

Mustard Seed  
Street Church



Queens Ave.

# KEY FACTS & FIGURES

[mustardseed.ca](http://mustardseed.ca)

nuturing faith,  
hope, and love





**nurturing faith  
hope & love.**

Dear Friends,

Thank you for being a part of the solution to end food insecurity by telling the important story of the 70,000+ “hidden hungry” or food insecure individuals in Greater Victoria. The Hunger Count from March 2023 identified that visits to food banks were up again by 32% from 2022 (overall 78% since 2019). Community support of The Mustard Seed is feeding hungry children - as 1 in 3 food bank recipients are children. With the inflation we’ve seen in 2023, there is more pressure on low-income families and individuals than ever.

Here’s what giving supports:

- Distribution of 1.9 million lbs of food via our Food Bank and the 75 social service organizations that are part of the Food Share Network.
- The equivalent of approx. 4,000 meals for our street community each month.
- Food support for local Indigenous youth near Duncan.
- Hands-on training for to those struggling with barriers to employment.
- Rescue of 10,000+lbs of food, beverages and hygiene products each weekday - products that would otherwise go to the landfill.
- School supplies for 600 youth and 1,200 Christmas Hampers

These numbers are astronomical, and we are able to do what we do because of the generosity of our community. With our wholesale buying power, we triple every dollar raised. Donations of cash or food do make a difference, now more than ever.

We appreciate our community’s help restoring hope and healing to food insecure families and individuals across the region.

With gratitude,

Colleen Sparks,  
Director of Development  
778-677-2303



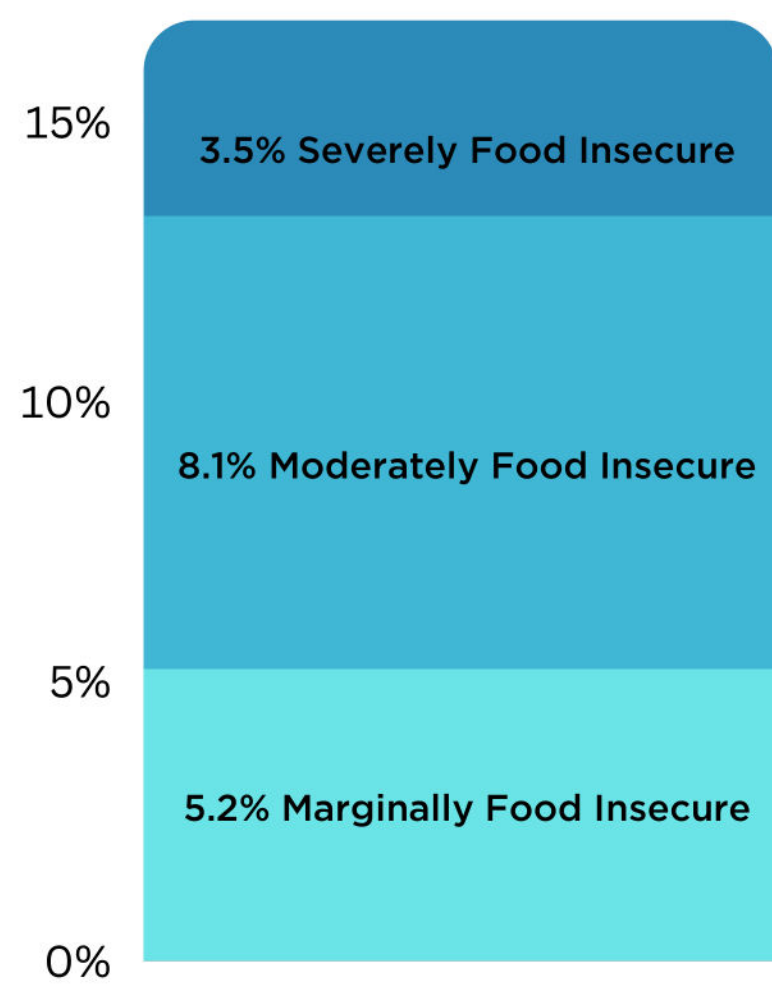
**1 in 3 food bank clients  
nationwide are children**



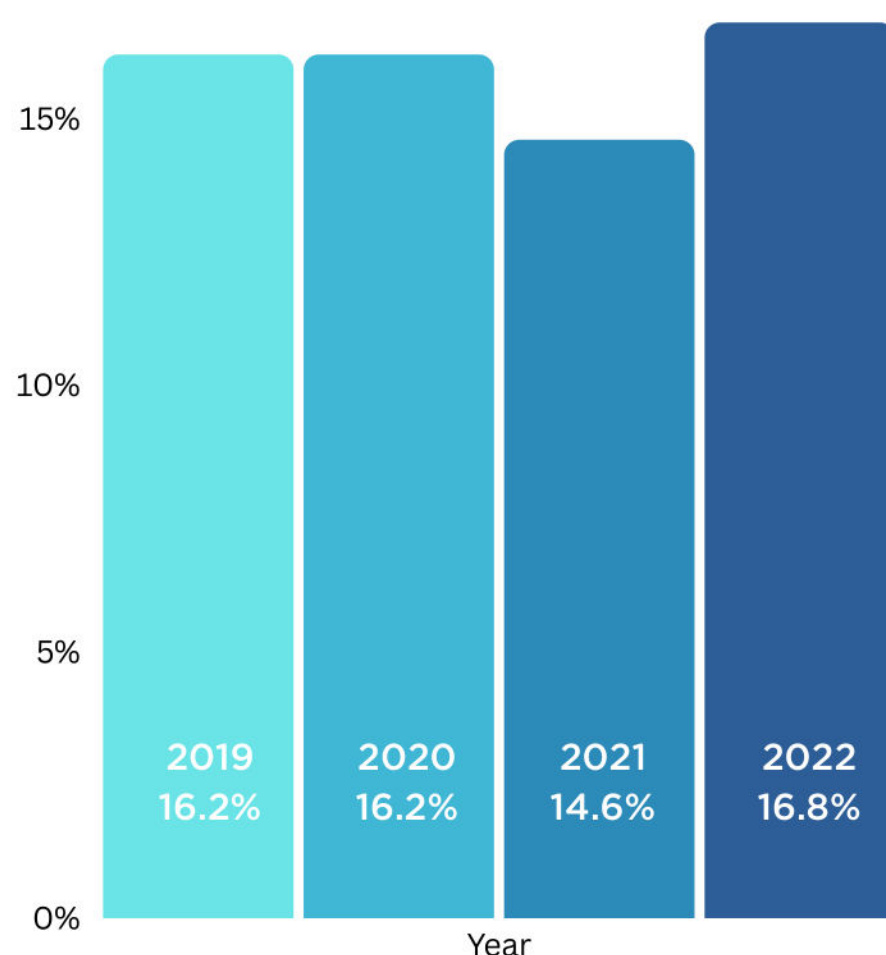
# Food Insecurity

## by the numbers

### 16.8% of BC Residents are Food Insecure<sup>1</sup>



### BC Resident Food Insecurity Over Time<sup>1</sup>



**An estimated 70,000+ food insecure individuals across the CRD<sup>2</sup>**

**Food prices have risen 20% over the last two years<sup>3</sup>**

**Food bank use up by 78%<sup>4</sup> since 2019 (32% since 2022)**

"Food security exists at a household level when people have stable and sustained access, by socially acceptable means, to adequate amounts of safe and nutritious food for active healthy lives." (Tarasuk, 2002) In contrast, food insecurity may be moderate to severe. Food insecurity means that people may be worried about themselves or others in their household going hungry, not being able to access the food they need, or running out of food. (Statistics Canada, 2010).

Our Food Security Distribution Centre delivered 27% more food by Oct. 2023 than by Oct. 2022, with Nov. and Dec. being months where the need is expected to increase.

#### Our Wish List

- Sources or protein – canned tuna, canned chicken, canned chili, peanut butter, etc. (some pop-top cans are great)
- Canned veggies and fruit
- Cooking oil and jam
- Diapers (size 4+) and wipes
- Feminine hygiene products
- Toiletries, (e.g., shampoo, toothpaste and tooth brushes)
- Men's clothing (winter coats, pants, scarves, hats, gloves)

1. 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)

2. Estimated number of food insecure: [The population in the Capital Regional District in 2023 is 423,136](#) x 16.8% = 71,087

3. 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)

Statistics Canada Report on Food Prices released July 26,, 2023

<https://www150.statcan.gc.ca/n1/pub/36-28-0001/2023007/article/00005-eng.htm>

4. Food Banks Canada. (2023). *HungerCount 2023 Report*. <https://foodbankscanada.ca/hungercount/>





## Food Security

- Our market style food bank, the most accessible in the region, distributed 599,937 lbs of food, beverage and hygiene products in 2022. This is conservatively estimated to be the equivalent of 1,300 meals per day.
- Our Food Rescue Programming in Esquimalt rescues **10,000+lbs** of fresh produce, meat and dairy on a daily basis, redistributing it through 75 agencies to **70,000+** food insecure individuals across the Capital Regional District
- We provide support to the local food economy, working directly with local farmers, small batch processors, local food markets, and community kitchens

## Hospitality House & Outreach Programming

- Providing coffee, beverages and over 3,200 hot meals plus snacks per month to working poor, unhoused, and street entrenched.
- Supplying clothing, health/footcare, haircuts and community-centred activities (eg. movies, bingo, hikes, trivia, etc.)
- Advocating through case management services and connections to other agencies.
- Supporting our community through outreach and pastoral care.

## Family Supports & Hope Farm

- Assists families in crisis with emergency supports
- Provide 600+ children with new school supplies yearly through *Fair Start for Kids*
- 1,200 Christmas Hampers to families and individuals, including gifts for children
- Supports food security in the Duncan region, with a focus on youth
- Piloted agricultural training for men with barriers to employment



# Thank You!



## Financial Donations

[mustardseed.ca](http://mustardseed.ca)

Phone: 250-953-1581

[donors@mustardseed.ca](mailto:donors@mustardseed.ca)

## Fund & Food Drives

250-208-9486

[community@mustardseed.ca](mailto:community@mustardseed.ca)

## To Volunteer

[volunteer@mustardseed.ca](mailto:volunteer@mustardseed.ca)

## Business Sponsorship

778-677-2303

[development@mustardseed.ca](mailto:development@mustardseed.ca)



[@mustardseedvic](https://www.instagram.com/mustardseedvic)

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