



ANNUAL REPORT - 2025

MESSAGE FROM THE PRESIDENT

St. Joseph's Community Food Bank had a very successful year in 2025. However, client volumes continued to expand as part of a long-term trend. This stretched our resources to the limit in terms of both space and food supply. As part of a plan to expand and modernize in response to increasing client demand, the Food Bank finalized negotiations with our long-term partner, the Holy Name Church, to purchase the facilities we currently lease. This will increase our warehouse space by 1,000 square feet and allow us to complete renovations to some parts of the Hall to satisfy the needs of a modern food bank. The renovations will include a walk-in cooler and freezer allowing us to store more perishables. Plans call for the installation of stand-alone electrical and heating systems and the purchase of labor-saving equipment to reduce lifting and carrying.

Public donations continued to increase in response to demand. However, even though donations increased, expenses increased by a similar amount. Our biggest challenges going forward are an aging volunteer population and a shortfall in skilled human resources to deal with the increased complexity of operations, particularly around food safety, risk management and the ongoing requirements associated with accreditation.

On the other hand, there is an improved spirit of optimism amongst our volunteers that we are making progress towards our long-term goals while taking action to improve working conditions. The future looks bright for the Food Bank and for our growing client population.

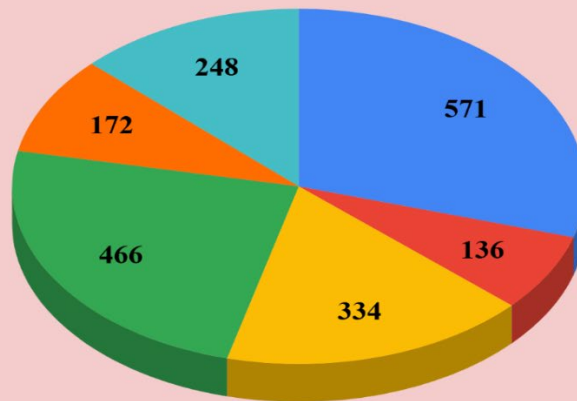
OUR CLIENT POPULATION – BY AGE GROUP

The chart below shows the age breakdown of our client population. The proportion of children (0 - 18 years) in our client population continues to be the highest at 30% overall. Those beyond aged 60 are a growing group at approximately 13% of clients. Adults between 19 and 50 make up over 47% of the population and those aged 51 to 59 represent approximately 9% of the total.

The high proportion of children and seniors is worrying in that children and retirees on fixed incomes consistently rely on food banks because of insufficient income to meet their basic human needs such as food and shelter.

Client Age Groups

- 0 - 18 y.o. : 30%
- 19 - 24 : 7%
- 25 - 35 : 17%
- 36 - 50 : 24%
- 51 - 59 : 9%
- 60 + y.o.: 13%

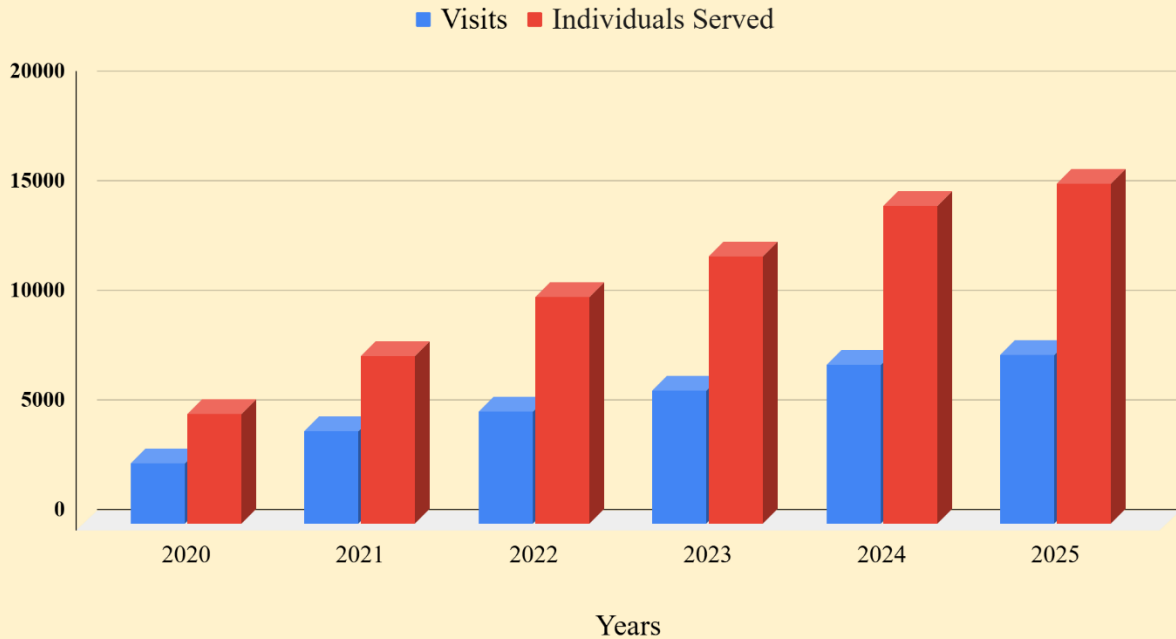


2025 FOOD DEMAND

The Food Bank has approximately 1,927 registered clients in the system at any one time. Most clients visit the food bank 18 times per year, and, on average, we feed 2 people per household visit. In 2025, we registered 7,734 visits over the course of the year and fed approximately 15,501 individuals as shown in the bar graph below. In contrast, in 2020, we fed only 5,500 clients. This represents an increase of over 10,000 in 5 years; a three-fold increase. This upward trend will likely continue, not just in Pembroke, but across the country for the foreseeable future. Food banks have become a fixture in the social service network as opposed to the stop-gap measure that was originally envisioned, when the first food bank was established in Edmonton in 1981.

We distributed hampers equivalent to over 257,000 meals in 2025; up 5% over 2024 levels. This volume of food delivery has placed a severe strain on our limited warehouse space and forces us to shop frequently as we are not able to store large quantities of food. This is expected to improve when renovations are complete allowing us to benefit from the purchase of larger case lots.

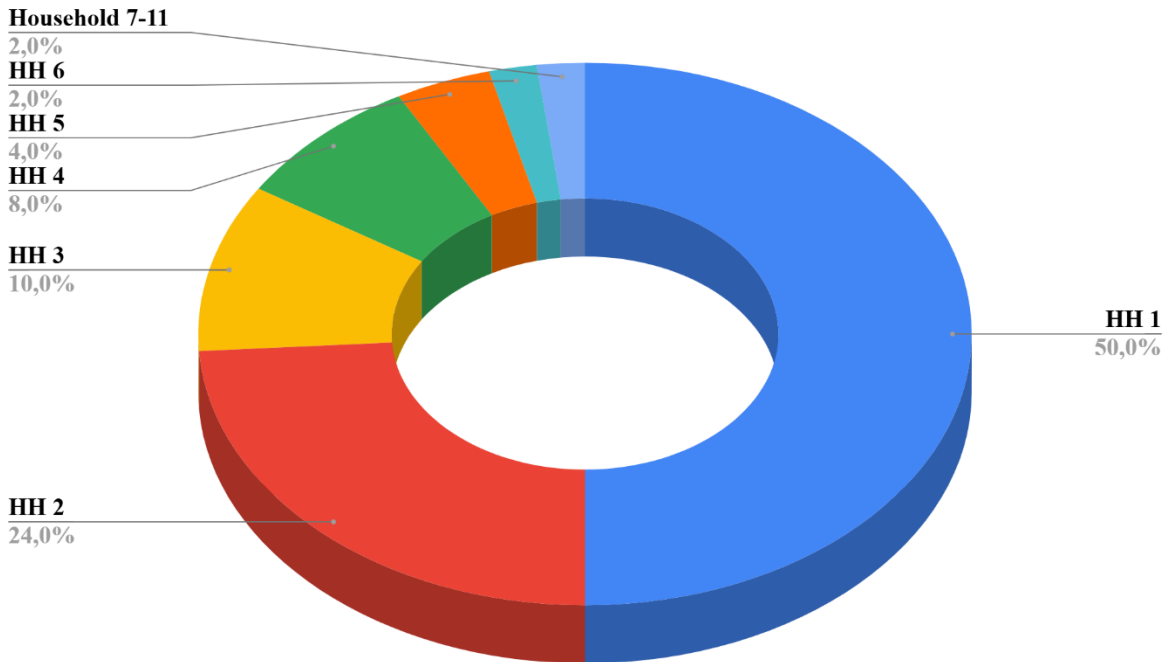
Food Bank Visits / Individuals Served 2020 - 2025



SIZE OF FAMILY GROUPS

The chart below shows the breakdown of clients by the size of households. The largest group of registered food bank clients is 1 person households who make up 50% of the population. Two person households are the next largest group at 24%. Households of 3 to 4 persons make up 18% of our clients and larger families from 5 persons and up represent 8% of the total.

Household Hamper Sizes 2025



CHRISTMAS PROGRAM - 2025

Changes were made to the Christmas Program in 2025 following concerns about the continued affordability of the generous program implemented in 2024. The Food Bank continued to provide gift cards to clients to allow for the purchase of turkeys for their families so that all could enjoy a traditional Christmas dinner. Vegetables, cranberry sauce and stuffing were provided to ensure that nobody lacked the resources for their Christmas celebration. Children were also given a treat bag. Unlike previous years, there was no separate registration process, thus lowering the administrative burden for the volunteers.

A total of 478 households received gift cards feeding 984 individuals. This represents an increase in client participation of over 18%. The Food Bank also continued the valuable partnership with the Pembroke Kiwanis Club during the 2025 Christmas Toy Program.

VOLUNTEER SERVICE AWARDS

A volunteer awards luncheon was held in November to thank and recognize our many volunteers for their years of service. In addition to awards for retirement, volunteers with

varying years of service were honored with certificates and service pins. The following volunteers were recognized for their years of service.

- 28 years** – Laretta Handke;
- 20 years** – Suzanne Schultz, John Kilborn, Norma Valiquette;
- 15 years** – Frank Schilling, Bev Sloan;
- 10 years** – René Lachapelle, Debbie Sitkiewitz, Shirley Timleck, Cathy Lupton; David Armstrong, Sharon Armstrong, Nancy Sylvestre, Myrna Kilborn;
- 5 years** – Brenda Chartrand, Denise Schizkoske, Shelly Zadow, Colleen Zadow, Janet Kelly, Donna Dennison, Doug Maliff, Pauline Maliff, Gerry Bergeron, Ray Dumas, Nathan Astbury and Sabrina Astbury.



Laretta Handke – retirement award 28 years

COMMUNITY FOOD DRIVES AND DONATIONS

The Food Bank continues to rely heavily on community food drives and donations to satisfy our need for groceries. Spontaneous community food drives throughout the year bring in a tremendous amount of food that we would otherwise have to buy. The residents of Pembroke and Laurentian Valley have a strong feeling of ownership in the Food Bank and it shows in the enthusiastic approach taken to raising money and soliciting food donations.

A comprehensive list of community food drives from which we have benefitted is shown in **Appendix “A”**. Donations peak during the Christmas period. Shown below are members of the Wheels of the Valley Club along with food bank volunteers donating \$500 worth of food in December 2025.



OUR FINANCES

The financial statements for 2024/2025 prepared by the accounting firm of Scott, Rosien, Black and Locke were published for the first time on the Food Bank website (stjosephsfoodbank.ca) to increase public access to our financial picture including how we spend the money entrusted to us by the public.

In 2025, the Food Bank spent \$445,012. Our revenues and interest income totalled \$472,112 allowing us to finish the year with a surplus of \$27,100. Although our revenues increased by 19.7%, our expenditures (after adjusting for 2024 capital expenses), increased by almost exactly the same percentage as revenues (19.6%). Food is always our primary budget item. Prices continued to escalate along with demand and, as a result, we spent \$374,987 on food in 2025 Compared to \$303,600 over the same period in 2024. This represents an increase of almost 24%.

The Food Bank Building Reserve Fund was increased from \$360,490 to \$450,000 in 2025 in preparation for the 2026 purchase of the Holy Name Annex from the Church and the wholesale renovation of the warehouse area.

A WORD ABOUT OUR PRACTICES

The Food Bank, over the course of 40 years, has continuously evolved it's practises to adapt to the realities of the day and to take into account the lessons we have learned about what works best in our environment.

Our method of providing food is a standard hamper of food given twice per month to clients. The volume of food depends on the size of the family, but our aim is to provide approximately 16 meals per hamper for each member of the family unit. This gives every person who is served a maximum total of 32 meals per month. In 2025, we calculate that we distributed 257,000 meals, a 5% increase from 2024 levels. We allow for some choice in situations where allergies or health concerns do not permit clients to consume the standard offerings. The Food Bank cannot satisfy the total nutritional needs of clients, rather it was always intended that we would help clients bridge the gap between their total food needs and the financial resources available to them.

We also help families by providing lunches for school aged children registered as dependents. The total number of lunches provided in 2025 increased to 3,396; up from 2,973 lunch bags provided in 2024 for an increase of 13%.

While a meaningful portion of our food supply comes through direct food donations, the majority of staple items are now purchased through monetary contributions. This approach allows us to ensure a consistent, reliable supply of nutritious essentials, to respond more effectively to dietary needs and to make the most of every dollar entrusted to us. In this way, food and financial donations work hand-in-hand to help us maintain the quality, variety and volume of support our clients depend on.

CONCLUSION

St. Joseph's Community Food Bank has always been a community driven charity. The Food Bank has operated continuously since 1985 in spite of challenges such as floods, building crises, and the pandemic. The organization has been successful largely due to the high levels of community support we receive and the dedication of a volunteer

workforce of mostly retired individuals giving back to their community through the work they donate.

The growth in demand for food has increased to the point where we will be challenged to respond to the needs of our clients while continuing to adapt our practices to changing circumstances. As our charity grows, we know that it will be critical to ensure satisfactory financial controls, a physical plant that is adequate and safe, and to continue to reflect the needs of our community in our decision making. We are grateful to our donors and we will continue to maintain a high level of accountability to the donors who make the Food Bank possible.

APPENDIX “A”

Community Food Drives - Pembroke and Area

Churches and Church Groups

All Saints Anglican Church
Mount Zion United Church
Wesley United Church
St Luke’s Anglican
St. Timothy’s Lutheran
Holy Trinity Anglican
Our Lady of Lourdes

Grace Lutheran Church
Église St-Jean-Baptiste
Resurrection Lutheran
Our Lady of Lourdes
Greenwood W. I.
St. George’s Church
Calvin United

Holy Name Church
Knights of Columbus
Zion Lutheran
First Presbyterian
St. Peter’s Lutheran
First Baptist Church
Zion United

Schools and School Groups

Our Lady of Lourdes
Fellowes High
Renfrew Cty. School Board

C.s.c. Jeanne-Lajoie
École L’Équinoxe
Champlain Discovery

Opeongo High School
Highview Builders Club

Businesses

Metro
Food Basics
Integrated Health
Northern Credit Union
Miramichi Lodge
Making Seasons Bright
Eterna Tattoos
Kristkindlmarkt
Renfrew Cty. Real Est. Board
Roseburg Industries

No Frills
Kentucky Fried Chicken
Law and Order Rest.
My FM Radio
Manitoulin Transport
Frasers Men’s Wear
JP2G Consultants
Canadian Tire
Giant Tiger

Walmart
White Pine Yoga
M & M Meats
Home Depot
Weight Watchers
Planet Fitness
Germania Club
Value Village
Chartwell Homes

Clubs/Services/Individuals

Krista Cliche
RCD Health Unit
Pemb. Firefighters Assoc.
Laurentian Valley Trail
City Of Pembroke
RC Dental Society
Swing/Swallows Dancing
Renfrew County Health

Wayne Rostad Xmas
Pem. Fire Department
Alice & Fraser Recr.
Ghost Town Cryers
Pemb. Regional Hosp.
RC Clerks/Treasurers
Rotary Club
Community Living

OPP Auxiliary
Kiwanis Club
OSPCA
Yoga in the Park
Pembroke Library
Civitan Club
Supple’s Landing Seniors
L.V. Fit and Feisty