



Food insecurity is growing in Toronto. Today, 1 in 4 people need help getting enough to eat. With rising food and housing costs, many families are struggling to cover basic needs.

Thanks to your generous donations — and the hard work of our 76 volunteers and 11 Steering Committee members — we are able to support our community every Wednesday afternoon.

Our Weekly Impact at a Glance:

- We serve an **average of about 302 families each week**.
- This translates to **around 968 people every week**.
- Each week, we help an **average of 81 large families** and **90 halal households**.

Other highlights:

- **Pet food support is growing!** Pet Smart has kindly helped us meet the rising requests for pet food.
- **Personal hygiene help.** The Period Purse is providing more hygiene products and visiting us to show recipients what is available.
- **Growing at home.** Grade 7 students from Kingsway College School donated vegetable and flower plants so recipients can grow their own food. Many shared stories about gardening and enjoyed guessing which plants matched the students' photos!
- **Saving with egg cartons.** Donated egg cartons saved us about \$2,100! We use about 200 cartons each week (cut in half), and new ones cost 25 cents each.
- **More protein for bigger families.** Large families are now receiving more protein in their baskets.

Thank you for your continued support — it truly makes a difference in the lives of our neighbours.

With gratitude,
Marcia Powers-Dunlop, Chair
St. James Food Basket