



Annual Report 2010

• Sharing • Connecting • Learning • Providing • Cooking • Growing

What people say about CHEP Programs...



"I learned how to use the food I already have at home to feed my baby."

"My homemade food is healthier and cheaper than the jars I used before."



"I like Kids' Kitchen because I can show my mom that I can help out in the kitchen more."

"I showed my mom how I learned to cut peppers and she was proud of me."



"My favourite collective kitchen memory is realizing that all the gals in my kitchen have now become my friends...because of the cooking we became closer and because of becoming closer we now really look out for each other, emotionally and physically."



"It was amazing to watch people from various cultures and countries (Liberia, Bangladesh, Aboriginal, Euro-Canadian) and socio-economic backgrounds all coming together to plant and enjoy the evening together. There were kids running all around, helping people plant, and singing through the garden. Adults got to know each other and offered to help each other when needed. It was a great night."



Nearly three quarters of respondents to our Good Food Box survey (and 100% of the lowest income respondents) indicated that the program enables them to eat more fruits and vegetables. 80% of very low income respondents also indicated that it enabled them to save money and that their health benefitted from the Good Food Box.



In a survey conducted this spring, 12% of customers at Stores for Seniors indicated that they had no other regular access to groceries and another 38% reported that their only other access to groceries was with the help of family and friends.



"Yesterday we had 3 students; today we have 9, because they want to be here for the cooking session."



www.chep.org

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CHEP is a registered charity
(BN 89133 3189 RR0001)

CHEP Mission Statement

CHEP Good Food Inc. works with children, families and communities to improve access to good food and promote food security.

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Funder & Donor Appreciation

THANK YOU to all the individuals, groups, businesses, faith groups who contributed to the work of CHEP this year helping to achieve good food for everyone. Groups and individuals are creative in the many ways they donate – money gifts to CHEP instead of wedding shower gifts, in memorials, proceeds from concerts and golf events, casual days. Businesses and organizations support CHEP through the donation of service or products, including: WestJet, the Marketing Den, Robertson Stromberg Pedersen, Horizon Milling and Viterra Mills, Sunrise Foods, Saskatoon Indian Métis Friendship Centre, and many others.

Governments including the province through the Ministry of Education, the federal government through the Urban Aboriginal Strategy and the City of Saskatoon, provide operating and program funding. These grants make up 45% of our income and are absolutely vital to our success. The United Way of

Saskatoon invests in our organization and the important services we provide, as part of building a stronger community.

Partners including Mennonite Central Committee, Public Health Services, Heifer Foundation, Community Clinic, shared the financial costs for several program areas. We value these relationships that have strengthened food security in our region.

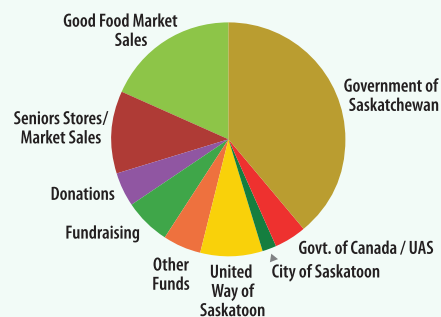
Only with the support of all our donors are we able to facilitate effective food programs and action, and we are very grateful to all.



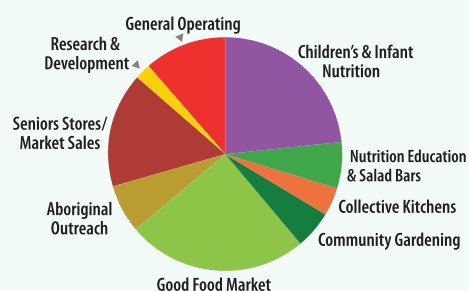
Financials note: Funds withdrawn from reserves to cover overexpenditure. Audit conducted by Hergott Duval Stack Partners. Audited financial statements available online: www.chep.org or call the CHEP office at 655-4575.

2009-2010 Financials

Income by Source: Total \$1,113,393



Expense by Program Area: Total \$1,153,888



Message from CHEP Board

For more than 20 years, CHEP Good Food Inc. has been bringing people and resources together to work on community food initiatives in the Saskatoon area. Our goal is to improve access to good food. It is to this end that CHEP works in partnership and collaboration with families, communities, schools and government.

Our community development approach empowers people through cooking, growing, eating, purchasing, sharing and discussing good food. Thousands of children and families are engaged and benefit from our food programs each year.

CHEP's programs and policies are designed to raise awareness and to address the root causes of food and social issues. Keeping a meal on the table is a challenge with the high cost of keeping a roof over one's head, as housing costs have continued to impact a family's ability to purchase adequate healthy food. Getting to a food store within walking distance of home is impossible for most families, particularly in the core and downtown neighbourhoods of Saskatoon, and this affects access to healthy food.

We are excited about the work that has been accomplished over the past year with the City of Saskatoon on land use policy for growing food. The continued work on this endeavour will allow families greater access to healthy food.

Our thanks to everyone for their support, as we strive to realize our vision of a food secure community!

Activities and Achievements

Balancing the goals of increasing access to food, strengthening families, building skills and knowledge, improving partnerships and working towards long term food security solutions is not always easy; nevertheless at CHEP, we believe it is important to be working towards long-term food security solutions, as we develop programs that will also address people's immediate needs. Our diverse array of programs includes the following:

Children's Nutrition

- Nutritious meals provided to children in schools in our partnership with schools and agencies – more than 350,000 healthy meals at sites partially or wholly funded.
- Provided training sessions at community and smaller schools, for Nutrition Coordinators.
- Community schools and periphery schools in Saskatoon's public and Catholic systems benefited from CHEP's bulk buying program, which enabled them to increase their provision of fresh fruits and vegetables. This year, we added milk, cheese and yogurt to the bulk buying, making it easier for school programs to offer more of these calcium and protein-rich foods.
- Salad bars were supported at more than 30 schools, where thousands of children learn the joy of eating fresh food.
- Grade 4 and 5 students participated in our "Kids Kitchen" after-school cooking program. They learned a great deal about kitchen safety, food safety, recipe reading and basic nutrition. At the end of the program, students knew how to compare foods so that they could choose a healthy meal that was low in fat, sodium and sugar.
- We launched our first Big Crunch (focusing on local carrots) in the fall of 2009, distributing local carrots to Saskatoon area schools. This fall, participation doubled with thousands of children taking part in a Big Crunch on October 16, enjoying healthy snacking and learning about more about where carrots come from.

Community Gardening

- Supported new gardens in the summer of 2010 – more than 400 families harvested thousands of pounds of fresh food.
- Developed demonstration garden at Avenue K.
- Supported 10 youth to learn about gardening, leadership and marketing in the Youth Garden Project.

Good Food Box

- Continued to support bulk buying at Mistawasis First Nation by sharing our wholesale account.

- Delivered more than 12,000 Good Food Boxes to customers at 60 neighbourhood depots across the city and region. Met with volunteer group coordinators to get feedback on our performance and for changes.
- Included over 60,000 pounds of local vegetables and fruit in the Good Food Boxes over the summer and fall, providing \$47,000 to local farmers.

Infant Nutrition

- More than 100 parents were taught how to feed infants and toddlers fresh healthy food, at homemade baby food workshops.
- Formula was provided to parents of young babies through our office and our partners.
- Vitamin D drops continue to be provided to low income families, free of charge – thanks to generosity of donor and in conjunction with immunization clinics.

Collective Kitchens

- 300 families enjoyed healthy affordable meals cooked by members of Collective Kitchen groups.
- 35 people from Saskatoon and region, including several First Nation communities, completed Collective Kitchen leadership training – gaining skills to begin to lead kitchen groups in their communities.
- Supported Food safe training provided to more than two dozen people working in food programs.

Community Activities

- Discussion groups explored needs and advice for the Good Food Junction – a community-owned grocery store that will open at Station 20 West.
- Food provided to groups working with homeless people; food and funding support to other agencies.
- Partnered with Muskoday First Nation to market their organic russet potatoes and organic carrots produced at their Organic Vegetable Growers Co-op – continuing to build links between urban and rural families.
- Operated a neighbourhood market at St Paul's Hospital for two summers, making local produce available to hundreds of happy people.

- Provided thousands of pounds of good food at 12 mini stores in senior apartment buildings, enabling people with little access to food stores to continue cooking and enjoying healthy meals.
- Eight of the 11 participants in the Healthy Eating Active Living program indicated that they read labels more than they did before the program and four reported having passed this information on to others. All participants indicated that they now know where to go for reliable nutrition information.

Partnerships

- Worked with SWITCH (the Student Wellness Initiative Towards Community Health), Fire Creek Gas and Grill, Creeway Gas and St. Paul's Hospital, to ensure that fresh produce is available for Pleasant Hill residents to purchase. In part because of CHEP's influence, when the new Creeway Gas station opened, they made the decision not to install a deep fryer, and to devote half a cooler to selling fresh fruit instead!
- Developed a good working relationship with CUMFI (the Central Urban Métis Federation), residential programs of the Saskatoon Tribal Council and the Saskatoon Indian and Métis Friendship Centre. As well as packing our Good Food Boxes and holding our Annual General Meetings in the SIMFC gymnasium, we have worked together to support a supper program and provide nutritional support to their members. The results of this relationship can be seen in an increased number of Aboriginal volunteers at our Good Food Box packing days and higher quantities of vegetables being served at the Friendship Centre.
- Co-sponsored two films exploring challenges of the food system increasing knowledge and interest amongst the general public in food issues.
- Continued to support the work of the Saskatoon Food Coalition and Food Secure Saskatchewan, in order to develop food policies for Saskatoon and the province.

Station 20 West

As one of the partners in the Station 20 West Centre, we have been fundraising to create a community food centre where people can meet and engage around good food. A kitchen for commercial and education purposes, a cold room for bulk product storage, space for Good Food Box packing, and a small coffee shop/café will all be part of our development at the new location. The capital campaign for Station 20 West Enterprise Centre continues and we are preparing to scale up operations. There are exciting years ahead, as we are better able to meet the interest and need for good food in our community.

