



2022-2023

GRATITUDE REPORT

WE ARE A **HARVEST** COMMUNITY

VISION

Working together toward a healthier future for all where no Manitoban goes hungry

MISSION

- Collecting and distributing food
- Providing client-centered long-term solutions
- Advocating and informing

GUIDING PRINCIPLES

- Collaboration
- Innovation
- Compassion
- Integrity
- Stewardship

BOARD OF DIRECTORS **as at March 31, 2023*

- Philip Poon, Chair
- Marilyn McLaren, Past Chair/Nominating Chair
- Brett Andersen, Vice Chair – Finance
- Patty Gifford, Vice Chair – Human Resources
- Sacha Nelson, Vice Chair – Governance
- Arij Al Khafagi, Director
- Shawn MacDonald, Officer
- Barbara McNish, Director
- Barry Pederson, Director
- Dave Shambrock, Director
- Hon. Murray Sinclair, Director
- Celia Valel, Director

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MESSAGE FROM CHAIR AND CEO

It takes a province to feed a province. Over this past year, we have learned once again that no one does that better than we do right here in Manitoba. Across Canada, demand for food banks continues to hit record levels. Rising prices for food and other basics are stretching household budgets to the limit. The arrival of 24,000 displaced Ukrainians in Manitoba fleeing war at home has placed new and unexpected demands on our food system. At the same time, a record number of children are accessing Harvest services through food banks and our Meals2Go school nutrition program. These factors and others resulted in nearly 22,000 households accessing a Harvest food bank somewhere in Manitoba this past March – that's nearly 47,000 people.



Vince Barletta, President and CEO and Philip Poon, Board Chair

While Harvest is serving more food bank hampers than ever before, this has also been a year for hope. In partnership with Anishinew Okimawin led by Grand Chief Scott Harper, Harvest now serves four remote northern First Nations in the Island Lake area – St. Theresa Point, Garden Hill, Wasagamack and Red Sucker Lake. With over 15,000 residents, these communities are isolated from the rest of the province due to the lack of an all-weather road. Relying on ice roads and air cargo to bring in goods, the cost of food and other essentials in these communities is much higher than in the south. Harvest is the first food bank in Canada to be approved as part of the Government of Canada Nutrition North Program to allow our food bank support to receive transportation subsidies so we can serve remote First Nations in the Island Lake Tribal Council area. Having had the opportunity to visit and bring food to these communities in both summer and winter we can already see that our services are making a positive impact. You can learn more about the journey by watching our video at HarvestManitoba.ca/Stories.

This year also saw the return of our employment training programs to Harvest. Thanks to generous donor support and corporate involvement, our warehouse training program welcomed its first trainees since 2019 this past November. This program works with Indigenous youth, new Canadians and others who use food bank services to provide a 6-week training program in warehouse skills. This practical on-the-job training provides a direct pathway to employment.

Already, 50 individuals have completed the program, and more than 80% have found work due to the program. This client-centred program and others operated by Harvest are helping individuals improve their financial situation, leading to less reliance on food banks and a more positive future.

Of course, none of this work is possible without your support. Throughout this year's Gratitude Report you will hear stories from our clients, volunteers, and partners. Every one of us has a role to play in helping to alleviate hunger in Manitoba, and you, our donors, play one of the most important roles of all. Through your support, we can meet the growing need, collect, purchase, and deliver the food that families rely on to make ends meet every month. Thank you for all your support – we cannot do this work without you.

Through your generosity, we continue to focus on the work ahead, building a healthier future for all where no Manitoban goes hungry.

With gratitude,

Philip Poon, Board Chair

Vince Barletta, President & CEO



YEAR IN REVIEW

This year was a remarkable one for Harvest Manitoba. We reached new highs in terms of demand for our services. However, we also witnessed tremendous generosity from Manitobans. It truly takes a province to feed a province, and Manitobans and our food network stepped up to meet the challenge once again.



The declaration of war by Russia on Ukraine on February 24th, 2022 sent shockwaves around the world, and its impact reached our doorstep. In its wake, a substantial influx of displaced Ukrainians sought safety and support within our province. The arrival of Ukrainian newcomers coincided with a tumultuous period marked by soaring grocery prices nationwide, up 11.4% at that point. As inflation continued to rise, so did food insecurity among Manitobans. Undeterred by these obstacles, we adapted and extended support to a record number of clients.



Vince Barletta, Harvest Manitoba President & CEO (left) and Jason Stevens, Northern Program Officer for Food Banks Canada, unload food donations for St. Theresa Point First Nation from Winnipeg.



April saw the return of our very own food bank at 1095 Winnipeg Avenue to address the growing need for our services. By reestablishing an on-site food bank, we've created deeper connections with the people we serve, heard their stories, and learned how to better serve those who rely on Harvest.

Harvest Manitoba client at 1095 Winnipeg Avenue food bank

Motivated by this visit, we pledged our ongoing commitment to providing essential food assistance and support to the community.

In September, we welcomed Philip Poon as the Chair of our Board of Directors. Philip, a University of Manitoba School of Dentistry graduate with a distinguished career, has a robust public advocacy and community service background. His experience and commitment to positively impacting the dental field and beyond will mean continued strong leadership for Harvest.

We thank Marilyn McLaren, our former Chair, for her exceptional leadership and dedication during her tenure. Marilyn's contributions have shaped the success of Harvest Manitoba, and we are profoundly grateful for her service. Marilyn now assumes the "Past Chair/Nominating Chair" role on our Board of Directors, continuing to provide her expertise and guidance as we move forward.



Thank you to Payworks for being the title sponsor for our annual Lee Newton Memorial Golf Tournament!

As inflation continued to rise, so did food insecurity among Manitobans. Undeterred by these obstacles, we adapted and extended support to a record number of clients.

Throughout the summer season, the success of two major fundraising events fueled our mission. Maxim Truck and Trailer organized a live charity BBQ event in June, raising an incredible **\$35,700** for Harvest. Our annual golf tournament surpassed all expectations and generated **\$68,400**, which has been instrumental in sustaining our programs and helping us combat food insecurity in our province.

In August, a journey to St. Theresa Point First Nation left a lasting impact on the hearts of the Harvest Manitoba team. Joined by Food Banks Canada and Perimeter Aviation, we transported food to this remote community of nearly 5,000 people living over 500 km northeast of Winnipeg. This profound experience allowed us to witness first hand the unique challenges faced by First Nations in northern Manitoba.



Honourable Justice Murray Sinclair educating the Harvest Manitoba CREW on Indigenous history

Harvest had its second Professional Development Day of the year during the onset of a beautiful Manitoba fall. This year, the day was centred around Indigenous teaching and learning, shedding light on the complex relationship between our country's history and its Indigenous peoples. We were incredibly fortunate to have Honourable Justice Murray Sinclair, a former Canadian senator, Truth and Reconciliation Commission Chair, and member of Harvest's Board of Directors, deliver a powerful presentation, offering profound insights into Indigenous history while sharing a deeply personal perspective. This greater understanding of the trauma, poverty, and inequality resulting from our shared history made us even more determined to create positive change within our community.

Our kitchen was finally reopened after a period of closure due to the COVID-19 pandemic, symbolizing a return to normalcy. This reopening allowed us to resume providing meals for our staff and volunteers, such as our annual Thanksgiving and holiday lunches. Our Kitchen Associate Educator continues to serve lunch several times weekly to our supporters and team. Additionally, we were excited to reopen our warehouse training program in the fall incorporating kitchen and life skills training for our students, enabling them to acquire valuable experience within a supportive environment.

A pivotal moment occurred on October 11th, as Harvest Manitoba signed a Memorandum of Agreement with Anishinew Okimawin Grand Chief Scott Harper and the four First Nations of the Island Lake region, agreeing to facilitate regular food shipments to northern Indigenous communities, including St. Theresa Point, Garden Hill, Red Sucker Lake, and Wasagamack. This significant milestone marked Harvest Manitoba as the first food bank in Canada to partner with the Government of Canada's Nutrition North program.



Grand Chief Scott Harper signing Memorandum of Agreement



As the holiday season approached carrying its unique sense of hope and joy, Harvest Manitoba was enveloped in the spirit of giving and received immense support from various fundraising campaigns. Our friends from CJNU 93.7 Nostalgia Radio set up their studio at Harvest and broadcast live, hosting informative interviews and song requests with staff, clients, and volunteers. Their daily presence helped spread the word about the urgent need for food aid and garnered support from donors during a critical fundraising season.



CBC Manitoba's 'Make the Season Kind' campaign demonstrated the incredible generosity of our community, raising an astounding \$364,550 for Harvest. Additionally, ENERGY 106, HOT 100.5, and 92.7 FM CKJS joined forces for the 'Hope for the Holidays' radiothon, helping us feed a record 90,000 Manitobans during the holiday season through food and cash donations. The 12-hour radiothon raised over \$30,000 for Harvest, ensuring that hungry children, hardworking families, and struggling adults had a holiday celebration.

The year culminated with a tremendous boost from the Manitoba Government, which announced \$4.7 million in special funding for food banks province-wide, including \$3 million for Harvest Manitoba and our Community Food Network partners. This exceptional one-time funding allowed us to meet the unprecedented demand, purchase food in significant quantities, and extend support to over 380 food banks and agencies.

With the dawn of 2023, Harvest Manitoba began a new phase of our journey, transitioning our food bank orders to a bulk delivery model. The discontinuation of non-perishable hampers in favour of bulk orders allowed us to offer greater choice and dignity to our clients, empowering them to select items that best meet their needs. Our committed staff and volunteers worked tirelessly to implement these changes, ensuring a smoother process and improving our services to those who rely on us for support.

The winter months posed significant hardships for many, especially those living in underserved communities. Our team once again embarked on a journey to northern Manitoba via air and ice roads to Garden Hill and other communities in the Island Lake region. The trip exposed the difficulties of reaching these isolated communities and highlighted the pressing issues of food shortages, high prices, and isolation from critical services. Transporting 8,000 kg of food supplies, we extended a helping hand to hundreds of families thanks to the support of our donors and our partnership with Nutrition North Canada.

In March 2023, our commitment to serving our community was solidified alongside a significant shift in our client base. Notably, displaced Ukrainians emerged as a prominent group, representing a heartbreaking 55% of all new food bank clients. This staggering statistic sheds light on the immense struggles Ukrainians face as they rebuild their lives in unfamiliar territory. Furthermore, the number of first-time food bank clients per month increased fivefold since 2021 — another stark reminder of the growing need within our province.

We are deeply grateful to the thousands of Manitobans who have been an integral part of Harvest Manitoba's story in 2022-2023 and to those who have supported us through our accomplishments and challenges. Because of our community's support, we have been able to adapt to unprecedented circumstances, forge new partnerships, and extend our reach to remote northern communities, all while significantly impacting the lives of those facing food insecurity in our province.

Thank you for your incredible support!



Thank you to the Government of Manitoba for the incredible grant of \$3 million for Harvest Manitoba!

As we move forward with renewed determination, we firmly believe in the power of community and compassion. With your help, we will build a brighter future where no Manitoban goes hungry and where the promise of sustenance, support, and hope flourishes in every heart.



Meet one of Harvest Manitoba's many dedicated and generous volunteers, Lester!



Approximately half of the individuals we serve at Harvest Manitoba are children.

Access to nourishing food is necessary for many children to succeed in their academic performance and physical development. Since 2018, our Meals2Go program has provided K-8 students in Manitoba schools access to nutritious meals on weekends.

In the past year, we have expanded the reach of Meals2Go to include seven schools, including our very first school in Northern Manitoba - Joe A. Ross School in Opaskwayak Cree Nation. This expansion allows us to serve underserved communities and ensure that more children across the province can access healthy food.

“Getting the affirmation notes makes me feel really good, every time I’m in class I look at the notes and it helps me work faster.”

- Meals2Go Student

The program operates for 35 weeks during the school year, providing vital support to 2,600 students each week. Since its inception, Harvest has distributed over 150,000 Meals2Go kits containing a carefully curated selection of items, including fruit, milk, yogurt, cereal, and an encouraging note of affirmation. By addressing the weekend gap in access to nourishing food, Meals2Go ensures that students arrive at school on Monday ready to learn physically and mentally.

Inflation has made it even more challenging for parents to afford healthy and nutritious meals, forcing them to make impossible decisions. However, thanks to our donors' support, our Meals2Go program reduces their grocery bills and provides much-needed relief, significantly impacting the lives of children and their families.



Mika Peterson, Senior Volunteer Services Manager, distributing Meals2Go hampers to the students at Victor Mager school

“Because of Meals2Go, we have more money in our budget to go towards our bills and other necessities.”

- Meals2Go mom Kylee



WAREHOUSE TRAINING PROGRAM

Harvest Manitoba's Warehouse Training Program is back, marking an exciting return after a temporary closure due to COVID-19. This initiative aims to empower Manitobans, offering them a path to learn new skills, overcome adversity, and achieve improved financial and food security.

Through our 6-week training program, participants facing barriers to employment gain invaluable knowledge and experience. The program combines classroom learning, hands-on work at our warehouse facility, and exposure to practical work environments, providing a solid foundation for success in the workforce.

Upon completing the program, our trainees graduate with industry-standard warehouse skills required for entry-level employment in distribution centers, warehouses, and the retail sector. They earn certifications in WHMIS (2015), Safe Food Handling, First Aid, and develop expertise in shipping and receiving, warehouse equipment operation, product quality control, inventory maintenance, and order picking.

Our Warehouse Training Program goes beyond technical training and is about more than just acquiring skills. It fosters personal growth, instills confidence, and provides our students with vital support services. We create a supportive environment where they can build soft skills, develop resumes and cover letters, practice interview techniques, and receive guidance throughout their job search journey.

Thanks to the generosity of our donors, we can invest in the dreams and aspirations of individuals facing barriers to employment, offering them a pathway to success while building a prosperous Manitoba for all.

“The Harvest Warehouse Training Program offered me a great opportunity to acquire the necessary theoretical and practical experience required for my first job in Canada.”

- Training Program Graduate



Thank you to Maple Leaf Feed Opportunity Centre for Food Security for their generous support of our training program!





FIRST STEPS

Did you know that almost half of the Manitobans we feed every month are children?

At Harvest, we firmly believe in giving every child the best possible start in life. Unfortunately, access to essential items can be challenging for many babies.

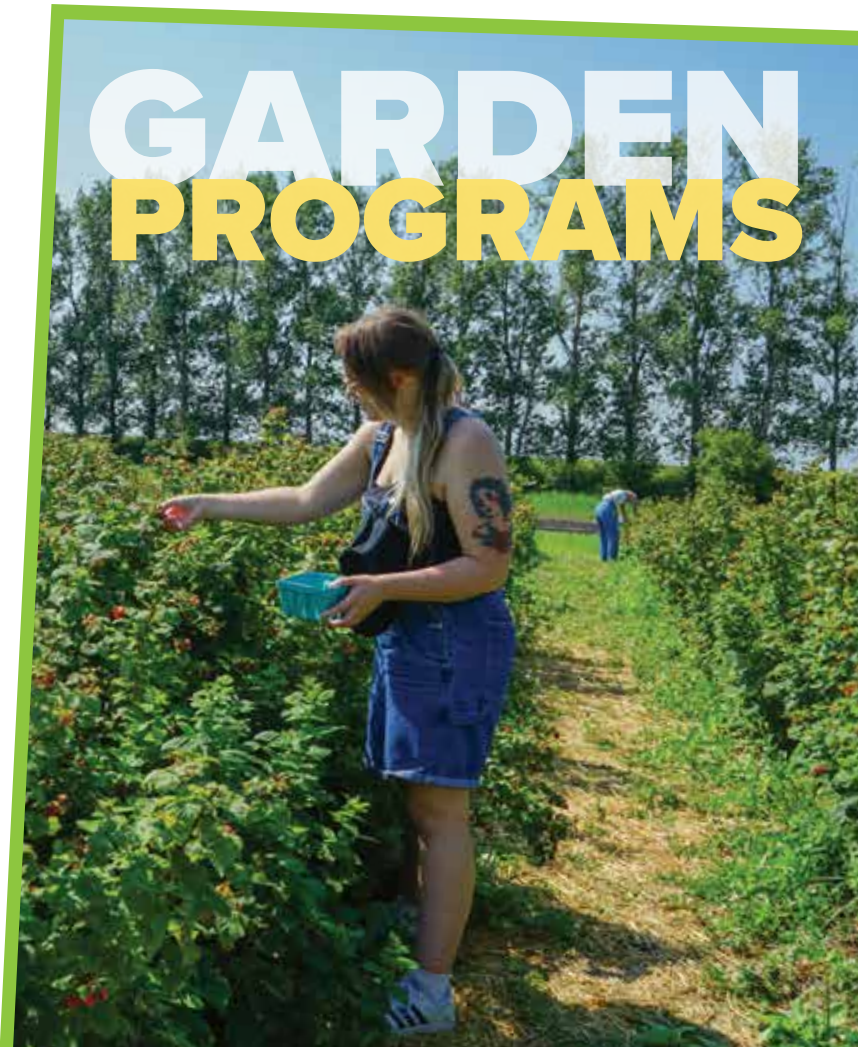
That's why, back in 2008, we launched the First Steps program—a beacon of hope for thousands of families across Manitoba. This program goes beyond our regular food hamper initiatives, providing special products exclusively to mothers with newborns. We recognize the significance of this early stage of development and strive to meet their needs during this critical time.

Thanks to the extraordinary generosity of our donors, our First Steps program offers baby formula, baby cereal, diapers, and other infant care essentials to those who need them most across our province.

Beyond the garden, we are developing workshops exploring food preservation techniques like canning and dehydrating, enabling our clients to make the most of their harvests and build resilience against food insecurity.

This year will see the blossoming development of our community garden right outside our 1095 Winnipeg Avenue building — a transformative initiative nurturing education, growth, and community engagement!

Our garden will feature over two dozen vegetable varieties and provide a hands-on opportunity for people of all ages to grow their own food, creating a deeper connection with nature while teaching them essential gardening skills. At Harvest Manitoba, we equip our clients for success. We provide seeds, soil, and planters, ensuring that everyone, regardless of circumstances, can participate in the joy of gardening.





NORTHERN INITIATIVES

Our work in remote communities extends far beyond providing food. It's about building strong relationships with First Nations leaders, creating meaningful connections, and empowering Indigenous communities to shape their own future.

When Winnipeg Harvest merged with the Manitoba Association of Food Banks and became Harvest Manitoba in 2020, we became one of Canada's largest food distribution networks. This change brought a renewed commitment to address food insecurity and serve every corner of our province.

We recognize the profound impact of generational trauma on Indigenous communities in Manitoba. We are committed to reconciliation and understanding Indigenous people's unique challenges regarding food security, affordability, and access to nutritious food while implementing sustainable solutions.

To address these issues, we partnered with Nutrition North Canada, becoming the first food bank in Canada to establish regular operations in remote First Nations communities.

Our journey is far from over. While food security is a complex issue that Harvest cannot solve alone, we are determined to expand our work with underserved communities across Manitoba. With ongoing support from donors and our partnership with Nutrition North Canada, we will continue working toward a future where no Manitoban goes hungry and food sovereignty becomes a reality for all.

To see our Harvest Manitoba CREW in action delivering food to Garden Hill, please visit:

HarvestManitoba.ca/Stories 



MILESTONES IN GENEROSITY

Did you know... Harvest Manitoba is the 4th largest food distributor of our kind in Canada, and our buying power means that your donated dollar stretches even further. Your recurring donation of just \$1 a day will ensure we can meet the unprecedented demand for food in our province.



Our network includes and supports over

380

food banks and agencies in Winnipeg, rural, northern and First Nation communities across Manitoba.



In March 2023

21,927

Households visited a food bank.



91.3%

We were able to direct 91.3% of funds and food received straight to our clients.



Harvest collects and shares

12.5 million lbs

of healthy and nutritious food to hungry hardworking families and seniors in Manitoba every year.

Our volunteers put in more than

65,000

volunteer hours per year to meet the needs in our community.



As of March 2023, our network supported approximately

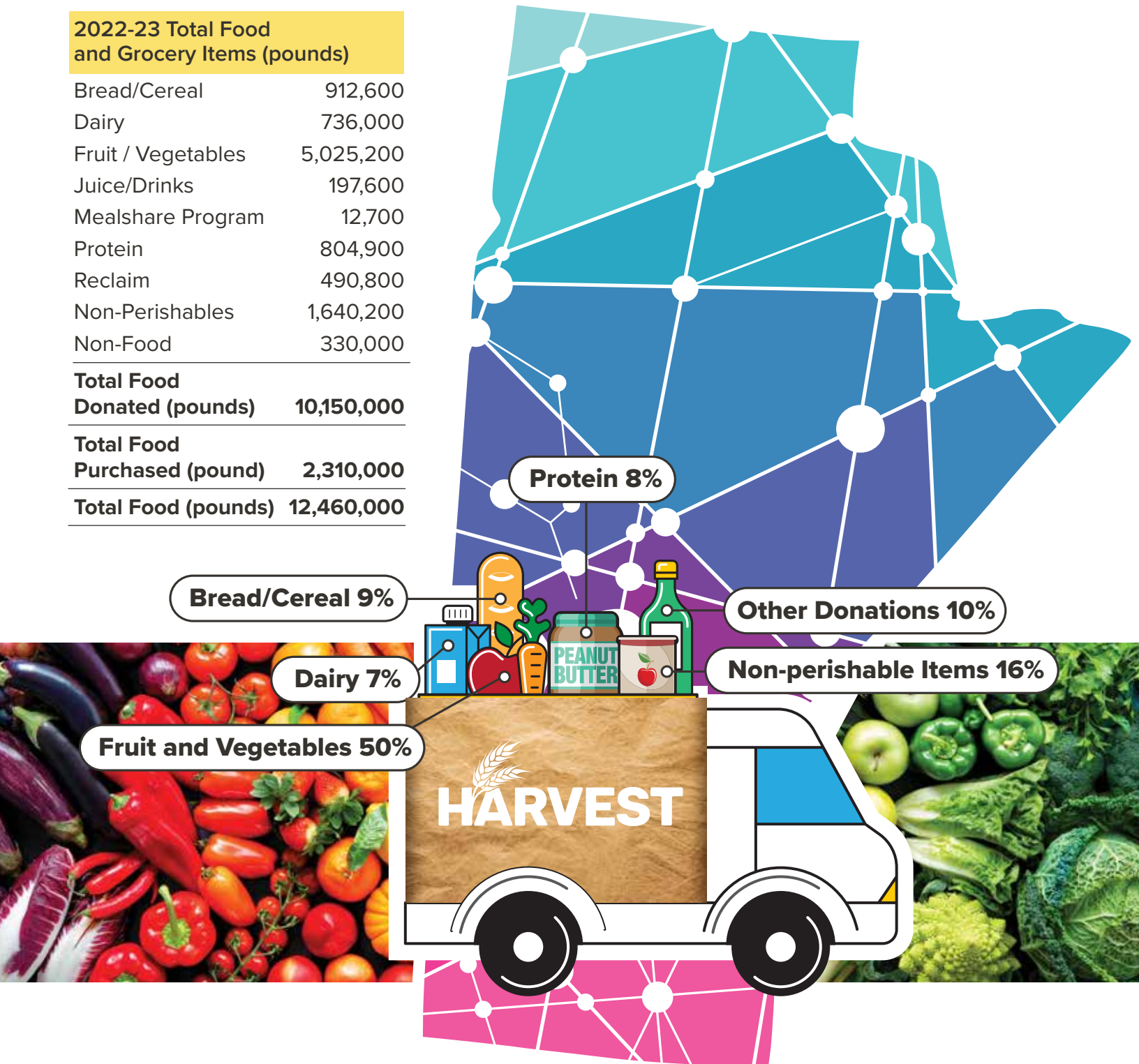
108,000

Manitobans per month.

FOOD COLLECTED **FOOD SHARED**

2022-23 Total Food and Grocery Items (pounds)

Bread/Cereal	912,600
Dairy	736,000
Fruit / Vegetables	5,025,200
Juice/Drinks	197,600
Mealshare Program	12,700
Protein	804,900
Reclaim	490,800
Non-Perishables	1,640,200
Non-Food	330,000
Total Food Donated (pounds)	10,150,000
Total Food Purchased (pound)	2,310,000
Total Food (pounds)	12,460,000



FOOD RESCUE NOW **AND IN OUR FUTURE**

At Harvest Manitoba, we work with our industry partners to rescue and recover food that might have otherwise gone to waste. Our CREW continuously assesses the quality of every donation, guaranteeing that only the best food finds its way to the tables of those who need it most. We will continue exploring innovative ways to reduce food waste further, ensuring every client has access to healthy and nutritious food while minimizing our environmental impact.



HARVEST MANITOBA COMMUNITY FOOD NETWORK

Thanks to our generous supporters, Harvest helps **more than 380** community organizations across Manitoba, alleviating hunger in Winnipeg, rural towns and remote northern communities.

We are pleased to welcome the following organizations to our Community Food Network: Birdtail Sioux Health Centre, Canadian Mental Health Association (Youth Huddle), Carman Food Pantry, Development Assistance International Inc., École Springfield Heights School, Equal Housing Initiative, Fisher River Cree Nation Food Bank, Garden Hill, Glenelm School, Lanawae Housing Center, Manitoba Keewatinowi Okimakanak (MKO), Minnedosa and Area Food Bank, Prince Charles Education Resource Centre, Red Sucker Lake, Russell and Area Food Connections Inc., Sara's Pantry, South District O-Campus, St. Pierre Bible Fellowship Meals On Us, Steinbach Adult and Teen Challenge, St. Theresa Point, The Excel Empowerment Centre, The Gimli Chamber of Commerce, The Student Success Program, Wasagamack.

Thank you to these incredible organizations for helping us fight hunger in our province.



MEMBER SPOTLIGHT

Thanks to the generosity of our donors, Harvest Manitoba supports more than 380 partner agencies and food banks across the province, fighting food insecurity in Winnipeg, rural towns, and remote northern communities.

Throughout this year, St. Mark Coptic Orthodox Church Food Bank (St. Mark Church) has exemplified the true spirit of community service as an exceptional partner of Harvest Manitoba, serving approximately 320 families per month. It takes a province to feed a province, and St. Mark Church has embraced this ethos wholeheartedly.

One of the remarkable ways St. Mark Church has made a difference in the lives of hungry Manitobans is by delivering food directly to the elderly and individuals with disabilities, ensuring that those facing challenges accessing the church can still receive the nourishment they need.

When Christmas Eve arrived, and most food banks were closed so their volunteers could celebrate the holiday season, St Mark Church hosted a festive celebration, serving an impressive 60 families. With a dedicated volunteer dressed up as Santa Claus and their team playing live holiday music, they brought joy and warmth to all who attended.

St. Mark Church truly embodies the spirit of compassion and unity, and we are privileged to have them as a valued partner in our ongoing mission to combat food insecurity in Manitoba.



HARVEST

VOICES

Stories of Hunger and Poverty in Manitoba

It takes a province to feed a province, and this has never been truer than this past year.

Harvest Manitoba is deeply committed to addressing food insecurity and poverty within our community. With the goal of shedding light on the profound real-world impact of these issues in Manitoba, we have meticulously analyzed client data collected through surveys conducted in late 2022. The resulting report, "Harvest Voices 2022," provides a poignant snapshot of the daily challenges faced by Manitobans and highlights the support they need for self-sufficiency.

Significantly, this year's survey reveals a notable shift in the demographics of food bank users across our province. We have observed a 50% increase in employed clients accessing food banks, reflecting a nationwide trend. Rising food prices and the lingering effects of the pandemic have burdened many Manitobans, leading to a doubling of food bank usage in Winnipeg since 2019.

"Harvest Voices 2022" amplifies the voices of struggling families and adults relying on our food banks. By sharing the difficult choices they are forced to make every day, this report serves as a powerful call to action, inspiring us to redouble our efforts toward a healthier future for all where no Manitoban goes hungry.

Harvest Manitoba is set to release the third installment of Harvest Voices in late 2023. This report will investigate our clients' experiences deeper, incorporating interviews and survey data to better understand their challenges in the wake of inflation and ongoing economic uncertainty.

Key Findings:

Food bank usage in Winnipeg has doubled since 2019.

69.2%

of respondents were predominantly female (69.2%), and an average of 45.9 years of age.

24%

of Harvest's clients are employed, a 50% increase over last year.

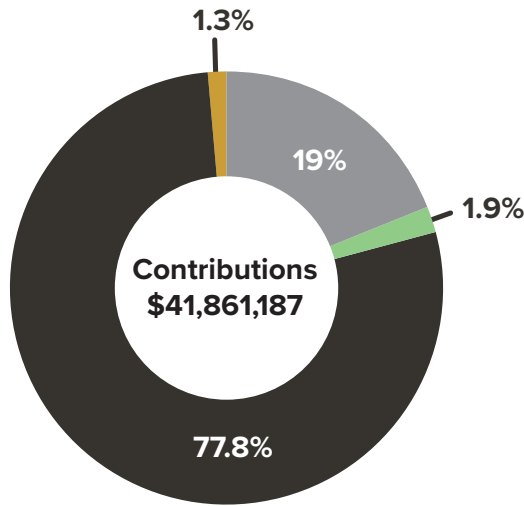
15,000

The number of children being served by Harvest has never been greater. More than 15,000 children are served by Harvest each month.

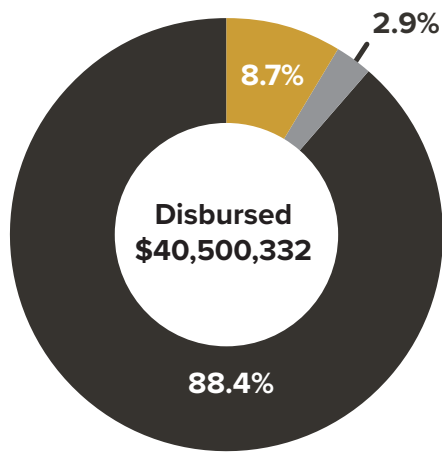
To delve into the powerful stories and insights of Harvest Voices 2022, visit our website at:
www.harvestmanitoba.ca/harvest-voices-2022



FINANCIAL UPDATE



- Grants, Donations and In-Kind Support
- Extraordinary Pandemic-Related Support
- Donations of Food
- Other Contributions



- Administrative and Fundraising Costs
- Program, Volunteer and Support Services Costs
- Food Distribution

** A total of 10,150,000 pounds of food was collected at Harvest Manitoba in 2022/23. Food is valued at \$3.21 per pound, an average value determined by Food Banks Canada.*

Our audited financial statements are posted here:

[Financial Statements](#)



The 2022-23 year was an unprecedented year at Harvest Manitoba. Two years after the pandemic began, client numbers continued to rise. The impact of inflation and an influx of Ukrainian newcomers drove the need to new heights.

Our passionate donors and government partners continued to support Harvest Manitoba during a record 150% increase in demand from last year, providing us with the resources we required to serve the tens of thousands of Manitobans who rely on our organization.

During the pandemic, the Government of Canada, through Food Banks Canada, committed to supporting Harvest Manitoba in meeting the increased need for our services. In total, for the year, almost \$300,000 was provided by the federal government and other supporters to address the additional needs driven by the pandemic.

In response to the rise in demand driven by newcomers and inflation, the Province of Manitoba committed \$3 million to Harvest Manitoba from Manitoba's Food Security Fund to assist with delivering emergency food services to hungry Manitobans between this fiscal year and 2023-24.

Overall, in 2022-23, our supporters provided \$8 million in grants and in-kind and cash donations to help us fulfill our mission during the year. This support allows us to purchase food, run our warehouse and fleet operations, and get food to Manitobans who need it the most.

Of course, we could not do our work without the generosity of our grocery and industry partners, who provided over \$32 million in food donations that meant more food into the hands of our clients.

Demand for food in Winnipeg and communities around Manitoba continues to grow, and the need has never been greater. This increased demand means future investments will need to be made in our operations to increase our capacity to deliver food support in underserved communities across the province in the years ahead. The Resilience Fund established in 2021-22 will help us meet persistent and growing food security challenges in Manitoba. Harvest has also established a Stabilization Fund to ensure that we can always keep our doors open and never turn away someone in need of food.

Various investments required in the coming years are outlined in Harvest Manitoba's Action Plan, which is summarized on pages 22 and 23 of this Gratitude Report. With these changes, Harvest will become a more resilient and truly province-wide organization that supports Indigenous food security.

The heartfelt generosity of Manitobans allows us to do our work and meet the immediate needs of our clients. Your kindness provides us with the resources to invest, train and support our clients as they move beyond the need for temporary food support. Harvest Manitoba was incredibly humbled and inspired by our community's heartfelt, passionate, and continued support this year.



OUR VALUED PARTNERS

Tins for the Bin and cash donations are major connection-points with our community. However, our partners play a big role too.

Thanks to the support of our Egg Farmers who help us feed families across Manitoba through weekly donations of eggs.

Amidst the distribution of an astounding 18 million pounds of food this year, our partners have admirably stepped up to the challenge, allowing us to feed a record number of Manitobans. The ongoing commitment of our partners contributes a significant portion of the food that helps keep our warehouse shelves full and fight hunger in our community.

Additionally, the generous contributions from farm families and producers, such as Manitoba Chicken Producers, Dairy Farmers of Manitoba, Manitoba Egg Farmers, and Manitoba Pork, have been vital in helping us fight hunger in our community. Many of these organizations humbly choose to remain anonymous, favouring silent acts of support. However, they serve as the foundation of our province's food supply, providing remarkable support to Harvest Manitoba and our clients.



MEET ANNA



Anna, a Ukrainian newcomer, arrived in Winnipeg with her young daughter in August 2022, hoping to rebuild her life after fleeing the ongoing war in Ukraine. Through the support of fellow Ukrainian immigrants, she discovered Harvest Manitoba and the assistance we provide to those facing food and employment insecurity.

Finding employment as a newcomer presented numerous challenges for Anna. Limited local education and lack of Canadian work experience made it difficult for her to secure suitable job opportunities. Determined to overcome these barriers, she joined our Warehouse Training Program, a 6-week initiative designed to teach industry-standard skills and prepare participants for entry-level employment.

Anna's journey through the program was nothing short of remarkable. With dedication and resilience, she graduated with excellence and earned certifications in WHMIS, Safe Food Handling, and First Aid. These accomplishments, coupled with the support from Harvest Manitoba, paved the way for her to secure employment with one of our program partners.

Reflecting on her experience, Anna shared, "The biggest benefit for me is that I got a job! It is truly priceless! During my training with Harvest Manitoba, they supported me financially and provided me with bus tickets, to mention a few. I met many wonderful people, which helped me better understand the Canadian workplace culture. My experience with Harvest Manitoba has taught me how the world can achieve so much through kindness and caring for each other."

"My experience with Harvest Manitoba has taught me how the world can achieve so much through kindness and caring for each other."

Harvest Manitoba is committed to ensuring everyone has access to healthy and nutritious food and the opportunity for a brighter future. In March 2023, we reached a record number of 47,000 Manitoba food bank clients, and 55% of first-time food bank users were displaced Ukrainians. We are grateful to be able to support these communities, and their inspiring stories drive us every day.

Harvest has always been about so much more than just hampers - it's about hope, and the strength in that hope continues to come from the life-changing help we witness in those like Anna.





THANK YOU DONORS!

Our hearts are filled with gratitude towards the countless donors, corporations, foundations, schools, faith groups, and service groups who have stood alongside us in addressing the pressing food needs of Manitobans this year. Their incredible support has allowed us to make significant progress in fighting food insecurity throughout the province, reaching even the most remote corners of Manitoba.

HARVEST
365
 MONTHLY GIVING | \$1/DAY



Thank you to our amazing monthly donors who help us feed hardworking families and adults every day of the year! Your ongoing support truly makes a positive impact on the lives of hungry Manitobans.

FEED HOPE EVERY DAY!

We are also excited to introduce Harvest365, our monthly giving program. By becoming a Harvest365 Hero with a minimum contribution of \$30 per month, you can make an even greater impact on the individuals that we serve.

To learn more about Harvest365 and how you can get involved, please visit HarvestManitoba.ca/Harvest365





THANK YOU VOLUNTEERS

Our volunteers donated an incredible **65,469** hours of their time and energy to support Harvest Manitoba. We cherish every volunteer and deeply appreciate their essential role in helping us fight hunger in our province. As we celebrate their contributions, here are several inspiring stories representing just a few of the countless acts of kindness that make a difference in the lives of Manitobans we serve.



We are immensely grateful for the 65,469 hours our volunteers have donated to Harvest this year, the skills they bring, and the compassion they embody. Their gifts allow us to reach every corner of the province, distribute more meals to struggling families and adults, and create a stronger, more resilient Manitoba.

To our amazing volunteers—your dedication and generosity inspire us every day, reminding us of the power of unity and the difference we can make when we come together. We have accomplished the incredible feat of serving a record 108,000 Manitobans per month because of your support.

Thank you for being the heart and hands of Harvest. Your commitment and passion exemplify the true spirit of giving and have helped us create a brighter future for all where no Manitoban goes hungry. We are truly honoured to have you as part of our community.

Volunteers are the lifeblood of Harvest Manitoba, making our work possible in the fight against hunger. They are the driving force behind delivering 12.5 million pounds of food annually to Manitobans who need it most. Whether sorting and packing food donations, answering client calls and booking food bank appointments, delivering to food banks, or providing warehouse support, they go above and beyond to ensure our community has access to healthy and nutritious meals.

Volunteer Spotlight: Chris Deo

Chris has experienced an uplifting and colourful journey at Harvest Manitoba. Initially reserved and shy, he has blossomed into a radiant and outgoing volunteer, breaking out of his shell through volunteering with us! Since starting at Harvest, Chris has embraced the spirit of community, connected with fellow volunteers, and has made a lasting impact in the fight against hunger. His growth and dedication inspire all who have had the pleasure of witnessing his evolution. Well done, Chris!



Volunteer Spotlight: Albright Church 50 & Beyond

For nearly a decade, the Albright Church 50 & Beyond group has been critical in helping us fight hunger in Manitoba. Like clockwork, they lend their time and energy every month on the first Wednesday morning and the third Thursday evening. Their commitment to our mission has been outstanding since they first volunteered in 2014. Having logged just under 2,200 hours, their ongoing presence and willingness to help in any capacity are truly commendable.



Volunteer Spotlight: Mondetta

Mondetta has quickly become a cherished member of our volunteer community. Their commitment to Harvest Manitoba has been exceptional, as they consistently reach out and offer assistance whenever needed. Whether a pair of two or a group of 25, their presence brings infectious energy and positivity. They also involve their families during evening shifts, creating a true sense of community while amplifying their impact. We are incredibly grateful for their generosity and support in ensuring that no Manitoban goes hungry.





At Harvest Manitoba, we take pride in our past year's journey and our commitment to serving our province, overcoming challenges, and envisioning a stronger future for all. Supported by our dedicated crew, volunteers, donors, and an outstanding community, we are delighted to share our progress toward our goals.

Harvest has developed an Action Plan that identified and prioritized three significant and wide-ranging initiatives to strengthen our organization. While some initiatives have already come to fruition, others are well underway and set to be accomplished by year-end, bringing us closer to realizing our vision of a thriving, food-secure Manitoba.

1 Become a Stronger and More Resilient Organization

The successful transition of our food banks to a client-focused model, providing clients with food choices rather than the prepacked hampers that were a necessity during the pandemic stands as a significant achievement. This approach, provides a more dignified experience, empowering clients to choose food items aligned with their preferences while reducing waste and optimizing resources.

We are thrilled to report that our volunteer hours have soared this year, operating at full capacity and even establishing a waitlist for volunteers. Our volunteers' incredible dedication and generosity have resulted in a donation of **65,469 hours**, an impressive **52% increase** from last year's 43,026 hours.

We've strengthened our organization by strategically filling key positions, expanding our fundraising efforts through the Senior Manager of Development and an

additional six members to the food and fundraising department, and reopening our Warehouse Training Program with a dedicated Training Associate to provide employment opportunities for youth and new Canadians. The appointment of a Manager of Indigenous Initiatives demonstrates our commitment to expanding our understanding of Indigenous culture and heritage, fostering reconciliation and guiding us in developing strategies to address food security in Indigenous communities.

We are pleased to announce that our new agency partners, the J.R. Simplot Company and McCain Foods, have extended their support through generous donations of more than 9,000 kg of food to Harvest Manitoba. Their contributions have been vital in expanding our inventory and allowing us to meet the growing need for our services. Despite challenges with food producers due to inflation, rising grocery prices, and supply chain complexities, we remain committed to strengthening these partnerships to ensure a sustainable supply of nutritious food for our community.

2 We Are Truly a Province-Wide Organization

In our pursuit of reaching every corner of the province and serving different communities, we are actively working towards developing a northern supply hub in



Thompson in partnership with Manitoba Keewatinowik Okimakanak (MKO).

Additionally, our efforts have led to expanding Harvest programs in rural and northern Manitoba, including the Meals2Go program at Joe A. Ross School in Opaskwayak, providing healthy and nutritious food to students in underserved regions.

We have strengthened our Harvest Manitoba Community Food Network to bolster community engagement, establishing partnerships with over 380 organizations. This extensive network enables us to work closely with community stakeholders, embracing an inclusive and impactful approach to combating food insecurity. Furthermore, our annual town hall meetings serve as key platforms for open dialogue and feedback, ensuring that the voices and perspectives of the community are heard and integrated into our strategies.

3 Support Indigenous Food Security

Our commitment to Indigenous communities remains resolute, as nearly half (41.37%) of our food bank clients are Indigenous. This year, we achieved a significant milestone by partnering with Nutrition North Canada, making us the first food bank in Canada to establish regular operations in remote First Nations communities.

In August 2022, our team travelled to St. Theresa Point, where soaring costs for essential food items burden the community. By October 2022, we signed a Memorandum of Understanding with Anishinew Okimawin

(Island Lake Tribal Council), enabling us to ship and distribute food in St. Theresa Point, Wasagamack, Garden Hill, and Red Sucker Lake. In February 2023, we delivered over 8,000 kg of food to the Island Lakes region via air and ice road, improving access to food and alleviating transportation challenges.

We have partnered with Indigenous-led organizations, Ma Mawi Wi Chi Itata Centre and the Centre for Aboriginal Human Resource Development, to expand our reach and enhance our impact. Collaborating closely with these organizations aligns with our shared vision of discovering innovative solutions to address Winnipeg's pressing food security needs and its growing Indigenous population.

Through these strategic partnerships, particularly with Ma Mawi Wi Chi Itata Centre, we are in a favourable position to meet the escalating demand for our support and substantially increase our capacity to help those who need it most. Together, we will continue championing Indigenous food security and work towards a future where no Manitoban goes hungry.

Harvest Manitoba's commitment, resilient spirit, and strategic partnerships have transformed actions into impact. As our journey continues, we stand strong, welcoming change and building a future where everyone's needs are met and our province thrives without hunger.



Food. Time. Funds

On behalf of all of us at Harvest we want to thank the thousands of Manitobans who have generously gifted their time, and donated the food and funds that make our work possible.

Thank you!

In Proud Partnership with:



Kirstin Beardsley, CEO of Food Banks Canada, visits Winnipeg and helps Harvest Manitoba distribute Meals2Go kits at Victor H.L. Wyatt School.

LAND ACKNOWLEDGEMENT

Harvest Manitoba acknowledges that we are located on the original lands of the Anishinaabeg, Cree, Anishinew, Dakota, Dene, and on the homeland of The Red River Metis.

We respect the sovereignty of each nation and the Treaties made on these territories. We are committed to continuously reflecting on our role as Treaty partners. We recognize the serious harms caused by colonialism and its lasting impacts on Indigenous peoples across our province, and our country.

Indigenous people have deep connections to the land and have made significant contributions to this territory. In the spirit of reconciliation and collaboration, we dedicate ourselves to moving forward with Indigenous communities. We honor the land itself and those who remain protectors of it, The Indigenous peoples of Turtle Island.

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