



Scarborough Food Security Initiative
Feed Scarborough

CRA Charity Registration Number :
73783 7476RR0001



Mobile Healthy Meals

Feed Scarborough

Did you know on any given night there are 10,000 people homeless in Toronto?

Who is upholding their human right to good, healthy food?

11.4% of households living with seniors 65 and older experience food insecurity.

Many older adults have difficulties cooking for themselves.

Pre-made healthy meals ensure they are receiving a balanced diet and are more likely to eat out of convenience.

Over the span of four years, Scarborough Food Security Initiative (Feed Scarborough) went from packing 50 food hampers in a volunteer's backyard to becoming a lifeline for 8,500 people each week,

Through our work, we've discovered that access to food involves more than just visiting a food bank. True access encompasses the ability to prepare and consume nutritious meals. However, many in our community face barriers that hinder their ability to make healthy food choices.



Barriers to Accessing Healthy Meals?



Food Insecurity is on the Rise

Many people, especially those living in poverty, face inconsistent access to food. Ready-to-eat meals ensure they receive necessary sustenance, regardless of their ability to purchase or prepare food.

Housing Crisis

Individuals experiencing homelessness often lack access to kitchen facilities, making it difficult to store and prepare food. Ready-to-eat meals provide a vital source of nutrition without requiring cooking equipment or storage space.

Prioritizing Health

Older adults may face mobility issues, lack of energy, or other health conditions that make cooking difficult.

For individuals working multiple jobs, managing childcare, or dealing with other time-consuming responsibilities, preparing meals can be challenging.

Those with physical or cognitive disabilities, chronic illnesses, or mental health issues may find it difficult to prepare meals. Ready-to-eat options ensure they can still access nutritious food.

Why Mobile Healthy Meals?



Immediate Relief

Providing instant access to nutritious food for individuals and families in urgent need, ensuring no one goes hungry while seeking longer-term solutions. Far too many people are accessing emergency support right now.



Nutritional Support

These meals are designed to meet the Canadian Food Guide, providing balanced nutrition that might otherwise be inaccessible to people struggling with food insecurity. People experiencing food insecurity will often eat lower nutrition valued food which can have long-term impact on their health.



Reducing Food Waste

We use surplus food from restaurants, grocery stores, and community partners, helping to reduce food waste while feeding those in need. 58% of food in Canada is lost or wasted. We are here to change that.

We are launching a food truck designed to deliver ready-to-eat, nutritious meals to people in need. Each meal follows Canada's Food Guide for healthy meals and is focused on improving health while mitigating barriers to our basic human right to food.



Mobile Healthy Meals

People experiencing food insecurity may skip a meal to feed their children, eat lower quality foods, eat less and even live with the fear of where their next meal may come from.

One in ten people living in Toronto are accessing food support. Second Harvest predicts 100,000 people in Toronto will turn to a food charity for the first time in 2024.

Food needs to be accessible. That doesn't just mean affordable.

Mobile Healthy Meals Impact

Making Good Food Available

We aim to serve 2,000-2,500 meals each week.

Making Food Nutritious

Our meals follow the Canada Food Guide's standards. We offer Vegetarian and Halal meals.



Making Food Accessible

To begin we aim to visit 4 locations each day for 1 hour, 5 days a week

Bringing Food To You.

Our program brings food to those in need by identifying Neighbourhood Community Areas and areas with high unhoused populations

Budget Plan



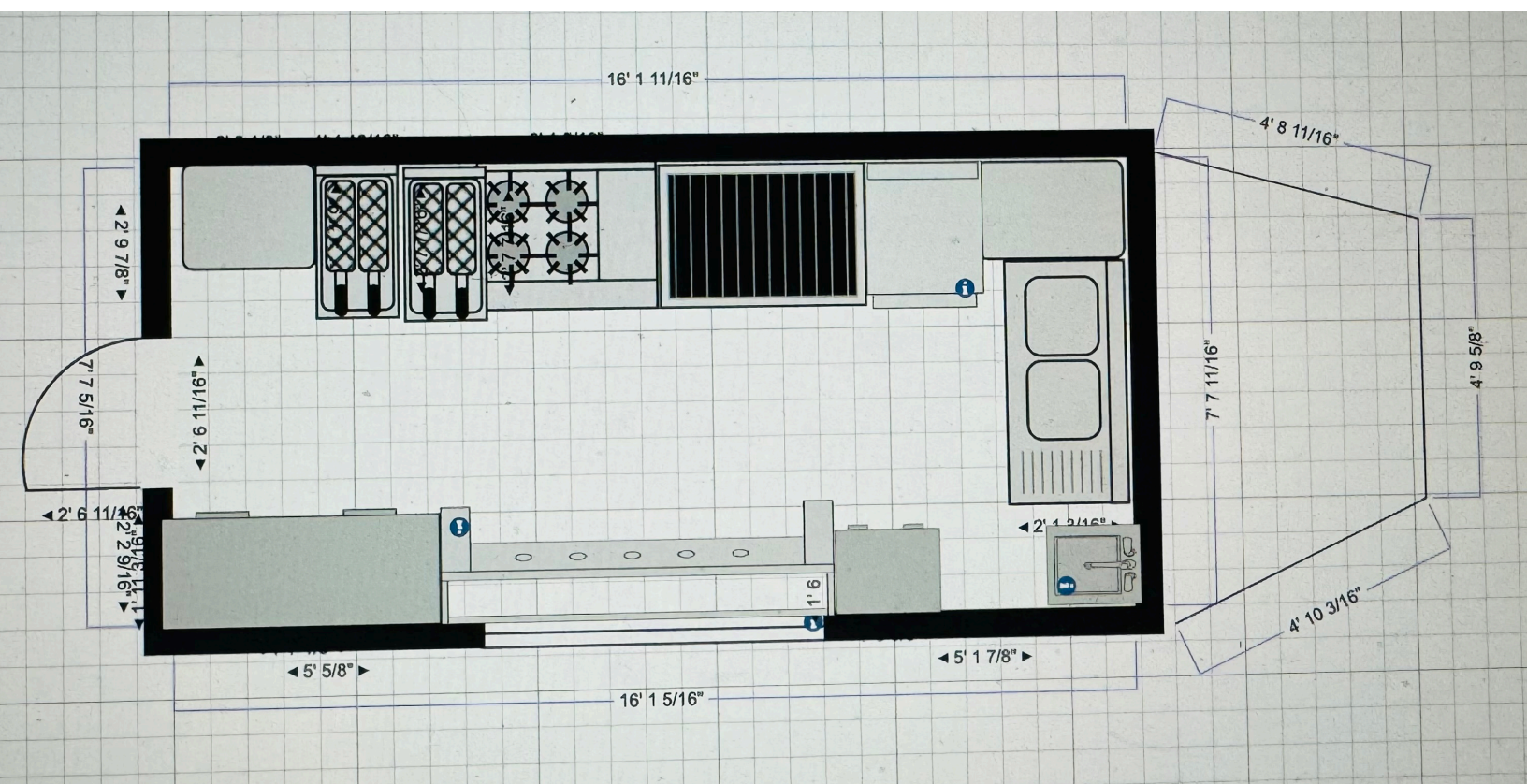
How to turn a delivery truck into a food truck!

Thanks to our partners at Purolator we have received a 16ft delivery truck.

Proposed Budget

We estimate a budget of \$85,000 to retrofit the truck, change the branding, do maintenance, and purchase the required equipment. This is stage one of the program. If you are looking to participate in stage two focused on operations and implementation please request further information.

The image below is the proposed layout of the interior of the space.



How to Get Involved!

Individuals can donate through their online portal with CanadaHelps which allows you to indicate which area of focus you would like your donation to support. If you are interested in getting more involved with this initiative please contact Robin Sagi at robin@feedscarborough.ca or call 416-936-9375 ex 3 to hear more about the initiative.

Thank you!

