



HAMILTON
Food Share



ANNUAL IMPACT REPORT

April 2024 - March 2025



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FEEDING THE HAMMER

Hamilton Food Share provides resources to food banks and hot meal programs across the entire city of Hamilton.

- A

Ancaster Community Services
- B

Flamborough Food Bank
- C

Good Shepherd Food Centres
- D

Living Rock Youth Resources
- E

Mission Services of Hamilton
- F

Native Women's Centre
- G

Niwasa Kendaaswin Teg
- H

Neighbour to Neighbour Centre
- I

The Salvation Army, Hamilton
- J

The Salvation Army, Dundas
- K

Stoney Creek Community Food Bank
- L

Welcome Inn Community Centre
- M

Hamilton Jewish Family Services
- N

De Mazenod Door Outreach
- O

Eva Rothwell Centre
- P

Wesley
- Q

Mishka Social Services

*Locations are approximate.

ACKNOWLEDGING THE LAND & OUR RESPONSIBILITIES

Hamilton Food Share acknowledges that our work takes place on the traditional territories of Indigenous Peoples who have stewarded this land since time immemorial. The land on which we live and work is situated within the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee, and Mississaugas Peoples. It is protected by the Dish With One Spoon Wampum Covenant, an agreement between the Haudenosaunee and Anishinaabek to share and care for the resources around the Great Lakes.

As an organization working in food justice and poverty reduction, we recognize that these systems exist within the broader context of colonization, land theft, and the displacement of Indigenous Peoples. We acknowledge that these harms are not only historical, but ongoing. The impacts of colonization continue through systemic barriers to food, healthcare, education, land access, and community well-being, all of which intersect with the work we do.

We look to Indigenous values of reciprocity, land stewardship, and community care as our guide. Today and every day, we commit to listening, learning, and supporting Indigenous-led solutions that honour both people and the earth.

Hamilton Food Share



CEO & BOARD CHAIR STATEMENT

Together with our partners, we're building a food-secure Hamilton.

As we reflect on the 2024–2025 year, we are reminded that the fight against hunger is truly a shared journey that depends on the dedication and compassion of our entire community.

Food insecurity remains a pressing challenge across Canada, touching nearly 10 million people, including many children. Here in Hamilton, food bank visits have increased by over 50% since 2021. These numbers represent real neighbours, families, and individuals facing uncertainty every day.

At the heart of our response are the incredible partner agencies, food banks, and meal programs on the ground across Hamilton. These frontline organizations meet neighbours where they are, offering not only food but also hope, respect, and dignity. It is their tireless work, often behind the scenes, that turns resources into meaningful support for those who need it most.

Thanks to their unwavering commitment—and the generosity of donors, volunteers, and community partners—we were able to deliver more nutritious food and essential supplies than ever before. From the 200+ volunteers who powered Tim Hortons Smile Cookie Week, to the heartfelt contributions of the Hamilton Potters Guild's Empty Bowls campaign, and the energy at community events like the Ancaster Food Drive and Purolator Tackle Hunger with the Hamilton Tiger-Cats—every effort rippled out to support our neighbours in need.

As CEO and Board Chair, we are proud to lead during this critical time. This year, we strengthened collaboration with our member agencies and deepened partnerships with the City of Hamilton to ensure that food reaches every table, whether through emergency food banks, hot meal programs, or community outreach.

We extend our deepest gratitude to the frontline staff, volunteers, and partner organizations who bring compassion, strength, and dignity to their work every single day. It is through this collective effort that we are building a stronger, more food-secure Hamilton—one neighbour, one family, and one meal at a time.

Together, we are more than a network; we are a community committed to making hunger history.

RADHIKA SUBRAMANYAN
CHIEF EXECUTIVE OFFICER
HAMILTON FOOD SHARE

DON FORBES
BOARD CHAIR
PRESIDENT, STRESSCRETE GROUP



Photo top left
Volunteers packing food boxes for Hamilton residents at Hamilton Food Share.



Photo top right
Moose Lodge presenting a cheque for \$31,303.30 from their fundraiser.



Photo bottom left
Image from CPKC Holiday Train fundraising event in partnership with Hamilton Food Share.



Photo bottom right
Cram a Cruiser fundraising event in partnership with CF Lime Ridge.



COMMUNITY IN ACTION

Hunger is a challenge no one can face alone—and in Hamilton, no one needs to. Throughout the year, individuals, organizations, and partners from every corner of our city stepped up in powerful ways to support our shared mission.

Hamilton Food Share thrives thanks to the generosity of our community through impactful events and food drives each year. These initiatives, in partnership with groups across Hamilton, raise funds as well as thousands of pounds of food and fresh produce, while engaging volunteers and staff. Beyond providing vital resources, these efforts strengthen community connections and help close the hunger gap for families relying on food banks.

Together, through innovative fundraising and local donations, we're building a stronger, more food-secure Hamilton. Thank you for your continued support.



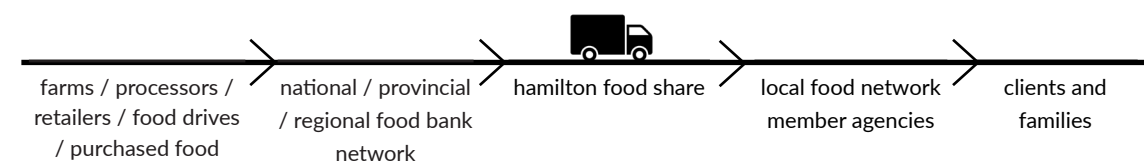
Photo above
Pizza Nova presenting a cheque to Hamilton Food Share with proceeds from the launch of their newest store.

Photo bottom left
Decorating Smile Cookies as part of Tim Hortons' Smile Cookie campaign in support of Hamilton Food Share.

Photo bottom right
Hamilton Giant Tiger presenting a \$5,000 cheque to Hamilton Food Share, raised through their Tackle Hunger fundraiser.

FOOD ACQUISITION & DISTRIBUTION PROGRAM

Hamilton Food Share acts as the central hub in a city-wide network of hunger relief. Instead of distributing food directly to individuals, we supply 22 hunger-relief programs across Hamilton—including food banks and meal programs—ensuring that nutritious food reaches the people who need it most.



THE EMERGENCY FOOD NETWORK

Hamilton Food Share Memberships

& Partnerships

Feed Ontario
Food Banks Canada
The Food Bank of Waterloo Region
– Food Bank Distribution Services Program

Hunger Relief Member Agencies

Ancaster Community Services
Native Women's Centre
Neighbour to Neighbour Centre
Niwasa Kendaaswin Teg
The Salvation Army, Hamilton & Dundas
Stoney Creek Community Food Bank
Welcome Inn Community Centre
Wesley
De Mazenod Door Outreach
Flamborough Food Bank
Good Shepherd Centres
Hamilton Jewish Family Services
Living Rock Ministries
Mission Services of Hamilton

Hunger Relief Supported Agencies

East Hamilton Food Centre (Mission Services)
Eva Rothwell Centre
Mishka Social Services, BarakahBox

Niagara Regional Hub

The Burlington Food Bank
Caledonia & District Food Bank
Cayuga Food Bank
Community Care, St. Catharines & Thorold
Community Care of West Niagara, Beamsville
The Food with Grace Waterdown Food Bank
GBF Food Bank, Grimsby
Hagersville Food Bank
The Hope Centre, Welland
Jarvis Caring Cupboard Food Bank
Newark Neighbours Food Bank
Pelham Cares, Fonthill
Port Cares (Reach Out Centre), Port Colbourne
Project SHARE, Niagara Falls
The Salvation Army, Dunnville
The Salvation Army, Fort Erie
West Lincoln Community Care



26% Non-Perishable
1,230,710 lbs



11% Frozen
518,177 lbs



63% Fresh
2,955,359 lbs

over 4.7 million pounds of food

\$17,123,455



total value of
food donated &
purchased



22
local hunger-relief
programs supported

HAMILTON HUNGER REPORT 2025

For over 30 years, Hamilton Food Share has served as the city’s primary hub for hunger relief, distributing more than 4.7 million pounds of healthy food and products annually to food banks, meal programs, and community agencies.

This report draws on data collected in March 2025 from food bank visitors across Hamilton in the 2024-2025 year. These figures offer a real-time snapshot of hunger in our city from the on-the-ground realities of those reaching out for help.

A Growing Crisis

In 2024, nearly 10 million people in Canada lived in a food-insecure household, including 2.5 million children. That’s about one in four Canadians—a 15% increase over the previous year, and the third consecutive year of record-setting food insecurity.^[1]

Right here in Hamilton, the need is rising sharply. Since 2021, food bank usage has jumped by over 50%. In March 2025 alone, 615 people turned to emergency food programs for the first time, many of them families who have never needed help before. Hunger is no longer a marginal issue; it’s a daily reality for thousands in our community.

MARCH 2025

A SNAPSHOT OF FOOD INSECURITY IN HAMILTON

INDIVIDUAL VISITS IN A MONTH

18,943

ADULTS 12,546

CHILDREN 6,397



Children make up **34%** of all food bank visits

HOUSEHOLD VISITS IN A MONTH

7,153



around **615 people** turned to emergency food programs for the **first time**



HOT MEALS/SNACKS SERVED IN A MONTH

26,059

AROUND 841 MEALS/SNACKS SERVED EVERY DAY.



there were **32,775** visits to **Hamper Programs**

2024-2025

492,239

Total meals served

386,524

Total visits to local food banks



around **611 people** reached out to a food bank **each day**

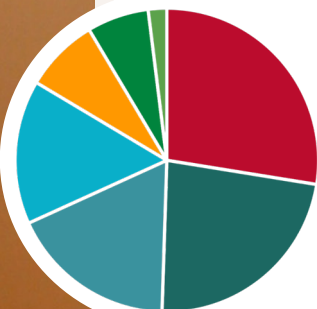
32%

said that the **cost of food** was the reason for their visit

Food Alone Won't Fix This

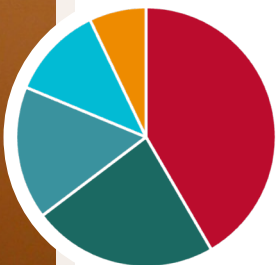
Hunger in Hamilton isn’t caused by a lack of food; it’s the result of a system that’s failing to meet people’s most basic needs. Rising food bank use reflects deep issues like high housing and grocery costs, stagnant wages, and weakened social supports. These challenges hit those facing systemic barriers the hardest—like single parents, newcomers, racialized groups, and people with disabilities—and pushes them more into crisis through no fault of their own.

Primary Source of Income of Food Bank Users in Hamilton



- Disability Related Benefits (28%)
- Social Assistance (Ontario Works) (23%)
- Other (17%)
- Employment Income (15%)
- Old Age Pension (8%)
- No Income (7%)
- Employment Insurance Income (2%)

Family Composition



- Single with no children (42%)
- Two Parent/Guardian (23%)
- Single Parent/Guardian (16%)
- Other (12%)
- Couple with no children (7%)

At Hamilton Food Share, we see the impact of hunger every day. People are forced to choose between rent and groceries, or basic meals and medication. Food banks offer urgent relief, but they’re not the solution. Ending hunger means addressing poverty through affordable housing, fair wages, and stronger social supports. We believe in a future where no one has to rely on food banks to survive. That future is possible when we work together with courage, compassion, and a commitment to lasting change.

^[1]Rezaee, Jasmine Ramze. "Food-Insecurity Crisis Is Policy Failure." Policy Options, 5 June 2025, policyoptions.irpp.org/magazines/june-2024/food-insecurity/.

MAKING AN IMPACT

At Hamilton Food Share, every meal provided, every child fed, and every family supported begins with the generosity of our donors and supporters. As food insecurity reaches unprecedented levels, with over 50% increase in local hunger-relief needs since 2021, community support has never been more vital.

While donated food plays an important role, it's monetary donations that allow us to do more, reaching people faster across the Greater Hamilton Region. Financial donations help us purchase nutritious food in bulk at lower costs, supply high-demand items not always donated, and ensure food reaches the agencies and families who need it most. With the support of donors, we're not just filling shelves. We're filling homes with hope, stability, and nourishment.

In a period when food bank visits are at an all-time high, the donations we receive are the difference between going without and getting by. Our supporters make it possible for us to meet the rising need with compassion, efficiency, and dignity.

DONOR SPOTLIGHT

Black & McDonald Limited

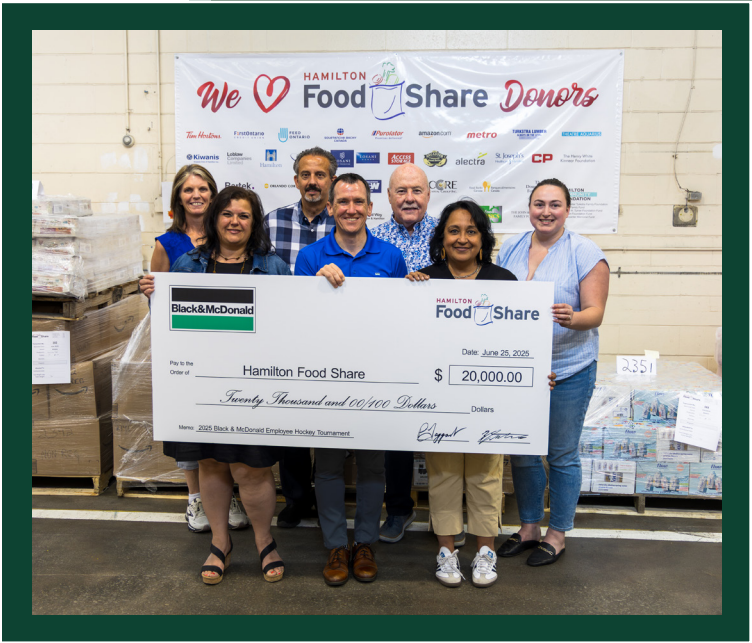
Black & McDonald donated \$20,000 to help support hunger relief in Hamilton—enough to provide over 33,000 pounds of food to thousands of families across our network of 22 hunger-relief programs.

For over 100 years, Black & McDonald has been building stronger communities, dedicated to helping build a hunger-free Hamilton. Partnerships like this matter, and we wouldn't be able to do this work without organizations like them.

“

Giving back to the Hamilton community is important to us because we recognize that our success is intertwined with the well-being of the community. By supporting local initiatives like Hamilton Food Share, we can help build a stronger, healthier, and more resilient community for everyone.

— Black & McDonald



"Together, we can make a significant difference."

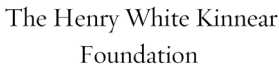
— Brian Mino | Regional Controller
Black & McDonald

WORKING TOGETHER TO FIGHT HUNGER

Thank you to the City of Hamilton and our national and provincial partners for their outstanding support of our operations.



We gratefully acknowledge our major donors and funders who contributed \$10,000+ to support our mission of working together toward a hunger-free community.



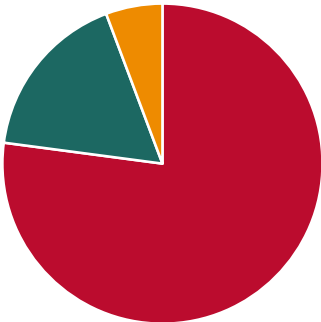
FINANCIAL REPORT

WHERE OUR FUNDS COME FROM

TOTAL REVENUE

\$22,298,256

| REVENUE | DOLLAR AMOUNT |
|------------------------|---------------|
| Donations | 3,817,659 |
| Grants | 1,270,709 |
| Procured Food | 17,123,455 |
| Amortization/Disposals | 81,466 |
| Other | 4,967 |
| TOTAL | 22,298,256 |



■ Procured Food (77%)
■ Donations (17%)
■ Grants (6%)

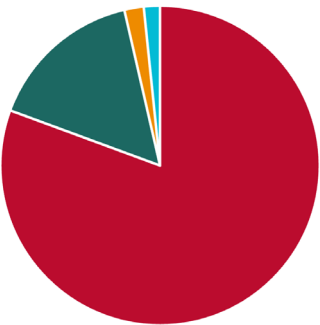
Revenue <1% are not noted in the graph. This includes Amortization/Disposals as well as other revenue.

HOW WE USE OUR RESOURCES

TOTAL EXPENSES

\$21,561,865

| EXPENSES | DOLLAR AMOUNT |
|--|---------------|
| Food Acquisition and Distribution | 3,354,237 |
| Resource Development | 347,591 |
| Community Development & Public Education | 200,709 |
| Administration | 416,610 |
| Amortization | 119,263 |
| Distributed Food | 17,123,455 |
| TOTAL | 21,561,865 |



■ Distributed Food (80%)
■ Food Acquisition and Distribution (16%)
■ Administration (2%)
■ Resource Development (2%)

Expenses <1% are not noted in the graph. This includes Community Development & Public Education as well as Amortization.

BOARD OF DIRECTORS

| Position | Board Member |
|--------------|------------------|
| Chair | Don Forbes |
| Vice Chair | Anna Kodintseva |
| Former Chair | Joe Mercanti |
| Member | Moi Vienneau |
| Member | Vince Raso |
| Member | Jennifer Paulino |
| Member | Tonia Petti |

MISSION

Working together toward a
hunger-free community.

THE ETHICAL FOOD BANKING CODE

Food Banks Canada, the provincial associations, and affiliate food banks/programs will:

1. Provide food and other assistance to those needing help regardless of race, national or ethnic origin, citizenship, color, religion, sex, sexual orientation, gender identity, gender expression, income source, age, and mental or physical ability.
2. Treat all those who access services with the utmost dignity and respect.
3. Implement best practices in the proper and safe storage and handling of food.
4. Respect the privacy of those served and will maintain the confidentiality of personal information.
5. Not sell donated food.
6. Acquire and share food in a spirit of cooperation with other food banks and food programs.
7. Strive to make the public aware of the existence of hunger and of the factors that contribute to it.
8. Recognize that food banks are not a viable long-term response to hunger and devote part of their activities to reducing the need for food assistance.
9. Represent accurately, honestly, and completely their respective mission and activities to the larger community.

Address

339 Barton Street, Stoney Creek,
ON L8E 2L2

Charitable Registration

#136957958RR0001

Phone

(905) 664 9065





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info@hamiltonfoodshare.org

Website

www.hamiltonfoodshare.org

FOLLOW US:

-  @hamiltonfoodshare
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-  @HFShare
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Hamilton Food Share made the Charity Intelligence Top 100 Charities in Canada list in 2024.

