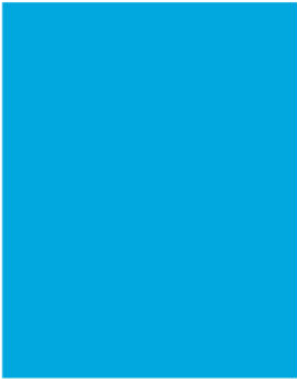


# THE MUSTARD SEED STREET CHURCH & FOOD BANK ANNUAL REPPORT

2022/2023  
(YEAR ENDING MARCH 31, 2023)



nurturing faith  
hope & love.

Re-emergence was the theme for most of the period covered by this report, as we began to return to pre-COVID operations in our community. Through the year we had many firsts – from our first in-person service in May, to the re-opening of our chapel to allow our community to join us inside for lunches, to Friday night movies and Saturday community breakfasts – as well as many other services like foot care, hair cuts, the clothing boutique and advocacy.

We held our first Christmas Luncheon since 2019 for 300+ community members, and introduced programs including *Brave Spaces* for women suffering from abuse and a book club exploring Christianity, remembering that it calls us, above all else, to serve those in need.

It was a record year for our Food Security Distribution Centre (FSDC) as we rescued and received over 2.5 million pounds of food, beverage and household items – up 18.1% over 2021. From this bounty we were able to redistribute close to 1.9 million pounds to the estimated 70,000 food insecure individuals in our region. Food Banks Canada tell us that up to one-third of food bank recipients are children and youth. We shared 678,000 pounds through our foodbank and hospitality programs and the remaining 1.2+ million pounds via the 60+ social service agencies that operate as part of the Food Share Network throughout the Capital Regional District.

These numbers tell the story of families and individuals facing enormous increases in the costs of living that have only accelerated through 2023. In December 2022, use of the food bank was up by 20% over the previous year as a result of the skyrocketing inflation.

At Hope Farm Healing Centre we focused on building a partnership with Cowichan Tribes to provide youth with farm fresh produce, offered a successful farm skills training program for 12 clients who experience barriers to employment and provided addiction recovery coaching.

Then, just as we were about to close this chapter and move toward renewal, our Queens Avenue location suffered a debilitating fire on March 27, 2023. Fortunately, with our COVID experience we were quickly able to re-imagine our operations and were up and running in a modified way in one day. This is a testament to the amazing team and leadership we have, and to the generosity of the community.

With the changes brought on by the fire, we quickly determined to build back better and to use this tragedy to improve and expand our services. We could not do any of this without the generous support of the community and our grocer partners. Thank you for being on this journey of re-emergence, re-imagining and renewal.

In gratitude,  
Stephen P. Bell, Executive Director  
The Mustard Seed Street Church &  
Foodbank



# FINANCIAL PERFORMANCE

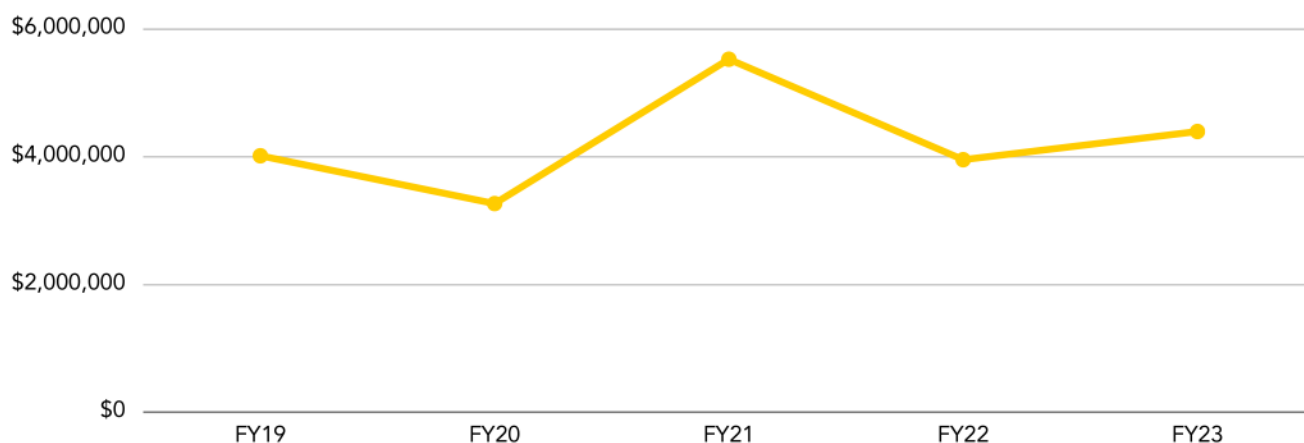
With the ongoing and generous support of individual, corporate, community, and public sector donors we were able to meet the increased demand caused by unprecedented inflation over this fiscal period.

Over the 2022-23 fiscal year (FY23), the gross revenue of the MSSC tallied at \$4,395,909, up by of \$400,000 over FY22. Gross expenses for FY23 were \$3,704,324, resulting in an surplus for the year of \$691,585.

We made the decision to direct a large portion of accumulated surplus funds to pay off the Food Security Distribution Centre(FSDC) mortgage, undertook extensive maintenance at Hope Farm Healing Centre and began plans for a wellness centre including showers and laundry facilities at our Queens Avenue location.

Strong commitment from corporate donors as well as Food Banks BC and the Government of British Columbia allowed us to partner with Kitchen Connect to build out a fully certified processing kitchen in the back of the FSDC. These new facilities play a vital role in helping to increase the FSDC's capacity to promote sustainable food security and further reduce food waste on the island.

## **MSSC Revenue by Fiscal Year**





# PROGRAM OUTCOMES

## HOSPITALITY

Our [Hospitality Programming](#) provides a range of essential services to nurture “faith, hope and love” in many of our community’s residents who are impacted by the high cost of living or struggling with mental health and/or addiction impacts.

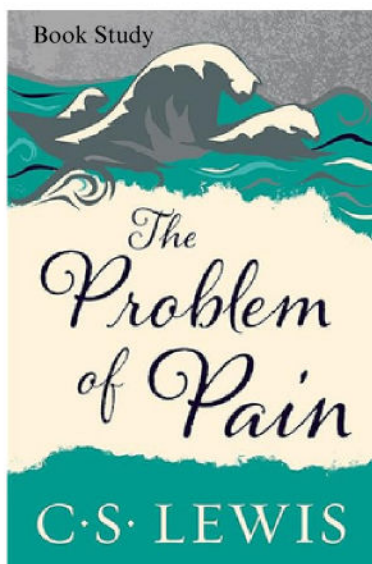
Once able to return to pre-Pandemic operations, we saw an increase in demand of 28%. Over the year we distributed approximately 78,000 pounds of food and beverages in the form of hot meals plus thousands of snacks and beverages.

More concretely, in March 2023 (our baseline tracking month for the next fiscal year), we provided 3,200 generous meals, 4,587 beverages and thousands of snacks to those in need.

On top of food we offered clothing, haircuts, foot care and case management support to help connect our community with the services they need.

## PROGRAMS

The team offered a number of programs to support wellness, inclusion and community, including: art classes, movie and games nights, book study, bingo, a women’s peer support group and Freedom Sessions (a 12-step recovery program).



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# PROGRAM OUTCOMES

## FOOD BANK

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**600,000 pounds of food, beverage & household products distributed via our food bank; equivalent to an estimated 480,000 meals - 1,300 per day**



Over the last year, our [Food Bank](#) experienced over 14,000 household visits, providing hampers for households of 1 to 8+ people.

The delivery model introduced to address the challenges of the Pandemic was kept, as it was more effective and supported us to serve clients more quickly while still allowing client choice of the type and variety of food they were able to take home.

Food Banks Canada estimates that roughly one pound of food is equivalent to one meal. MSSC is considering the effort of measuring the food, beverage and household products separately, and in the meantime estimates that for this period, roughly 15-20% of the product we distribute may have been either beverages or household products.

This means the food we distributed would make from 480,000 to 510,000 meals for those living with food insecurity. Conservatively that is equal to over 1,300 meals per day.

**Food Banks Canada estimates that one in three of food bank recipients are children or youth.**





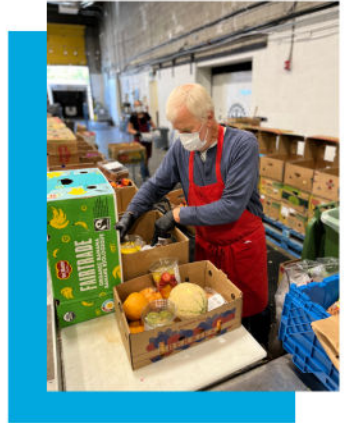
# PROGRAM OUTCOMES

## FOOD SECURITY DISTRIBUTION CENTRE

Operations at the [Food Security Distribution Centre](#) (FSDC) continued to grow to meet the needs of the 70,000 hidden hungry estimated to live in the greater Victoria region. The FSDC collected and rescued a record 2.5 million pounds of food, beverage and household products. Close to 1.9 million pounds were redistributed via our operations and the 60+ partner agencies in the Food Share Network.

Construction of new Kitchen Connect facilities amplified the impact of our food rescue and food bank program and the new processing kitchen will empower local small batch producers that are part of the Victoria Community Food Hub Society.

Integrated with the operations of the FSDC, the Victoria Community Food Hub Society is a collaborative initiative that strives to foster a robust local food economy in Greater Victoria. Kitchen Connect provides local producers, processors, and other food-based organizations with Vancouver Island based facilities, services and training needed to develop and scale their business, share ideas, make valuable connections and leverage opportunities within the industry. We are so excited to partner in this important work and fulfill the original vision for our facility to support food security on the Island.



# PROGRAM OUTCOMES

## BACK-TO-SCHOOL AND CHRISTMAS PROGRAMS

Our annual [Fair Start for Kids](#) program provided 500 back-to-school kits to children ages 5-17 in August 2022. These kits included school supplies, shoes or backpacks as well as clothing and grocery gift cards to help parents with the increased cost pressures.



During the holiday season, we distributed 1,200 [Christmas hampers](#) (filled with food, toys, and other essentials) to 700 singles, 300 families, and 200 couples & multi-adult families.

We also held our first indoor Christmas Luncheon since 2019! We hosted over 300 community members.

## HOPE FARM HEALING CENTRE

Hope Farm Healing Centre in Duncan, BC has been busy upgrading buildings to ready the facility for residential recovery programming. Over fiscal 2022/23 we have:



- Supported the Hiiye'ye Lelum House of Friendship to provide Healthiest Babies program and House of Honourable Mothers with farm fresh produce;
- Assisted Nourish Cowichan to establish a vegetable garden, as well as donating thousands of pounds of garden-fresh produce for their program to feed hungry school children;
- Offered a successful farm skills training program for 12 multi-barriered participants (funded by the Government of Canada and the Province of British Columbia); and
- Provided full-time post-90-day addiction recovery coaching both onsite at Hope Farm and at local shelters and treatment centres in the Duncan area.



# VOLUNTEERS

Volunteers are critical to what we do at The Seed. We are lucky to have over 140 dedicated volunteers actively involved in our various programs. Their tireless efforts have touched countless lives, making a profound impact on the communities we serve.

Over 300 volunteers came together during our Christmas season to support our Christmas Luncheon, gift wrapping and Christmas hamper distribution. It was rewarding to see couples, families and local companies working alongside our regular volunteers to provide the Greater Victoria community needed support - bringing them joy for Christmas.

We recognize that our volunteers are the backbone of our organization and their contributions deserve to be celebrated. We have organized events and gatherings throughout the year to express our gratitude. These occasions provide an opportunity to thank our volunteers and foster a sense of belonging and camaraderie among our dedicated team.

As we move forward into the next year, we remain committed to empowering our volunteers and expanding our reach. We constantly seek resources and support to ensure our volunteers can carry out their roles effectively. Our goal is to foster an environment where their dedication can flourish, ultimately benefiting the communities we serve.

We extend our heartfelt thanks to each and every volunteer who has generously given their time and energy to fight hunger and restore faith across the South Island.

To learn more about volunteer opportunities, please visit [mustardseed.ca](http://mustardseed.ca).





We would like to express our sincerest thanks to all of our individual, corporate, and public sector donors throughout fiscal 2022/23, who supported our work. Without your generosity we know that thousands of children would go hungry, families would struggle and too many fellow citizens would be under-nourished and feel alone.

Thank you for helping us to nurture faith, hope and love and to positively impact the over 70,000 food insecure individuals across Southern Vancouver Island!

## Champions



Canada



This program is funded by the Government of Canada and the Province of British Columbia.



## Sustainers

BC Liquor Distribution Branch, Coast Capital Savings, Earlston Investment Corp., Sassy Lions Thrift Shop, Oughtred Coffee and Tea, TC Evolution Limited Partnership, Telus Future Friendly Foundation, Target Storage

## Maintainers

United Way Southern Vancouver Island, Helmcken Veterinary Clinic, City of Victoria, Friesen Press, Food Banks Canada, Canadian Baptists of Western Canada, First West Credit Union, RBS Seafood Harvesting Ltd., Canadian Baptist Ministries, Westkirk Foundation, Ken and Roma Lett Foundation, Conam Charitable Foundation

## Supporters

Big Wheel Community Foundation, VanCity Community Foundation, The McLean Foundation, Victoria Christian Reformed Church, Selah Charitable Foundation, Northstar Organics, Smoking Lily, Centra Cares Foundation, Vancouver Foundation, Graeme's Irrigation

We cannot list all the individual and family donors, but wholeheartedly recognize their generosity. It is donors like Lorna Ruttan who provides shoes for our Fair Start program and toys for our Christmas hampers, or groups of individuals like **formankind**, who provide us with warm winter clothing, that make such a difference to our community. Or wonderful people like Beulah Cooper who donated hundreds of toques and scarves to help our community fend off the cold!

# GROCERS

We'd also like to recognize the amazing contribution of our participating grocery partners who allow us to rescue food to support our operations. Thank you for helping us to positively impact the over 70,000 individuals across Southern Vancouver Island who rely on food banks every day!



With support from provincial and national food banks.

Food Banks Canada





## Food prices had risen 35% by March 2022

Food Banks Canada HungerCount 2022

<https://hungercount.foodbanksCanada.ca/>

## Food prices expected to continue to rise in 2023 - up 5-7% from 2022

Canada's Food Price Report (Dalhousie University)

[https://cdn.dal.ca/content/dam/dalhousie/pdf/sites/agri-food/Canada%27s%20Food%20Price%20Report%202023\\_Digital.pdf](https://cdn.dal.ca/content/dam/dalhousie/pdf/sites/agri-food/Canada%27s%20Food%20Price%20Report%202023_Digital.pdf)

## 16.8% of BC Residents are Food Insecure

New data on household food insecurity in 2022 (University of Toronto)

[https://cdn.dal.ca/content/dam/dalhousie/pdf/sites/agri-food/Canada%27s%20Food%20Price%20Report%202023\\_Digital.pdf](https://cdn.dal.ca/content/dam/dalhousie/pdf/sites/agri-food/Canada%27s%20Food%20Price%20Report%202023_Digital.pdf)

## One pound of donated food is equivalent to one meal

Based on the most recently updated national data on Canadian eating patterns (CCHS-N 2015), the impact metric of 1 lb = 1 meal remains a valid metric to communicate the impact of rescued or donated food - excluding beverages and non-food items (Food Banks Canada and Second Harvest)

<https://www.secondharvest.ca/getmedia/80afdb3c-dd46-4217-ae6-d7b5fb1ff3a0/SH-Meal-Calculator-Summary-of-Development.pdf>

## Through our MSSC food bank operations we distributed 599,937 lbs of food, beverages and hygiene products in 2022.

We currently conservatively estimate that approximately 15-20% of what we distribute is either beverages or hygiene - meaning that we can confidently say that we distribute enough food to produce 480,000 meals per year.

## Through our Hospitality Program we distributed 78,425 lbs of food and beverages.

Applying the same estimate of 20% of beverages, we distribute the equivalent of 62,740 meals in the form of generous hot meals and snacks.

Further work to more accurately measure beverages and hygiene products and refine this measurement is being considered.

# nurturing faith hope & love.

*Thank you for your great support  
– God bless you!*

*My daughter was gifted the "perfect" pair of shoes.*

**A great organization with many resources. They assist with all types of supports from food hampers to school supplies for low income families. Wonderful caring people work there.**

**They fed and helped when I needed it most.  
Forever thankful for what they do.**

*You are all a blessing! Thank You.*

*The Mustard Seed is an awesome place and has helped me over the years raising my son by myself, so grateful for everything*

(c) The Mustard Seed Street Church 2023  
Charitable Registration #: 119246213RR0001

The Mustard Seed Street Church is a proud member of Food Banks Canada, Food Banks BC, the Food Share Network, and the Canadian Baptists of Western Canada.

For questions about this report please contact  
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