



WE ARE A **HARVEST** COMMUNITY

Harvest Manitoba **Gratitude Report 2021-2022**



VISION

*Working together toward a healthier future
for all where no Manitoban goes hungry*

MISSION

- *Collecting and distributing food*
- *Providing client-centered long-term solutions*
- *Advocating and informing*

GUIDING PRINCIPLES

- *Stewardship*
- *Collaboration*
- *Innovation*
- *Compassion*
- *Integrity*

BOARD OF DIRECTORS

**as at March 31, 2022*

- Marilyn McLaren, Chair
- Philip Poon, Senior Vice Chair
- Brett Andersen, Vice Chair – Finance
- Patty Gifford, Vice Chair – Human Resources
- Sacha Nelson, Vice Chair – Governance
- Arij Al Khafagi, Director
- Shawn MacDonald, Director
- Barbara McNish, Director
- Dave Shambrock, Director
- Hon. Murray Sinclair, Director
- Celia Valel, Director

LAND ACKNOWLEDGEMENT

Harvest Manitoba acknowledges that we are located on the original lands of the Anishinaabeg, Cree, Oji-Cree, Dakota, and Dene peoples, and on the homeland of the Red River Metis.

We respect the treaties made on these territories; we acknowledge the harms and mistakes of the past, and in the spirit of reconciliation, we dedicate ourselves to moving forward in partnership with Indigenous communities.



MESSAGE FROM CHAIR AND CEO

It takes a community to feed a community. This past year Harvest has seen the need for food in our communities increase to new highs. The combination of raising inflation, economic insecurity and later waves of the COVID-19 pandemic made our 2021 – 2022 year one where we needed the community as much as we ever have before.

Thank you to all our donors, volunteers, and partners over the past year. Harvest Manitoba is driven by the strength of our people and your support has helped us to feed a record number of Manitobans. In March 2022, our organization reached an all-time high for the number of households that received hampers in a single month – 14,000. This number of households is a 40% increase from the number of households served by our hamper program just one year ago. The unprecedented volume has kept

our warehouse and agency partners very busy, however, despite the record demand, no one was turned away – we supported every family in need who came to Harvest for help.

This past year we also renewed our work to bring the services of Harvest Manitoba to more remote parts of our province. In partnership with Food Banks Canada, Maxim Truck & Trailer, and the Regional Food Distribution Agency (Thunder Bay, ON) Harvest Manitoba was able to bring a shipment of 4,000 pounds of much needed food to two remote First Nations communities. In February, this shipment left Winnipeg for Shamattawa First Nation (Manitoba) and Fort Severn First Nation (Ontario). These two northern communities are served by ice road and this draws attention to the unique and difficult challenges facing northern leaders to provide reliable, affordable and healthy food. You can learn more about this work in this report.

These initiatives require resources to be successful -

Food. Time. Funds.

On behalf of all of us at Harvest we want to thank the thousands of Manitobans who have taken the time to volunteer in our warehouse this past year. The ups and downs of public health restrictions made this difficult at times but your determination to support our families saw us through the challenges we faced.

We have also appreciated all the new and long-time donors of food and funds this past year. Supply chain challenges have meant that Harvest has needed to continue to buy certain food items to fill our hampers when donations did not keep up with the need.

Rising inflation also caused many of our costs such as transportation to rise this year. Donations from the community have allowed us again to meet the challenges. Thank you so much and please take a moment to read some stories from our donors in this year's report.

Together, with your help, we will build a healthier future for all where no Manitoban goes hungry.

Marilyn McLaren, Board Chair

Vince Barletta, President & CEO



Year in Review

The first day of April 2021, began with an extension of the provincewide state of emergency that was first declared in March of 2020. COVID-19 still impacted every aspect of our lives. Vaccines were just beginning to appear, affecting our social, emotional, and financial health. Kids were still in school but were preparing to transition to remote learning in May. Harvest was maintaining its prepackaged hamper model, allowing us to deliver food safely to our clients. It was a challenging time for our community, but Manitobans' reliable generosity allowed Harvest Manitoba to keep serving the tens of thousands who rely on us every month.

As more vaccines were rolled out in the summer months, and there was a greater return to normalcy, we were able to visit with friends and family knowing we were protected. At Harvest, more supporters were able to return to our building, and we even hosted our annual golf tournament, raising over \$60,000.

The fall of 2021 held a lot of promise. We welcomed our new President and CEO Vince Barletta, marking the

start of a new and exciting time at our organization. Vince is committed to the public good and has a solid understanding of socio-economic inequality and its impacts. His experience in provincial and municipal government, as Leader of the YES! Winnipeg, an Economic Development Winnipeg initiative, and more recently as President, and CEO of the St. Boniface Hospital Foundation has given him the tools to advocate for our organization and clients.

September 30, 2021, marked the first National Day for Truth and Reconciliation, a day to recognize the tragic legacy of residential schools and honour the missing children, the families left behind, and the survivors of these institutions, coinciding with Orange Shirt Day. As advocates for equity and change, Harvest decided to join many other organizations to close our headquarters at 1085 Winnipeg Avenue for the chance to learn about and reflect on one of the darkest, most troubling chapters of our country's history.

We will recognize this year's National Truth and Reconciliation Day by closing on September 30th, 2022. Our team will also spend a day together on September 19th, 2022, reflecting on the intergenerational harm these institutions have caused, honouring those affected by its staggering legacy, and learning how we can do better.

If the past couple of years have taught us anything, it's that nothing is ever certain. We entered 2022 ready for any obstacles that might come our way.



Members of our Community Food Network



Long-time volunteers Rod Soviak taking calls and arranging for hampers for our clients

An important component of Harvest's mission is to work towards a healthier future for all, especially those in communities with systemic disadvantages. Indigenous people are overrepresented among our food bank recipients, representing over a third of our clients, but make up only 18 percent and 12 percent of the population in Manitoba and Winnipeg, respectively.

In February 2022, the Honourable Justice Murray Sinclair, a former Canadian senator and former Chair of the Truth and Reconciliation Commission, joined our Board of Directors. Throughout his life and career, he has been an outstanding advocate for Indigenous people, and he will play an important role with Harvest as we focus on better meeting the needs of our Indigenous clients.

In December, we were able to host our holiday radiothons. CJNU was on site for the 15th year in a row, sharing stories about our clients, volunteers, and team. Evanov's annual Hope for the Holidays raised over \$80,000 to support Harvest's clients during the holiday season. Make the Season Kind, the annual charity drive held by CBC Manitoba in support of Harvest Manitoba, was held in December. It received a tremendous response from our community, raising over \$300,000 to support Manitobans experiencing food insecurity.

If the past couple of years have taught us anything, it's that nothing is ever certain. We entered 2022 ready for any obstacles that might come our way. The first two weeks of the year were indeed an exceptional challenge for our community.



Our volunteers play a critical role at Harvest, helping to pack food for our clients.

The world felt the rapid spread of COVID-19's highly infectious Omicron variant, and Harvest was not immune to its impacts. As many of our team took time off to recover from the illness and prevent further spread, our crew was left short-handed. Our Warehouse and Volunteer Services teams stepped up, putting in long days and extra hours, taking shifts and filling gaps in operations. The strength of our volunteers and staff enabled us to continue getting food to the 83,000 Manitobans who rely on us every month.

COVID's devastating effects didn't end there. Inflation rates began to soar, and in February, Harvest reached a grim milestone — we provided food hampers to over 12,000 households in a single month. The increased demand for food impacts all communities throughout the province, but rural and northern communities bear a greater burden due to record-high gas prices and fewer transportation options. When Winnipeg Harvest merged with Manitoba Association of Food Banks and became Harvest Manitoba in 2020, we became the fourth-largest food distribution network of its kind in Canada. We took on a commitment to serve the entire province, and this commitment drives us every day.



Fresh bread is one of the staples we provide to our clients.



Harvest provides seeds and seedlings for gardeners in our community.

In February, Harvest Manitoba partnered with our friends at Food Banks Canada, RFDCA Thunder Bay Regional Food Distribution Association, and Maxim Truck and Trailer to deliver truckloads of food to the Indigenous communities of Shamattawa and Fort Severn.

When Winnipeg Harvest merged with Manitoba Association of Food Banks and became Harvest Manitoba in 2020, we became the fourth-largest food distribution network of its kind in Canada. We took on a commitment to serve the entire province, and this commitment drives us every day.

Our friends Volker, Jason, and their crew travelled to these communities to deliver 4,000 pounds of food and other supplies via The Wapusk Trail, which is the longest ice road in the world. We're humbled that Harvest had the chance to be a part of such a unique adventure and serve the needs of our Indigenous communities.

At the end of the fiscal year, the impact of inflation started to hit our clients and our communities. March of 2022 saw a 7.4 percent inflation rate — a level not seen for 30 years. This created additional hardships for low-wage earners, seniors on a fixed income, and those facing disability and other health challenges amidst an already harsh and cold winter. The over 80,000 Manitobans who relied on Harvest for food every month were forced to make ends meet with even less. Grocery budgets simply didn't stretch as far as they did a year earlier, and rising prices for other goods created even more financial stress for households. The increase in demand for our services reached a startling 40 percent year over year by the end of March 2022.

We are able to better serve clients face to face and are looking forward to restoring our employment training programs and reopening important facilities like our teaching kitchen.

In spite of the challenges that may yet appear on the horizon in the year ahead, Harvest Manitoba remains as optimistic as ever. The improved public health situation has allowed us to reopen many aspects of our operations to the public. We are able to better serve clients face to face and are looking forward to restoring our employment training programs and reopening important facilities like our teaching kitchen. Harvest will also be expanding its work in northern and remote communities in partnership with First Nations and Indigenous-led organizations. We will also expand our work in underserved communities in southern Manitoba.

While we have seen our numbers grow this past year, we know that unmet needs remain. With your help, Harvest Manitoba will do what we can to keep building a healthier future where no Manitoban goes hungry.



Brenda is one of many Harvest clients whose situation has become more challenging with inflation. She is a fully employed single mom with two young children. Brenda earns \$2,088 in net income a month, while her basic monthly living expenses (rent, utilities, phone, and internet) add up to \$1,158. After she pays for her bus pass and her kids' childcare, she's left with just \$180 for food.

In the face of debilitating inflation, rising utility costs, and shrinking government programs, people like Brenda need our help to provide their kids a "normal" family experience more than ever. Without the security of food in the cupboard and on the table, it's just not possible. Thanks to our generous supporters, Brenda gets a Harvest Hamper every month, which is 50 pounds of nutritious food to help her and her family get by. Harvest Manitoba can't help our community without help from you, and we are forever grateful for your support.



Food is essential for a brighter future - It is the fuel for student success. Harvest Manitoba knows how integral food is for child health. Since 2018, Harvest has been providing K to 8 students in Winnipeg schools with access to food through our Meals2Go program. This program provides kids with a bag of healthy food items including fruit, milk, cheese and cereal, helping kids stay on top of their nutrition over the weekend so they'll be ready to learn on Monday morning.

What does it feel like when you don't have food in your tummy?

"I just think about breakfast, not learning."

This donor supported program has been a huge success and we would like to bring this important program to even more children in Manitoba.

Without access to healthy food, many children begin to fall behind in school. And in severe cases, chronic hunger can affect their physical development. While school-provided meals help, far too many boys and girls often go without nourishing meals in the evenings and on weekends.

Rising inflation is making healthy food even harder to afford for so many of our families, forcing them into making very tough decisions.

Here is a story from a student:

Samantha, a young student expressed she's thankful for her weekly kit because she can make her own breakfasts for herself. In the mornings, mom goes to work early and her dad works nights so he needs to sleep, oftentimes leaving her to make her own breakfasts.



Here's a story from one of the parents:

A young mother came to our M2Go stand weekly, she shared that it has been difficult to make ends meet lately. Her partner unexpectedly suffered from a life-altering illness which required him to stop working. She was now supporting her family on a single income while trying to manage her work schedule and caring for her family. She expressed how grateful she was for the program as it helps reduce her grocery bill.



Garden Programs

History:

Grow-a-Row blossomed in 1986, when Winnipeg residents Ron and Eunice O'Donovan produced more potatoes in their backyard garden than they could consume. Their vegetables were so well received by Harvest Manitoba, the O'Donovans encouraged friends and neighbours to also donate their extra produce. Since then, Grow-A-Row has yielded 3.7 million pounds of produce, which translates to 100,000 pounds annually.



Gardening programs given our clients the resources they need to create gardens at home. They also provide Harvest with nutritious fresh foods directly from our supporters' gardens.

Our Grow-A-Row program can be supported by home gardeners, schools, community groups, or anyone who wants to donate some of their produce to Harvest. Gardeners can dedicate an extra row (or two) in their gardens to donate to Harvest.

We are planning the development of a new garden outside of our classroom space in front of our 1095 Winnipeg Avenue building. Here kids and other community members can come to learn how to plant and tend a garden, while learning about food insecurity, gardening, nutrition, and philanthropy. We look forward to welcoming new gardeners!



Garden Kits: We provide our clients with seeds, soil, and planters so they can create gardens in their yards or on their balconies, providing them with new skills, and fresh vegetables.

A soft-focus photograph of a woman with dark hair, wearing a dark top, holding a newborn baby wrapped in a light-colored blanket. The woman is looking down at the baby with a gentle expression. The background is a bright, slightly blurred outdoor scene.

HARVEST VOICES

Harvest Manitoba is passionate about feeding our community to ensure no Manitoban goes hungry. To illustrate the profound real-world impact food insecurity and poverty have in Manitoba, we called more than 900 adult Manitoban food bank clients near the end of 2020 to produce the report "Harvest Voices 2021". With over 400 live interviews conducted, our main objective was to discover our clients' food insecurity and poverty challenges and what they'd need to support themselves without assistance.

Harvest Voices 2021 is just one snapshot of the real-world impact of food insecurity and poverty in our province, with several eye-opening personal stories that should inspire us to work for a future where no Manitoban goes hungry.

The report gives us a picture of who our clients are, the challenges they face every day, the help they need, and how we at Harvest can support their health.

Major Findings:

- Most food bank clients are women. Respondents to the survey were predominantly female (67.5%), single (56.5%), with no children (67.59%), and an average of 49.5 years of age.
- Seventy-nine percent of individuals who accessed food banks received most of their income from government programs such as: EIA, EIA Disability, CPP and Canadian Child Benefit (CCB), or Canada Pension Plan (CPP).
- More than one third of food bank clients are Indigenous.
- Many of the Harvest survey respondents identified having an annual income of between \$10,000 to \$20,000 per year, with 41% receiving under \$10,000 a year.

The Harvest Voices 2021 report is now available for download from the Harvest website at: www.harvestmanitoba.ca/harvest-voices/

Harvest Manitoba is planning a second Harvest Voices report to be released in late 2022. The report will include interviews and survey results to better understand our clients, and the new challenges they are facing as the result of inflation and economic uncertainty in 2022.



HARVEST MANITOBA COMMUNITY FOOD NETWORK

Thanks to our generous supporters, Harvest helps more than more than 360 community organizations across Manitoba, alleviating hunger in Winnipeg, rural towns and remote northern communities.

Food Distribution to Community Food Network Members

Food Banks	2020-21	2021-22
Winnipeg	119	111
Rural	63	82
Sub Total	182	194
Partner Agencies		
Meals2Go	5	7
Daycares	48	26
Meal Snack Programs	66	66
School Programs	38	50
Soup Kitchens	10	20
Sub Total	167	169
Total	349	363

Member Spotlight:

For the past nine years, the St. James Anglican Church Food Bank Wechetowin (Cree for people helping people) has been there to feed the community it serves. The team serves about 25 families every two weeks.

“We have a space and knew there was a need in our community,” said Elizabeth Bonnet, Food Bank Coordinator.

“We’re giving out food and the clients are giving us something. It’s about connecting, it’s about being human. The clients are part of our lives now, they have become family.”

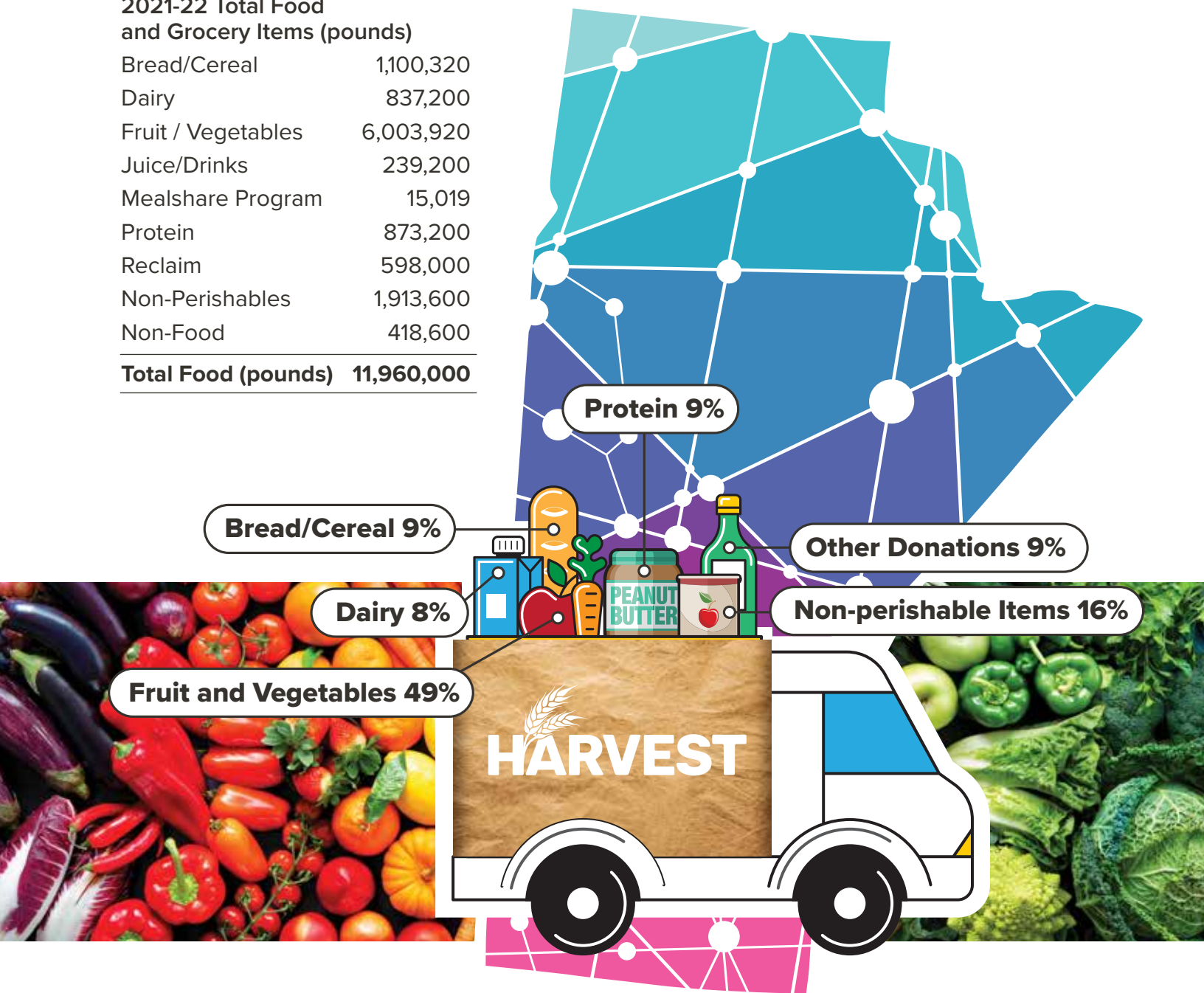
The food bank team picks up Harvest Hampers and placed them on pews for their families to pick up. Bonnet will add additional items for larger families. During the pandemic, their church closed due to Public Health Order, but Bonnet convinced the Bishop to keep their food bank open as an essential service. Many of the older volunteers were unable to continue, and clients were affected as well.

Bonnet recalled a client with anxiety issues that missed several appointments to pick up food because she was afraid to leave the house. The food bank reached out to her, and it was decided to have a volunteer deliver it to her home.

Food Collected Food Shared

2021-22 Total Food and Grocery Items (pounds)

Bread/Cereal	1,100,320
Dairy	837,200
Fruit / Vegetables	6,003,920
Juice/Drinks	239,200
Mealshare Program	15,019
Protein	873,200
Reclaim	598,000
Non-Perishables	1,913,600
Non-Food	418,600
Total Food (pounds)	11,960,000



Food Rescue Now and in Our Future

We work with our industry partners to rescue and recover food that in other times might have been wasted. In the past three years we did more of this than at any other time — and we plan to grow that effort, together. We monitor quality constantly, and only share food that is safe to eat, nutritious, and that we would feed to our own families.



Our Valued Partners

Tins for the Bin and cash donations are major connection-points with our community. However, our partners play a big role too. Eighty percent of the 11 million pounds of food we use to fill all those Harvest Hampers comes from the major grocery stores, Peak of the Market, Natural Bakery, Bothwell Cheese and other local businesses. And a huge amount comes from farm families and producers like Manitoba Chicken Producers, Dairy Farmers of Manitoba, Manitoba Egg Farmers and Manitoba Pork.

These companies and industries don't blow their own horns about helping Harvest. In fact, many of them prefer to remain anonymous. Nonetheless, they are the backbone of our food supply just as much as they are for everyone in the province.

It takes a province to feed a province.



Tins for the Bin and cash donations are major connection-points with our community. However, our partners play a big role too.

Financial Update

When Winnipeg Harvest and Manitoba Food Banks Association amalgamated to become Harvest Manitoba in 2020, the mission of our organization expanded to serve our whole province. This expansion, along with inflation and the continued economic impact of COVID-19, led to a continued increase in the number of clients requiring Harvest’s support in the 2021/22 fiscal year.

This year we continued to feel COVID-19’s impact on our operations. Public health concerns resulted in a decrease in volunteers, who play a critical role at Harvest, at the same time as we saw unprecedented demand for food in the community. Food was also becoming harder to secure.

Our grocery and industry partners and our donors stepped up to meet this challenge — food donated to Harvest this year increased to reach a value of \$31,335,200.

Donors and government continued to provide unwavering support to combat food insecurity. The Government of Canada, Food Banks Canada, and our donors responded to the increased need by providing over \$4.4 million in extraordinary pandemic-related support to help our clients over the last two years.

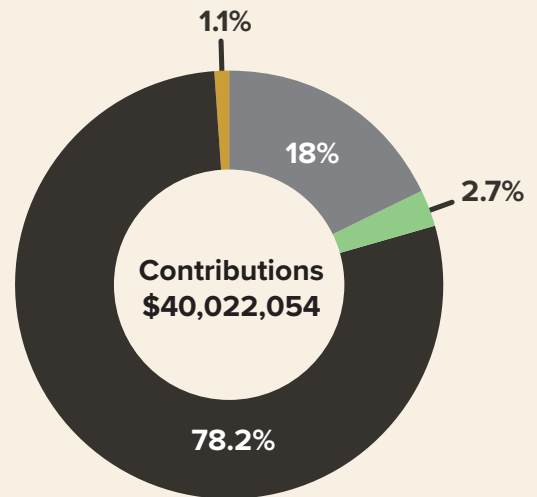
Our supporters provided \$7.2 million in grants and in-kind and cash donations to help us fulfill our mission during the year. This support has helped us pay for new costs that arose during COVID-19, including hiring temporary labour to help pack our hampers, purchasing food for the first time in our organization’s history, and adapting our facilities to ensure it was safe for staff and volunteers.

Besides helping Harvest meet immediate operational needs, this support has also allowed us to establish a new Resilience Fund to help us meet persistent and growing food security challenges in Manitoba. This fund will increase Harvest’s capacity to deliver food support in communities across the province in the years ahead. Harvest has also established a Stabilization Fund to ensure that we can always keep our doors open and never turn away someone in need of food.

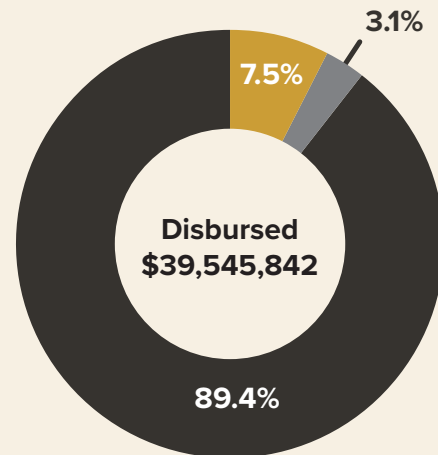
More investments required in the coming years are outlined in Harvest Manitoba’s Action Plan, which is summarized on pages 20 to 23 of this report. With these changes, Harvest will become a more resilient and truly province-wide organization that supports Indigenous food security.

Demand for food in Winnipeg and communities around Manitoba has never been greater. Harvest Manitoba will require more food and resources in the years ahead, along with continued investments in our fleet, people, and infrastructure.

Most of all, the continued support of Manitobans will be critical to our ability to feed the thousands of households who rely on Harvest Manitoba.



- Grants, Donations and In-Kind Support
- Extraordinary Pandemic-Related Support
- Donations of Food
- Other Contributions



- Administrative and Fundraising Costs
- Program, Volunteer and Support Services Costs
- Food

** A total of 11,960,000 pounds of food was collected by Harvest Manitoba in 2021/22. Food is valued at \$2.62 per pound, an average value determined by Food Banks Canada.*

Our audited financial statements are posted here:

[Financial Statements](#)



Milestones in Generosity

Here's how you helped as hunger soared.

We were able to direct **92.5%** of funds and food received straight to our clients



Harvest collected, packed, and shared **11,960,000** pounds of donated food in 2021/22, an increase of **520,000** pounds

The value of that food was:

\$31,336,200



Our network feeds over **83,000** Manitobans per month



By March of 2022, we were packing

14,000 hampers a month

Selfless, kind, and generous, our community of Harvest Stars shone brightly, and together, we endured.

Our volunteers put in more than

43,000

volunteer hours per year to meet the needs in our community



We provided grants of over

\$105,000

directly to our agency partners



Life-changing help for those like Linda

In 2013, Linda received the diagnosis no one ever wants to hear — terminal cancer. Linda was told to get her affairs in order and she took an early retirement from a career that included many years of work with various community organizations in Winnipeg. Although she was fearing the worst, Linda was able to beat back the terminal cancer diagnosis. While she still has many health challenges and continues to receive cancer treatment, Linda is able to live on her own — with her dog Maggie of course!

Linda has always thought of herself as a thrifty person. She raised four children on her own in St. James and knows the value of a dollar. She never thought she would ever need to get support from an organization like Harvest — until now. Linda overcame the biggest battle of her life in the fight against endometrial cancer, but the experience has taken a tremendous toll on her health and financial independence. The pharmacare deductible for her cancer medicine is a big hit to her grocery budget.

"I have \$150 to spend on my monthly groceries. I used to be able to get one meat item like chicken, lately my protein has been chicken wieners."



The pace of inflation over the past year has made it even harder.

Harvest Manitoba is there for thousands of people just like Linda all over our province who can't make ends meet with rising prices for food and other necessities. By signing up for a Harvest hamper at a local food bank, people like Linda can stretch their small budgets further to make it to the end of the month. Although Linda knew that Harvest was there for people in need, she was still reluctant to make the call for help.

"There are always people worse off than me, but for anyone who is struggling to pay for healthy food, please know that you are worth it. Don't be afraid to ask Harvest for help."

There are thousands of stories from people just like Linda. Your gift helps to support our food hamper program so that seniors can live independently and with dignity in their golden years.



Thank you! To our Amazing Donors!

Our deepest thanks to all the donors, corporations, foundations, schools, faith and service groups who supported Harvest Manitoba by helping us support the families in Winnipeg and Manitoba. While the number of our supporters is too long to list, some of our donors and their stories can be found here: [Our Donors.](#)

Monthly Donors

The right to food is a fundamental human right, and monthly donations make it possible to feed hungry adults and families all 12 months of the year. Harvest's 800 monthly donors provide us with a sustainable source of funding to feed Manitoba families. Thank you to our amazing monthly donors!

A&A Fund



Since 2019, annual gifts to Harvest Manitoba from A & A Fund, established by Arlene Wilson and Allan MacDonald, have been making a big difference in the lives of those facing food insecurity. Their generosity and support of our community is truly remarkable.

**Loblaw
Companies
Limited**

save on foods

sobeys



Red River

**ENGINEERS
GEOSCIENTISTS
MANITOBA**



**THE
THOMAS SILL
FOUNDATION
INC**

**ENTERPRISE HOLDINGS
Foundation**



Volunteers

Make Our Work Possible!

Harvest relies on the outstanding dedication of our volunteers to generously give of their time week after week at our facilities at 1085 Winnipeg Avenue, ensuring access to food for those in need, and that our operations can run smoothly. From truck drivers, to warehouse support, to forklift operators, our devoted volunteers help us combat food insecurity. Without their generous support, Harvest would need to hire additional full-time staff to fill these crucial positions and meet the increasing demand for our service.



Total volunteer hours:
43,026
equivalent to 20
full-time employees.

This year, volunteers packed and sorted
**over 6 million pounds
of food at Harvest!**



We extend our deepest gratitude to our volunteers who have made an extraordinary impact by gifting their valuable time and energy to aid us in our mission of ensuring that no Manitoban goes hungry. We are incredibly proud of their contribution to improve food accessibility for our clients amidst the uncertainty of COVID-19. They fuel our essential work, and we wouldn't be able to distribute food to those in need without their commitment to helping us fight hunger in our province. It is a blessing to work with highly passionate and committed individuals to guarantee the right to food is a reality for anyone in our community experiencing food insecurity.

In 2021/22, thousands of volunteers generously devoted their time and love by working a total of 43,026 hours. The importance of our volunteers cannot be overstated. They play a pivotal role in our supply chain, and their commitment is truly invaluable. Thank you, volunteers, for being the heart and hands of Harvest Manitoba! Here are just a few of their stories:



Volunteer Spotlight: Mel Wood

Volunteers like Mel Wood are crucial to the success of Harvest Manitoba. Mel is one of the many Volunteer Order Fillers. While everyone comes in at 8:00 am, Mel has already been hard at work for a half hour. Mel never needs direction on what to do and make her way to the order filling stations to start working as soon as she gets in! If you're around the warehouse, you'll be sure to see her regularly working hard filling orders, pulling a pallet or carts, and is even periodically mistaken by some as staff. We are immensely thankful for the time and dedication Mel has given us!

Volunteer Spotlight: Latter-day Saints (LDS) Missionaries

We are so fortunate and appreciative of the work provided by the LDS Missionaries who volunteer at Harvest. The Mission sends four youth members every shift, with different volunteers coming weekly. This kind-hearted group donates four hours of their time in the morning and three hours in the afternoon. The LDS missionaries are extremely hardworking. They're an inspiration to the younger generation and embody what it means to serve your community!



Volunteer Spotlight: Walmart Stores

Walmart Stores is one of Harvest's long-standing partners. This year, nine Walmart Stores in the province raised \$141,489 for Harvest during the retailer's annual Fight Hunger Spark Change campaign. The donation helped to ensure that Harvest can continue to produce and deliver Harvest Hampers to those who need food and other programs that benefit the community.

In addition to the annual Spark Change campaign, Walmart provides grocery items through our retail food program and participates in our Tin for the Bin program featuring our Top 10 Most Needed Items. This is an affordable and easy way to donate to Harvest whenever you shop.

Walmart team members are also volunteers. Thank you, Walmart Stores for your gifts of food, time and funds!



Moving Forward, Together.

Harvest Manitoba has faced unexpected challenges these past two years. Despite the difficult impacts of the pandemic, we proved ourselves to be a solid and resilient organization. Through hard work, innovation, and our community's support, we weathered the worst of the storm while also managing record high volumes of need.

Our work remains unfinished.

When the pandemic arrived in Manitoba in March of 2020, almost 9,000 households were receiving hampers from Harvest. By March of 2022, that number had grown to 14,000. Our hard-working crew, amazing volunteers, generous donors of food and money and pandemic support from the federal government sustained these efforts. We weathered

the storm, but it demonstrated how fragile many of our systems are. Our work is too important to leave any future crisis to chance.

Harvest has developed an Action Plan that identified and prioritized three significant and wide-ranging initiatives to strengthen our organization over 24 months, representing a shift in our overall focus as we transform how we serve our province.

Our work is too important to leave any future crisis to chance.

1 Become a Stronger and More Resilient Organization

Harvest Manitoba is uniquely positioned to make investments and improvements to become a stronger and more resilient organization in the future. Many of the agency partners we serve across our Community Food Network have agreed to join us to serve clients better and support a return to pre-pandemic food distribution systems.

We adapted to the realities of the crisis by reducing pick-up frequency and prepackaging non-perishable and perishable hampers to simplify distribution. These necessary changes allowed us to manage the crisis but didn't provide the best support for our clients. Now is the time to develop the systems that serve the growing needs best.

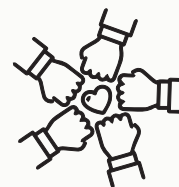


Harvest Manitoba Gratitude Report 2021-2022



Action: Return to Bulk Food Distribution Model

In the early days of the pandemic, Harvest adopted a pre-packaged hamper model to limit touchpoints. With careful consideration of our already over-burdened capacity, we will be working with our Community Food Network to return to bulk orders. This will offer more choice for clients, less waste and improved operating efficiency for Harvest. It is our goal to have a full return to bulk food distribution by early 2023.



Action: Strengthen our Volunteer Crew

Harvest Manitoba is the premier volunteer opportunity for individuals, families, and organizations who wish to support improved food security in the safest environment possible. We plan to improve outreach to new groups and individuals and reconnect with many wonderful volunteers who needed to stop coming in during the pandemic.



Action: Strengthen Relationships with Food Producers, Processors and Retail Industries

Harvest Manitoba exists within a competitive environment for life-changing food resources. We've taken steps to enhance our existing relationships with the agriculture sector, food processors, and the retail and food service industries. Our new Retail Food Liaison coordinates pick-ups and manages relationships with our grocery and wholesale partners. Strengthening these relationships for donated food, and to purchase food when donated food is not available will be critical given the increased demand for food, and the increased number of communities served by Harvest.



Action: Develop Hub and Spoke Service Infrastructure Beyond Winnipeg

Harvest Manitoba will discuss options with local food bank leaders and prepare to invest in infrastructure and equipment to support our hub and spoke approach, where we can serve smaller locations from centres in their region. We will look for an opportunity to pilot this approach in another region that currently has capacity.



Action: Expand Harvest Programs in Rural and Northern Manitoba

Harvest has partnered with many rural Manitoba food banks for decades, however, there are other parts of the province where we have not been able to provide regular services. We will work with local community partners to increase access to food banks in underserved communities outside Winnipeg, particularly in the North and First Nations communities. We will also seek to extend some of our programs such as our Meals2Go school nutrition program to schools outside Winnipeg where the need is great.



Action: Build and enrich the Harvest Manitoba Community Food Network

Our Community Food Network is the backbone of fighting food insecurity in our province, comprised of food banks, soup kitchens, meal and snack programs and other agencies committed to ending hunger. Harvest Manitoba will develop a robust knowledge-sharing and information distribution system for agencies to better share resources and coordinate activities.

2 We Are Truly a Province-Wide Organization

When Winnipeg Harvest became Harvest Manitoba in 2020 it signalled a commitment to do all we can to extend our services to all corners of the province. This will not happen overnight, and we will not do it alone, however the process to expand our services starts now.



3 Support Indigenous Food Security

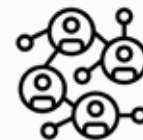


36% of our clients are Indigenous people, including Winnipeg urban communities and those in the North and First Nations. We all know that Indigenous people in Manitoba continue to face significant challenges in terms of health outcomes, including issues like diabetes. These health challenges speak to the more substantial injustice and intergenerational trauma experienced by Indigenous people in Manitoba including food security, food affordability and the availability of nutritious foods.



Action: Consult with Northern and Remote First Nations

Harvest Manitoba is working with First Nations leaders in communities around Manitoba to listen and to understand how Harvest can support local needs. Access to healthy and affordable food is not something that we will solve alone, but Harvest Manitoba must be a part of the overall solution to this chronic challenge. Harvest is beginning to organize regular shipments of food to Northern and remote communities to support First Nations in their unique challenges related to food.



Action: Identify Urban Indigenous Partnerships to Meet Winnipeg's Food Security Needs

Various Indigenous-led organizations have discovered innovative solutions to address food security needs in Winnipeg and its growing Indigenous population, and by working with Indigenous-led partners, Harvest Manitoba can ensure that we support those efforts. Already Harvest has begun work with the Ma Mawi Wi Chi Itata Centre, Centre for Aboriginal Human Resource Development and other Indigenous-led organizations to support new pathways to food security and employment training.

Food. Time. Funds.

On behalf of all of us at Harvest we want to thank the thousands of Manitobans who have taken the time to volunteer in our warehouse this past year. The ups and downs of public health restrictions made this difficult at times but your determination to support our families saw us through the challenges we faced.

Thank You!

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