

Community Impact



THE
FoodBank
OF WATERLOO REGION

We distributed over **8.9 million pounds of food** to 54 organizations in the Community Food Assistance Network in 2023–2024.

Feeding our Community

3,311

community meals
were served every day

558,545

visits were made to a
food hamper program

59%

of food distributed
was fresh or frozen



Hunger in Waterloo region

1 in 8

households relies
on food assistance



34%

of those supported
were under 18

8,465

new households accessed
a food hamper program
for the first time



73,615

unique individuals received
support from the Community
Food Assistance Network



Neighbours Helping Neighbours

26,538

kilometres driven by
volunteer drivers



4,491

individual volunteers

32,772

volunteer
hours donated

