

# Our Impact

## 2012 - 2019 Grant Review



# Message from the board

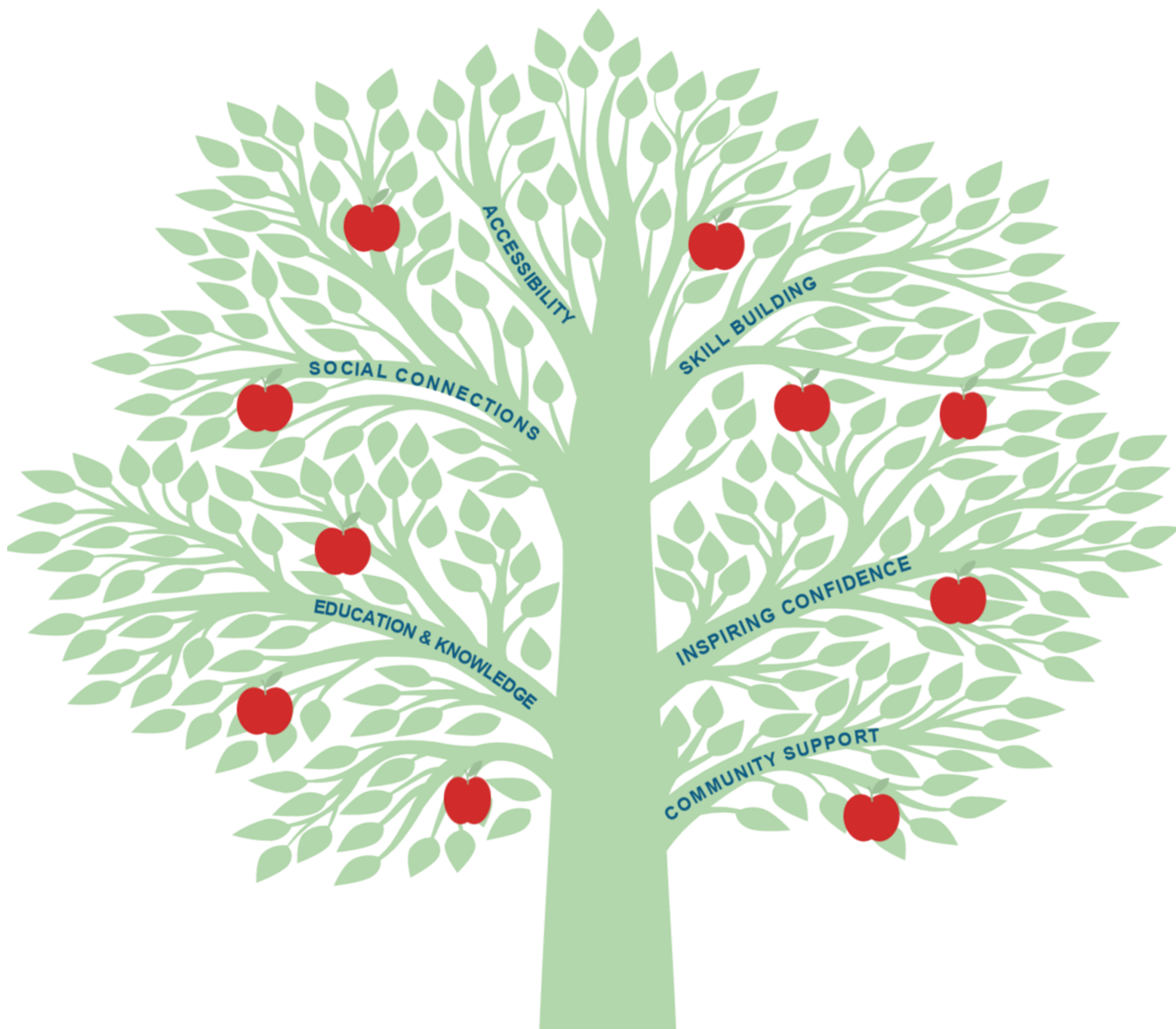
The board of NutritionLink Services Society is proud to share the impact of our grant program to date. We recognize that improving health and food security starts to happen through empowering people to have the skills, knowledge and confidence to prepare healthy meals with and for their loved ones and community. By focussing beyond charitable food provision, we see from the programs we have sponsored that the benefits are wide-ranging: from creating safe spaces to learn, building social support networks and lasting friendships, to inspiring further learning and leadership development.

Through qualitative review of all the grant reports, the themes of accessibility, community support, social connections, skill building, inspiring confidence, and knowledge gained through education rose to prominence. These are depicted in the tree graphic, which we felt best represented the themes - standing tall, with a strong foundation, supporting steady growth and unlimited potential. Funding programs that build skills, confidence and community is what NutritionLink Services Society is about. The grant review validated the need for these programs and the heartwarming impact on the individual, family and community level.

Cheers,  
Anne Todd, President







# Community Support



**“I am richer now— I have more friends in Canada.”**

**- Burnaby Neighbourhood House, 2018**





The NutritionLink Services Society (NLSS) has supported projects that promote building healthy support systems between vulnerable BC residents and their communities. Community support is an imperative need for people to feel understood, cared for, and a sense of belonging. Many of the programs that received financial support from NutritionLink aimed at facilitating a supportive network for vulnerable groups by fostering relationships that promoted trust, understanding, and encouragement.

Photo by Jacob Lund from Noun Project

**“When we share food with vulnerable people, we open ourselves to the hard stories they carry. We learn that good food, prepared and consumed in a safe community, feeds a hunger that is far more than physical.”**

- Vancouver Harbour Lights, 2018



Photo by Jacob Lund from Noun

# Accessibility

**“I hope this class can continue and help people in this community. There are many new immigrants and seniors that can benefit from learning to cook healthy meals in an inexpensive way.”**

**- Burnaby Neighbourhood House, 2018**







Grants provided by the NLSS help organizations continue to provide a safe space to learn about healthy eating. One of the missions of the NLSS is to help vulnerable BC residents build food literacy skills.



# Social Connections

**“I also want all of you to know how much you are changing the world. ...I look up to you all and hope that one day I can become the woman that you have become. You girls are truly amazing! I promise to keep in contact.”**

**- Covenant House Vancouver, 2017**








When we talk about social connections, it is often about building connections with people that you're close to, like your family, friends, and coworkers. Many programs we funded have fostered participants to build trust and meaningful relationships among themselves and staff, which were life-changing experiences for them.



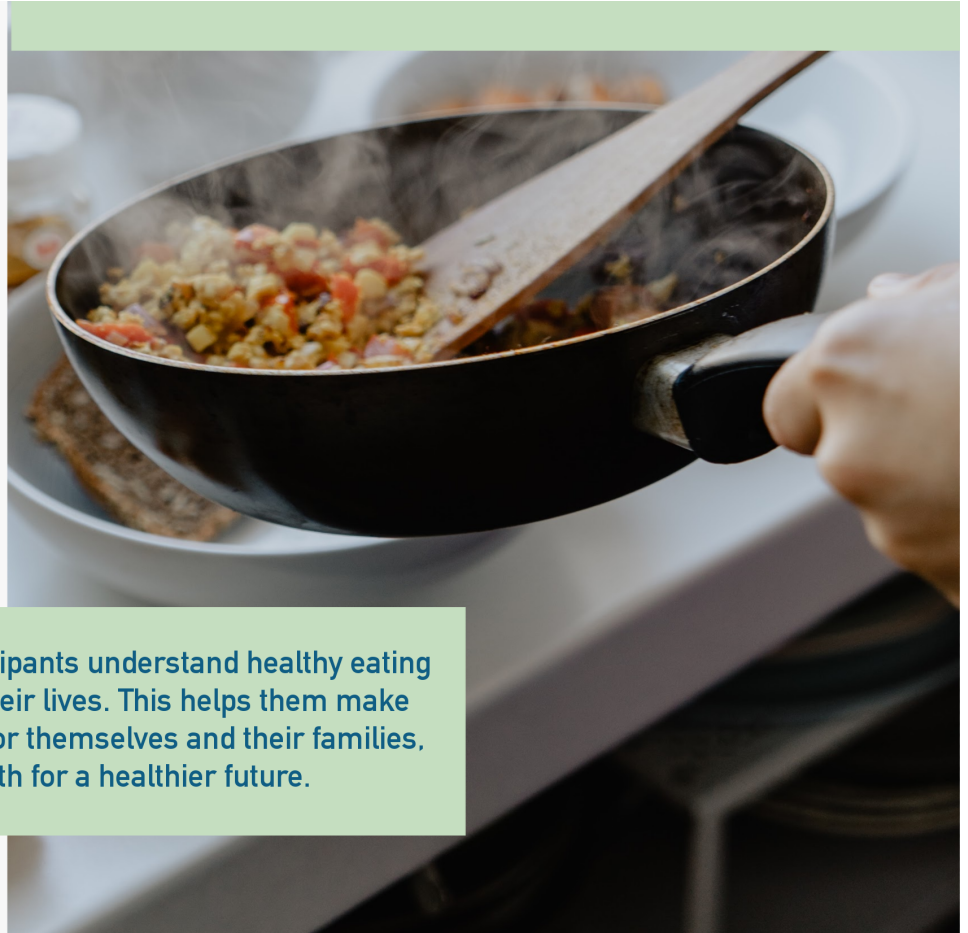
# Education and Knowledge

A young boy in the foreground is laughing heartily, wearing a polo shirt with horizontal stripes in navy blue, white, red, and green. He is holding hands with other children in a group. In the background, another child and an adult are visible, all appearing to be part of a joyful outdoor activity.

**“These workshops have also enabled seniors, students, single parents, children, and adults to exchange cultural knowledge, share life experience with one another, and build on existing leadership skills.”**

- Renfrew-Collingwood Food Security Institute, 2017





Nutrition education helps participants understand healthy eating concepts and apply them in their lives. This helps them make nutritious, affordable choices for themselves and their families, and sets them on a path for a healthier future.




**“I know how to save money when I shop. I didn't know you could get all of these groceries for so little money.”**

- Okanagan Boys & Girls Clubs, 2013



# Inspiring Confidence



**“I feel like I’m a better parent because I can make a meal from scratch vs from a box. It’s way better for my child.”**

- Okanagan Boys & Girls Clubs, 2018





**“The youth were able to gain more confidence in the kitchen... This provides the youth... knowledge and skills to make healthy meals for themselves that are inexpensive and do not require many cooking utensils.”**

**- City Gate Leadership, 2017**

One impact of the programs sponsored by NLSS is increasing the confidence of the participants. Through various programs, participants are inspired to further their learning, expand their skill set, or share their new skills with friends and family. One program motivated participants to take the necessary training to start their own business.



# Skill Building



**“After being in Canada for six months, two women who arrived as refugees from Syria, were sponsored to take the Food Safe course through Planted. With a passion for their traditional food and the desire to share it, the course nurtured and helped equip them toward the fulfillment of their dream of starting a catering business.”**

- City Gate Leadership, 2017





The NLSS supports programs that help participants gain new cooking, nutrition, and community building skills for future endeavours in cooking. NLSS aims to support programs that provide an inclusive environment for the community to learn these skills.

# See the Impact

**78%** of participants  
reported an increase in  
their food skill confidence

Nanaimo Community Kitchens Society, 2015

over 3,700 participants

over 500 program sessions

34 grants

## Demographic by Program Types

### Number of Attendees

