



the stop
community food centre

Amanda Montgomery
Community Programs Manager



1982

Stop 103

**started as a food bank
in the basement of
St. Stephen-in-the-Fields
Anglican Church**

2012

The Stop Community Food Centre

**is one of Toronto's leading
food security organisations
with over 40 staff, about 16
program areas and two
locations**

**The Stop
Community
Food Centre
strives to
increase
access to
healthy food in
a manner
that maintains
dignity, builds
community,
and challenges
inequality.**



The Stop's Strategic Objectives

- 1. To increase low income community members' access to healthy food.**
- 2. To increase skills and knowledge around healthy food.**
- 3. To reduce social isolation and increase connection to a variety of supports.**
- 4. To increase knowledge of poverty and other social justice issues.**
- 5. To create opportunities for community members to take effective action on poverty and other social justice issues.**
- 6. To increase knowledge of food system issues.**
- 7. To create new market opportunities for sustainable local farms.**



The Stop's Food Bank provides a three-day supply of emergency food in a respectful, dignified environment.

**Last year, The Stop's
Drop-in served:**

25,605 breakfasts

13,667 snacks

16,099 lunches

**That's more than 1,000
meals per week.**





We harvested more than 6,000 pounds of produce from our gardens and greenhouse in 2011, food that was split between programs and volunteers.

**All of the babies born to
moms in our Healthy
Beginnings program
were born with healthy
birth weights.**





We taught more than 1,000 kids how to cook and garden in our after-school and education programs last year.



In 2011, our greenhouse grew 18,250 seedlings, which we gave away to community gardens across the city.



Our community kitchens programs bring neighbours together to cook and share healthy food. All community kitchens participants surveyed this year said they'd tried a new food in our programs.



In 2011, our Community Advocacy Office provided over 1,800 referrals to community members seeking help.



1,000 people attend our year-round Farmers' Market every week.

What we have learned

- **The Paradox of Food**
 - Food as a Commodity
 - Food as a Right
- **Real costs of food**
- **Two-tiered food system**
- **Poverty and inequity are growing**
- **Charity vs. Justice**
- **Increase income or subsidise**

What we're doing

- **Subsidies:**
 - Fundraising
 - Food Fund and Food of the Month
 - Purchasing policy
 - Good Food Market
 - Grow For The Stop

What we're doing

- **Increase Income:**
 - **The Stop's Farmers' Market**
 - **Political Advocacy**
 - **Do The Math Campaign**
 - **Put Food in the Budget**
 - **Fundraising**
 - **Partnerships**

Questions?

Amanda Montgomery
amanda@thestop.org

