies said the conference was an important learning opportunity, and 89% said it gave them ideas or support for new programs and processes.

“I’m a single mother who’s been through difficult and dark times. With your support, you shed a light of hope.”



More than 3,600 volunteers contributed close to 30,000 hours to help every aspect of our organization.

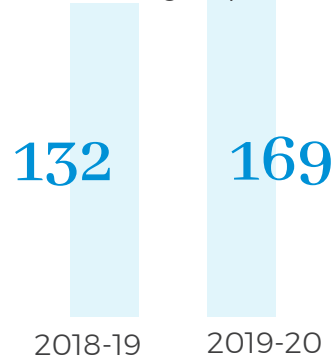


Woven in all we do: If you point to a collaborative effort from last year, we'll point to countless volunteers that made it possible—some working quietly in the background and others loud and proud in the public eye. One thing's for sure, wherever they put their time and talent to work in supporting our mission, their presence and impact are felt deeply.

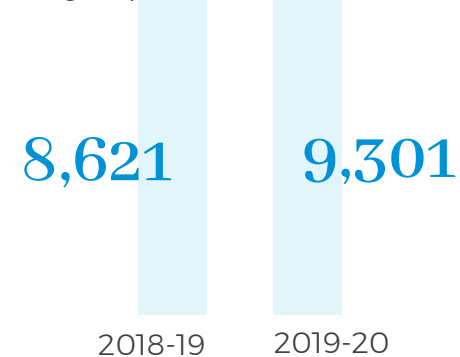
We welcomed 381 new volunteers (almost three times more than the previous year) and matched them with meaningful opportunities.

Of those who volunteered, 650 were individuals and the balance helped out as part of a group experience. We were excited to see so many more corporate groups volunteer this year!

Number of corporate volunteer groups rose 26%



Total corporate volunteer group hours rose 12%



Top groups by hours

Cape Scott	560
Manulife	350
Halifax West High School	280
Marsh Canada Captive Solutions	270
HMCS Cornerbrook	234



Board of Directors

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Grant Thornton LLP

Sylvia Parris-Drummond (Vice Chair)
Delmore “Buddy” Daye Learning
Institute

Maxime Lessard (Treasurer)
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Susan Hazelwood (Secretary)
Westend Community Food Bank
Member Representative

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Chaz Thorne
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Kristen Hollery
St. Paul’s Family Resources Institute
Member Representative

Lisa Haydon
Pivotal Coaching

Mohammad Ali Raza
Cox & Palmer

Nadine Bernard
Slow Cooked Dreams Consulting
& Indigevisor Advisory & Consulting

Robert Strang
NS Department of Health & Wellness



“Being part of a company that values and encourages building community, it’s an obvious choice for me to volunteer at an organization that takes care of our community.”

Amanda Gour, Killam REIT

Holiday helpers: Volunteer hours peaked in November and December—326 individuals and 69 groups put in 3,533 hours in the six weeks leading up to Christmas to ensure Nova Scotians had extra support during the holiday season. Whether it was sorting food, packing hampers, answering phones, making calls, collecting donations, or delivering food, volunteers were a driving force to get it done.

Board planning session: As we move through the coming year, we’re excited to advance two new goals that surfaced at our Board of Directors strategic planning session in February.

- Lead an action-based innovation lab strategy, to create new, self-sustaining solutions that increase food security.
- Engage an inclusive network that facilitates dialogue and influences stakeholders, resulting in policy and legislation change to address systemic barriers to food security.

Report to the community: Outstanding contributions 2019-2020

Our mission is to increase food security through food distribution, education, and collaboration.



One of 1,295 food pickups from Atlantic Superstore during the year. Love their commitment to food rescue!



Nothing puts a smile on our face like Tim Hortons Smile Cookie week.



The inaugural Q104 Thanksgiv'er fabricated by Cherubini was a huge success; just look at all that food!



From staff-led initiatives to generous funding, RBC's commitment runs deep.



What came first: the chicken or the egg? Either way, we love all our poultry friends at Chicken Farmers of Nova Scotia, Egg Farmers of Nova Scotia, Eden Valley Poultry, and Egg Farmers of Canada.



Having this awesome team from Walmart in our warehouse to kick off their Fight Hunger Spark Change campaign was a perfect way to finish the year.

Report to the community: Outstanding contributions 2019-2020

Our mission is to increase food security through food distribution, education, and collaboration.



Visiting our biggest food donor. Sobeys is a huge part of our work every day!



CBC Cape Breton kicks off their annual Light Up a Life campaign with a live performance of A Suessified Christmas.



Just when we thought The Coast and the local restaurant scene couldn't be anymore amazing, along came Taco Week.

When the family of the late Ron Hanlon set up a tribute campaign, it had special meaning. His son Sean spent the day experiencing firsthand the work that meant so much to Ron while he served on our board.



One of our favourite days of the year—CBC Feed Nova Scotia Day!



C100's Stuff-a-Bus presented by Scotiabank in partnership with ATU Local 508 and Halifax Transit.



Cheers to Bishop's Cellar for raising \$600,000 in 16 years of Case of Compassion.



A \$50,000 surprise gift before Christmas.

Outstanding financial and in-kind support (\$10,000+)



Outstanding food support

100,000 kg +
Atlantic Superstore
Food Banks Canada
Sobeys
Walmart

25,000 kg – 99,999 kg
Charles Keddy Farms Ltd
Coca Cola Canada Ltd
Costco Wholesalers
den Haan Enterprises Ltd
Elmridge Farm Ltd

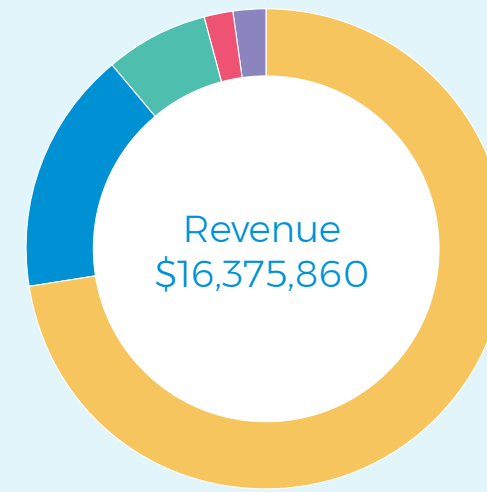
5,000 kg – 24,999 kg
GFS - Gordon Food Service
Nova Agri Inc
Sawler Gardens
Sysco Food Services
Van Meekeren Farms Ltd
Vermeulen Farms Ltd

5,000 kg – 24,999 kg
Agropur Dairy Cooperative
Chicken Farmers of Nova Scotia
CTL Distributing
Eyking Brothers Farms Ltd

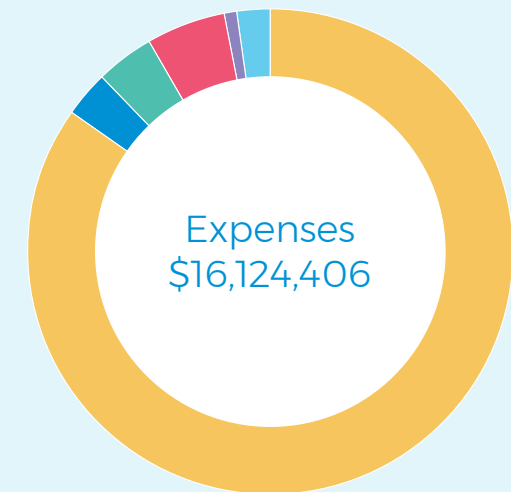
Gateway Meat Market
Harry Morse Farm
High Liner Foods Incorporated
Homeport Motel
Kraft Heinz Company /
Kraft Heinz Canada
Maritime-Ontario Freight Lines
Midland Transport Ltd
Northwood Care - Christina and
Hedley Ivany Place
Pete's Frootique & Fine Foods
Spurr Brothers Farms Ltd

Financials

Visit feednovascotia.ca to see our complete audited financials for our 2019-2020 fiscal year.



- Donated food products (72%)
- Donations (16%)
- Appeals and events (7%)
- Grants (2%)
- In-kind donations (2%)



- Food procurement and logistics (84%)
- Community connections (3%)
- Fundraising and donor relations (4%)
- Administration (5%)
- Occupancy (1%)
- Member-designated donations (2%)

We're proud to be ranked by Maclean's as Canada's 15th best charity in a Top 100 Charities listing, in which they assessed hundreds of Canada's major charities on what they do with each donated dollar (60% of their scoring), and how transparent they are about it (40% of their scoring). Maclean's based their review largely on data from the organization Charity Intelligence, and called the Top 100 Charities list a great starting point for making decisions about where to give. Earlier, Charity Intelligence also boosted our results reporting rating from a B to an A+. See more at <https://www.macleans.ca/society/canadas-best-charities-2020-overview/>

A heartfelt thanks to all those who helped us achieve our 2019-20 accomplishments, with a special note of acknowledgement to our dedicated staff team and Board of Directors.

- Nick Jennery, Executive Director