



2022 Annual Report



Vancouver Food Runners

Community in Action

At Vancouver Food Runners, we acknowledge that we live, work, and learn on the traditional, ancestral, and unceded territories of the Coast Salish peoples – Sḵwxwú7mesh (Squamish), səliłwətaʔ/Selilwitulh (Tsleil-Waututh) and xʷməθkʷəy̓əm (Musqueam) Nations.



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Hello!

MESSAGE FROM THE FOUNDER & EXECUTIVE DIRECTOR

At Vancouver Food Runners (VFR), 2022 was our second full year in operation, and VFR's volunteers delivered 835,915 pounds of food – 696,595 equivalent meals – to the community. VFR's cost-effective and efficient transport model that uses innovative app technology (powered by [Food Rescue Hero](#)) and a team of dedicated volunteers allowed us to get healthy, surplus food from 162 Metro Vancouver food businesses to 125 nonprofits operating essential food programs and wrap-around social services. The program grew by 17.5% in 2022; and for every \$1 donated to VFR, \$8.54 in food was delivered to the community. Last year, the average food rescue provided 179 pounds of food (in-kind value: \$574).

VFR's free program makes food recovery accessible to new sectors of the food industry, including hotels, restaurants, and catering and meal prep companies. Responsive volunteers provide same-day collection for smaller food donations and get food directly to nearby nonprofits distributed across the city. This helps to normalize the donation of surplus food within the industry, advance the local circular economy, and mitigate the environmental impact of food waste (363,121 pounds of carbon dioxide mitigated in 2022).

At the same time, we also recognize that food recovery cannot solve food insecurity. Food insecurity is related to poverty and requires policies to address underlying inequities; but the need for food is urgent, and VFR plays a critical role in supporting organizations addressing immediate food needs as well as providing comprehensive social services.

71.4% of the nonprofit partners that receive food through VFR's program provide additional supportive services, including housing, counselling, health services, educational and skill-building opportunities, employment services, childcare, and cultural programming.

At VFR, we aim to strategically partner with organizations engaged in deeper systems change work that leads to transformational outcomes for clients.

Internally, our staff expanded to four team members. Two new program coordinators joined VFR – Courtney Lau and Kelsey Watson – and Chloe Leslie, Program Manager, continued to develop and support partnerships with food businesses and nonprofits throughout Metro Vancouver. As a team, we also participated in decolonization and anti-racism training, a project generously facilitated through Food Stash Foundation, a partner food recovery organization. This was an important opportunity to deepen our understanding of Canada's colonial history and existing of racial inequities.

2022 was a year of organizational learning and growth, and we look towards the future with renewed energy to advance a more equitable and sustainable food system for all.

Thank you to everyone who helps to make VFR happen. The program is a true community effort, and it would not be possible without the instrumental support of volunteers, businesses, nonprofits, financial partners, and other food organizations; and heartfelt gratitude to the sə́lilwətaʔt, Skwxwú7mesh and xʷməθkʷə́yəm Peoples on whose land we live, learn, and work.



Tristan Jagger
Founder & Board Chair



Michelle Reining
Executive Director

2022 IN REVIEW



835,915 pounds of food delivered



696,596 equivalent meals provided



363,121 pounds of CO2 mitigated



162 food businesses donating



125 nonprofits receiving



4662 food rescues



5828 volunteer hours



Chloe Leslie
Program Manager
Vancouver Food Runners

Food Business Partners: Expanding Food Recovery in Metro Vancouver

Vancouver Food Runners uses innovative app technology – the Food Rescue Hero platform – and a team of volunteer drivers to redirect surplus food from Metro Vancouver food businesses to a network of nonprofit partners. In 2022, 162 food businesses and organizations actively participated in VFR's free program, and over 835,000 pounds of food was delivered to 125 nonprofits operating essential food programs and providing wrap-around social services.

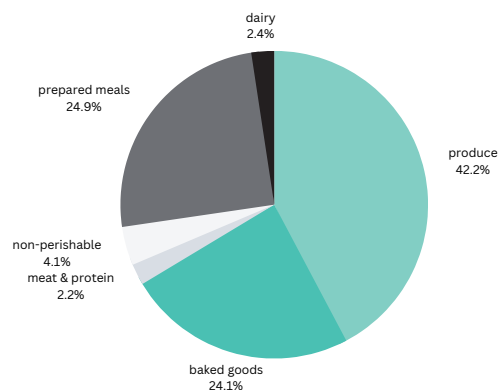
VFR has been able to bring food recovery to different sectors of the food industry that have not historically been able to participate, as it is difficult to send a large truck for smaller food donations. VFR volunteers are able pick up from businesses such as restaurants, hotels, bakeries, catering and meal prep companies, urban farms, offices, and wholesalers – allowing these businesses to now donate their surplus food, many for the first time. In addition, businesses are provided with detailed reports, and this data is often a first step in preventing food waste within their operations.

Given VFR's quick and efficient model that allows for same-day collection, over 95% of food donations are fresh, 42.4% are produce, and 24.9% are prepared meals.

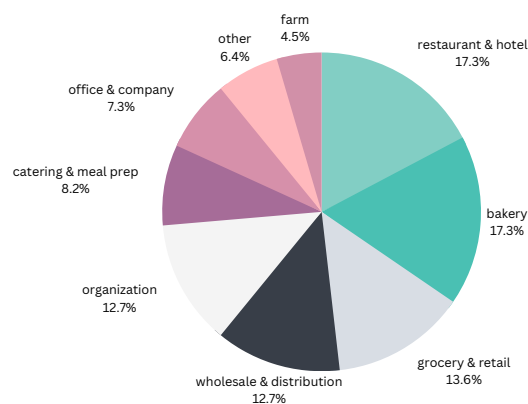
In the 2022 Food Donor Feedback Survey, these are the top three things that food businesses reported they appreciated about the program:

1. VFR's program is simple and straightforward
2. Food donation pick-ups are consistent and reliable
3. Volunteers are positive and friendly during the food donation process

TYPES OF FOODS DELIVERED



TYPES OF BUSINESSES PARTICIPATING



Food Business Feedback

Husein Rahemtulla,
Co-founder &
COO of Fresh Prep



"Fresh Prep is proud and grateful to partner with Vancouver Food Runners. Collaborative, reliable, and responsible, they help us as an organization to plot and track our progress towards greater sustainability. Knowing our excess food can be redirected to the recipient organizations and individuals who need it most is gratifying for all of our team and helps us maintain our corporate social responsibilities to the planet, our customers, and those in our community."

Mary Mackay,
Co-owner & VP of
Innovation at
Terra Breads



"Our partnership with Vancouver Food Runners helps us to reduce food waste and fight food insecurity by feeding communities. VFR makes the process simple and easy – not only for us, but for volunteers and recipients. We are proud to partner with VFR, as they share one of our core values: creating meaningful community connections."

Ashley Kwan,
Project Manager at
Fresh Direct Produce



"Vancouver Food Runners delivers surplus donations – perfectly good food – to the most vulnerable members of our community, and, at the same time, saves what otherwise may have gone to landfill. Fresh Direct is impressed with this cause and feels proud to be a food donor partner. It is through this partnership that the spirit of "Making a Healthy Difference" continues to thrive!"

Volunteering with VFR: Community in Action

Vancouver Food Runners is a true community program, and our food transport model relies upon our team of dedicated volunteer drivers. VFR now has 2500 individuals registered on the VFR app, and over 300 active volunteer drivers in 2022. Given VFR's large volunteer base, 99.1% of food rescues were completed last year, ensuring the program is reliable for both food businesses and nonprofits.

Through the 2022 Volunteer Feedback Survey, volunteers highlighted the following aspects of VFR's program:

SIMPLE & FLEXIBLE VOLUNTEERING: Volunteers indicated that the free VFR app makes volunteering simple for them. The app is user friendly and intuitive to use (and VFR is also able to offer live support), and volunteers appreciated that they can choose food rescues that work with their schedule.

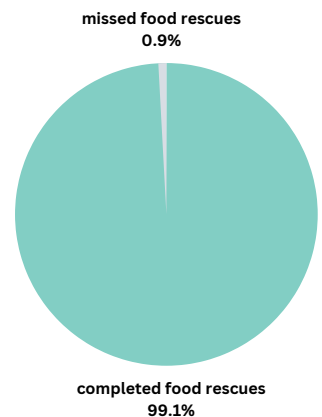
HIGH-IMPACT GIVING : Volunteers appreciated that they can have a significant community and environmental impact through one hour of volunteering. In 2022, the average food rescue donation was 179 pounds of food (in-kind value: \$574).

RELATIONSHIPS FORMED: Through weekly food rescues, volunteers enjoyed the relationships they formed with staff at both food businesses and nonprofit partners, and they also liked to learn about the work and issues that different nonprofits are involved with.

FAMILY & FRIENDS INVOLVED: Volunteers liked that they can do food rescues with their friends and family, and parents shared that it is a high quality and educational activity they can do with their kids.

In 2022, volunteers
completed 4662
food rescues
totalling 5828
volunteer hours.

COMPLETED FOOD RESCUES



Volunteer Feedback

Volunteer Helen



"I am impressed with the Vancouver Food Runners program as a whole. I've always had a problem reading about how massive amounts of food are disposed of by supermarkets and other outlets when it's slightly damaged or close to its best before date. I hate to think of food going to waste when there is so much need, so this program fills an incredibly important gap.

The VFR app is fantastic! It's well thought out and straightforward for use – even for a retired boomer like me. There's additional info on food rescues with excellent staff follow-up. I meet lovely people during my rescues (both food donors and recipients), and I've learned a lot about various neighbourhoods and nonprofits. In summary, I think this program is brilliant!"

Volunteer Otis



"I enjoy this volunteer initiative so much that I plan to introduce VFR to other people in my life, such other family members and peers outside of my high school community, like those in my Scout group. I will try to persuade others in joining through the promise of just feeling genuinely good after each food rescue. This is one of the few volunteer services which has made me truly feel a benefit to both myself and the community, and I commend the VFR organization for this accomplishment."

Volunteers
Raul & Raquel



"It's incredible to see how much surplus food there is, and, in turn, how it can be used to support others. It's eye-opening, and it hurts me to see how much food waste occurs in the food industry. We are taught to "clean our plates" as children or to save leftovers for the next day. Food businesses must do the same, and, thankfully, many are starting to donate their surplus food!"

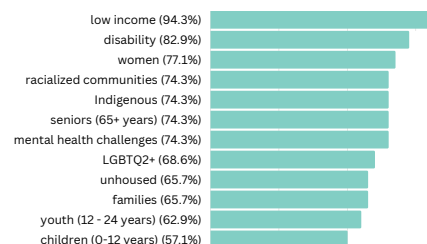
Nonprofit Recipients: Meeting a Critical Need

In 2022, volunteer drivers were able to deliver 835,915 pounds of food to 125 Metro Vancouver nonprofits distributed across the city. For residents needing supportive food programming, being able to access food in their own neighbourhood is a lifeline and helps to increase equitable food access. As reported in VFR's 2022 Nonprofit Partner Feedback Survey, the top three barriers to regular food access for clients were: 1) low income; 2) limited access to transportation; and 3) physical mobility challenges.

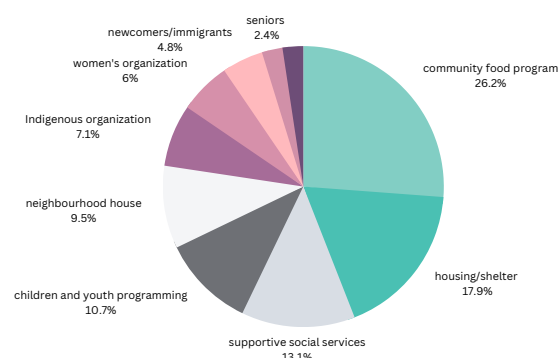
71.4% of nonprofit partners that received food through VFR's program provide additional supportive services, including housing, counselling, health services, educational and skill-building opportunities, employment services, childcare, and cultural programming. At VFR, we recognize that food donations cannot solve food insecurity, and we aim to strategically partner with organizations engaged in deeper systems change work that leads to transformational outcomes for community members. Many of the organizations we partner with offer meals and food boxes, recognizing that underlying food insecurity must be addressed for comprehensive client programming to be successful.

In the 2022 Nonprofit Partner Feedback survey, the top three outcomes of VFR food donations were: 1) more food distributed to clients (expanded food programming); 2) food costs offset for the organization; and 3) improved quality of food for clients.

NONPROFIT CLIENT DEMOGRAPHICS



NONPROFITS RECEIVING FOOD



Nonprofit Partner Feedback

May Kwan
Manager,
Community Programs
YWCA (Crabtree
Corner)



"This year, the partnership with Vancouver Food Runners saw a donation of 38,532 pounds of food, which translates to approximately 32,110 meals (an in-kind food donation of \$123,687). This has been a huge support to our families in the Downtown Eastside and to YWCA Metro Vancouver's supported housing communities. We are very appreciative of how organized and smooth the communications are from Vancouver Food Runners to coordinate this volume of exchange. We are grateful to be a part of Vancouver Food Runner's network of food donations."

Sylvia Elliott
Supervisor,
Food Programs
Directions Youth Services



"Food is the essence of how we connect with our clients; it's often a first step to starting a conversation, and it's a critical part of how we build trusted relationships with youth and introduce them to new career possibilities. Vancouver Food Runners (VFR) has supported Directions Youth Services since March, 2020. Every week, we receive nourishing meals, baked goods, and other food items to serve to our clients. VFR's volunteers have delivered 32,641 pounds of food to Directions in 2022 (equivalent to 27,200 meals this year), an in-kind food donation of \$104,777."

Leah Walker,
Executive Director
Kilala Lelum



"As a nonprofit organization, Kilala Lelum's kitchen relies on food donations, like those we receive from Food Runners, in order to produce the volume of meals our membership needs. Kilala Lelum is only able to complete its work thanks to the support of organizations like Vancouver Food Runners; this year, they've delivered 23,553 pounds of food to KL (equivalent to 19,627 meals this year), an in-kind food donation of \$75,605. We are grateful for our partnership with Vancouver Food Runners and appreciate their efforts to reduce waste and bring food, which we know is a healing and restorative medicine, to those who need it."

More Than Words



Courtney Lau
Program Coordinator
Vancouver Food Runners



Kelsey Watson
Program Coordinator
Vancouver Food Runners



Community Meal Program

In partnership with Chef TJ Conwi of Ono Vancouver and ReRoot, Vancouver Food Runners has been supporting a community meal program that uses surplus ingredients to create nourishing meals for Vancouver residents experiencing food insecurity. VFR volunteers bring surplus food donations to Coho Commissary, then Chef TJ and the team use the ingredients to make healthy meals, and, finally, VFR volunteers pick up the meals and deliver them to Vancouver nonprofits participating in the program.

In 2022, 40,568 meals were delivered by VFR volunteers to YWCA (Crabtree), Aboriginal Front Door Society, Directions Youth Services, Kilala Lelum, Health Initiative for Men, and Tamura House (Lookout Housing and Health Society).



"Chef TJ's meals are highly beneficial and help to feed 50 to 100 people per week who access the drop-in program at Health Initiative for Men. Folks who are street involved/unhoused are welcome to access this safe drop-in space for support, activities, and meals. Referrals are made to this program through AIDS Vancouver."

-Echo, Health Initiative for Men



Student Volunteer Program



In 2022, VFR successfully piloted a student volunteer program with Collingwood High School and St. George's High School. Over the course of seven weeks, a different student cohort of 12 – 20 high school students completed food rescues from Fresh Prep and Fresh Direct Produce to several nonprofit partner sites using a school bus. A total of 89 students participated in the program in 2022.

The program was co-facilitated by the VFR team, the staff at nonprofit sites, and the school teachers. At food businesses, the students learned about the environmental impact of wasted food, sustainability in the food industry, and the circular economy; and at nonprofit sites they learned about the intersecting issues of food security, poverty, housing, mental health, and other critical societal issues. In particular, the team at Heart Tattoo Society led informational sessions for the students at the DTES Food Hub.

Over the course of seven weeks, the students delivered 32,410 pounds of surplus produce to support essential food programming.



"Prior to volunteering with VFR, I had no idea that restaurants and grocery stores were capable of producing such high quantities of surplus food. I feel that the average person understands that food waste exists, but is not aware of how serious a problem it is...Perfectly good food is going to waste even when many Vancouver residents are experiencing food insecurity. Food businesses need to reduce their overall food waste, and then ensure that any remaining surplus is donated. This is why VFR is so important!"

–Nathaniel, St. George's high school student

Delta Food Runners

Vancouver Food Runners is expanding into Richmond, Burnaby, North Vancouver, West Vancouver, and, in particular, Delta and Tsawwassen. In early 2022, the Rotary Club of Tsawwassen reached out to VFR to discuss bringing VFR's program to the area to address local food security.

The Rotary Club connected with Earthwise Society and a pilot project began whereby surplus produce from local farms was brought to Earthwise Society to create "harvest bags," and then volunteers registered on VFR app (many from the Rotary Club of Tsawwassen) then brought the harvest bags to nearby nonprofits that distributed them to the community.

Nearly 2000 pounds of produce was distributed through this collaborative initiative in 2022; and this program that connects surplus produce from local farms with nonprofits running community food programs will be expanded in 2023.



Increasing Awareness to advance an equitable and sustainable food system for all



In 2022, VFR circulated 26 e-newsletters to 1287 subscribers on the mailing list to increase awareness about key issues, including reducing food waste, advancing the circular economy, and addressing the underlying factors that lead to food insecurity. In 2022, the newsletter's average open rate was high at 53.7%. Through the spotlight articles, diverse perspectives on food systems were shared, and many articles advanced a "right to food" approach, advocating for a just, equitable, and sustainable food system for all. The spotlight articles featured local food leaders and academics, nonprofit and food business partners, food-focused organizations, and lead VFR volunteers.



On May 26, 2022, the Food Waste Working Group of the Vancouver Food Policy Council (comprised of team members from Vancouver Food Runners, Food Stash, Better Table, and FoodMesh) collaborated to host an online event: VFPC Community Talk: How to Solve our Food Waste Problem. Five guest speakers brought attention to the current landscape of food waste in Canada, municipal policy options, groups using innovative technology to end food waste, and the City of Vancouver's Circular Food Innovation Lab. The event was one of the highest attended Vancouver Food Policy Council meetings in 2022.



Before the Vancouver municipal election in October 2022, several organizations, including Vancouver Food Runners, came together to organize an online event on September 27, 2022. The Food Justice Town Hall brought together the diverse perspectives of community leaders, food policy researchers, and people with lived experience of food insecurity who shared about local food justice issues, current food security and programming challenges, and demonstrated how investing in local food systems can support a thriving and resilient city for all. Over 150 people attended the event, including 16 municipal candidates.



Vancouver Food Runners team members, nonprofit and food business partners, and volunteers were featured in a number of media outlets in 2022 to increase public awareness about VFR's food recovery program as well as the pressing issues of food waste and food insecurity and how they impact both our community and the environment. Media channels that featured VFR and related issues included CBC, CTV News, Global News, The Tyee, Cultivate Magazine, Scout Vancouver, Daily Hive, and Fairchild TV.

2022 Financial Overview

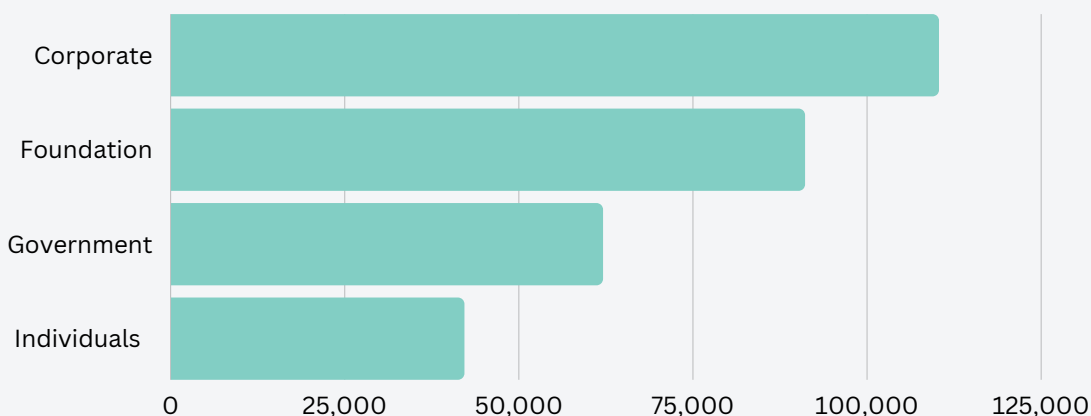
In 2022, Vancouver Food Runners continued to maintain a lean administrative footprint, with 97% of expenditures going directly to support food program costs.

Through using app technology and a team of volunteer drivers, VFR is able to keep its program costs low. VFR volunteers are able to deliver food donations from businesses directly to nonprofit partners for their food programming, so our food recovery model does not require a warehouse, fridges/freezers, large trucks, or salaried drivers.

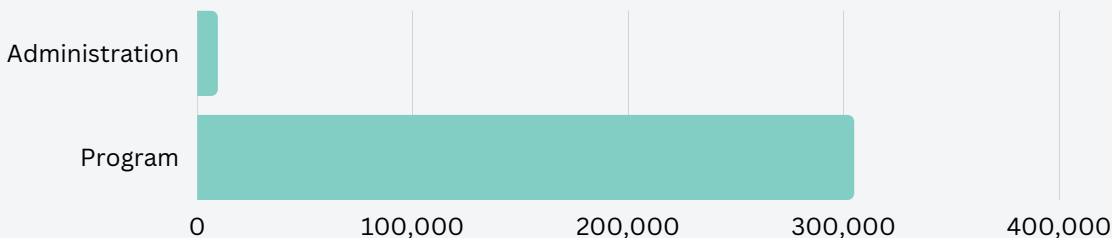
In 2022, every \$1 donated to VFR resulted in \$8.54 worth of food (more than 2.5 meals) going to the community. For our financial partners, this represents high-impact giving.

VFR had a slight deficit in 2022, in part due to our primary financial partner pivoting their funding strategy to support food programs that have a physical space (food hub model); but VFR maintains a strong financial position, given surplus revenue from 2021 and our diversified fundraising strategy heading into the future.

2022 Revenue Total: \$305,435



2022 Expenditures Total: \$314,173



John Nelson, CPA, CGA
Director



"Vancouver Food Runners has seen an expansion of service delivery over the last calendar year. The 2021 calendar year ended with a surplus of \$83,319, which was earmarked to be spent on programs in 2022; the slight deficit of \$8,738 applied against this surplus and that of previous years still leaves the Society with accumulated net assets of \$195,215 at December 31, 2022. This is a healthy financial position to be in as the Society looks forward to the 2023 year and continued expansion, whilst continuing to run with very low administrative overhead."

Financial Partners

Vancouver Food Runners operates a free food recovery program for both Metro Vancouver businesses and nonprofits, ensuring that food recovery is accessible and convenient for businesses that wish to donate their surplus food. This work supports Vancouver's circular economy and helps to normalize the donation of surplus food within the food industry.

VFR would like to thank the following institutions, companies, foundations, and individuals for their instrumental financial support in 2022. We simply could not do it without you.



At The Kitchen Table Foundation
 Doug Soo Memorial Fund, held at the Vancouver Foundation
 Dragon Fire Foundation, held at the Vancouver Foundation
 Flash Fund Foundation
 Ketcham Family Fund, held at the Vancouver Foundation
 Lightburn Family Foundation, held at the Vancouver Foundation
 The 1988 Foundation
 Quesnel Foundation
 ZLC Foundation
 Silverorange Inc.

Donations Over \$1000

Christian Co
 Dr. Deborah von Mandl
 Dr. Eric C S Lam
 Dr. Kendra Strong
 John C. Scott
 John Tyler Steele

Donations Over \$250

Azim Nathwani	Lakeisha Yui
Brodie Dunlop	Laureen Kinney
Bruce Jagger	Mark Woods
Carol Robinson	Matthew Mihok
Cynthia Woodward	Nancy & Jim Boyle
Dean McDonald	Nancy Johnson
Deborah Cooney	Peter Belanger
Gary Baker	Sandra Almeida
Hugh Drummond	Theresa Pearson
Joanne Chong	Thomas Zuiderveen
Krista Purcell	

Top 100 Volunteers in 2022

VFR's community-centred food recovery program relies upon the support of hundreds of volunteer food drivers who ensure that healthy surplus food is delivered to nonprofit partners across Metro Vancouver running essential food programs.

VFR would like to give a special thank you to our lead volunteers in 2022. Your support means the world to us, and you help to keep VFR's program running strong through rainy and snowy days, weekends, and holidays. The dedication of all our volunteers inspires the VFR team every single day.



Kulwant B
Garry Shearer
Barb Estey
Jinny Kwon
Holly Liu
Tim King
Elaine Perry
Raquel & Raul Mancenido
Anna Kam & kids
Enzo Federico
Christine Burke
Ann Moore
Janice Johnson
Tom Smith
Otis Yuen
Marianna Pankalla
Greg Aulin
David Draeseke
Elaine Wynne
Julie Marsden
Lauren Maynard
Loretta Janz
Michelle Chen
Jennifer Wells
Janet McDonell

Beth McCracken
Jenn Mason
Mona Shad
Suzanne Steenburgh
Steve Livingston
Gai Coutts
Hilary Angus
Patrick Everett
Nadia Karmas
Adrienne Martin
Jan Waines
Michelle Gordon
Azizah Rajwani
Zoe Tseng
Michael Kurtz
Alison Coelho
Brie Schiller
Kai Chang
Doug Miller
Heather Taylor
Sarah Hamilton
Kelly Neil
Sorhwa Teo
Amanda Grant
Dominique St. Jean

Nancy & Jim Boyle
Katyann Davidson
Lorna Seifried
Karen Chau
Jim Pigott
Danielle Ferrante
Brad Jolliffe
Ming Lam
Pierre L
Helen Burt
Lydia Vandenberg
Andrew Staritt
Francisco Amaya
Sasha A
Luciano Loi
David Major
Julie Selby
Alan Poon
Jennifer Pearson
Dave Rawlyk
Josh Britton
Heather McDermott
Jordan Irwin Gardner
Maggie Leung
Stephanie Sorochnka

Allan Shoom
Maddox Schaller
Jack & Elizabeth Milos
Richard Steward
Ulf Von Dehn
Veerle Anseeuw
Craig Berkey
Ashley Young
Cynn timer Woodward
Kieran Madden
Janene Preston
Bing Chew
Rich Carmona
Mark Fenster
See Wai Toh
Dean Rideout
Carrie Trousdell
Susan Heathcote
Sarah Artuso & kids
Mike Harrington
Dónal Dignan
Emily Bretsen
Andrea Brown
Claire Ratcliffe
Paul Arcand

The VFR team would like to extend its gratitude to VFR's Board of Directors who provide ongoing support and guidance in the areas of strategic planning, program development, fundraising, communications, and internal policies. Thank you!

Tristan Jagger (Board Chair)
Debbie Butt
Wendy J. Harris

Dr. Debra von Mandl
David Jagger



Vancouver
Food Runners

Good food belongs to people,
not landfills! **Donate Today.**



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