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APRIL 25, 2024

REGINA

***ENHANCING LIVES:  
THE REGINA FOOD  
BANK'S IMPACT ON  
WOMEN AND CHILDREN***

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# AGENDA

- Introduction
- Understanding The Challenge
- Impacts
- What we are doing to help
- The Future
- Q&A







# ***ABOUT ME***

**Became Regina Food Bank CEO in April 2019**

**MBA from Levene School of Business**

**ICD.D from Rotman School of Business**

**Balanced Scorecard Professional for George Washington University**

**Live in Regina with my wife Kelsey and daughters Emerson (10) and Makenna (8)**





# VISION & MISSION

## VISION

Individuals and community working together to address hunger and sustain independence.

## MISSION

The Regina Food Bank serves those most vulnerable in our community by providing programs and service directly and through partnerships in the areas of food provision, essential skills development and connections to the community supports and opportunities.



# UNDERSTANDING THE NEED

Total points of service: **181,349**

Number of points of service delivered to women: **95,062**

Number of points of service delivered to kids: **69,506**

Households where earned income is the primary source of income: **17%**







## ***IMPACTS OF FOOD INSECURITY ON WOMEN AND CHILDREN***

**Nutritional Health:** Women often prioritize feeding their children over themselves, leading to compromised nutritional intake for the women.

**Child Development:** Children in food-insecure households are at a greater risk of developmental delays due to inadequate nutrition. Poor nutrition during critical developmental stages can affect cognitive development, physical growth, and emotional well-being.

**Education:** Food insecurity can disrupt children's ability to concentrate and perform well in school. Hunger and malnutrition can lead to decreased attendance, poor academic performance, and lower educational attainment, perpetuating cycles of poverty.





# IMPACTS OF FOOD INSECURITY ON WOMEN AND CHILDREN

**Economic Strain:** Women who are the primary caregivers in food-insecure households may face increased financial strain as they try to stretch limited resources to meet basic needs. This can exacerbate existing financial vulnerabilities and make it difficult to break the cycle of poverty.

**Psychosocial Well-being:** Living in a state of food insecurity can take a toll on the mental health and emotional well-being of women and children. Feelings of shame, guilt, and inadequacy may arise from the inability to provide sufficient food for themselves and their families.





## ***IMPACTS OF FOOD INSECURITY ON WOMEN AND CHILDREN***

**Social Isolation:** Women in food-insecure households may experience social isolation and stigma associated with poverty and hunger. This can further exacerbate feelings of shame and lead to reluctance in seeking help or support from their communities.



Lunch Program **820**

Weekend Snack Kit **1212**

School Pantry **531**

Summer Hampers **166**

Along with the Public and Catholic school boards and our partners, we are providing food to 9 schools in our community.

Nutrition plays a key role in the healthy development of students, and through the Regina School Food Program, we can begin to address food insecurity amongst children in our community.



# CHOICE MODEL



## Why

Clients should have the luxury of choosing for themselves the food they will receive and consume. Over time helping us to better anticipate what we need.

## How

There are various ways to implement the client choice model, they all share one fundamental characteristic: freedom for clients in making their own food choices.



## User Experience

We will not be able to serve all clients this way so we need to create a user experience that is positive for all.

## Equity In Food

We are working through how we can create equity in distribution. Available models include The Point System, The Pound System, The Food Pyramid System, etc

## Staffing Model

This will be more heavily reliant on volunteers but staff will be key. There will be opportunity for team members to move over and new team members to join the RFB







regina  
foodbank

COMMUNITY FOOD HUB  
EXTERIOR CONCEPT

















# Q&A

It is not the answer that enlightens,  
but the question.

-EUGENE IONESCO

