

A close-up photograph of two young girls smiling. The girl on the right has blonde hair with bangs and is wearing a blue beaded necklace. The girl on the left is slightly behind her and is also smiling. The background is a soft, out-of-focus green.

PRIORITIZING

wellness!

**GBF COMMUNITY SERVICES
2022 ANNUAL REPORT**

Thank you to all the donors who made contributions in 2022 that enabled us to invest in the Grimsby community.

GBF Community Services Direct Investment in Community	2022 Actual	2021 Actual	2020 Actual
Rent Supplement and Direct Housing Assistance	\$317,244	\$265,216	\$246,247
Other Client Assistance: winter warmth, utilities, beds, transportation, medical, dental etc.	\$108,531	48,246	49,482
Food Bank	\$224,428	114,169	90,428
Wellness / Mental Health / Hub	\$24,598	12,084	14,683
Community Partner Donations	\$94,250	44,000	89,321
Clothing and Furniture	\$166,257	114,754	103,387
Youth Initiatives: bursaries, back-to-school meal programs, kids zone, hunger awareness, etc.	\$27,906	33,907	24,014
Volunteer Recognition and Program Promotion	\$27,181	28,766	25,040
Seasonal Hamper Programs	\$102,887	82,339	77,991
Retail value of perishable food and non-perishable products*	\$1,368,018	1,102,629	820,972
Totals	\$2,461,300	\$1,846,110	\$1,541,565

* In 2022, GBF distributed 193 496. 20 KG of perishable and non-perishable food products to the community. Per Food Banks Canada, the 2022 monetary equivalent approximated \$7.07 KG (\$3.21 per lb.). Total value \$1,368, 018.

Reputation for Performance Excellence

Diligent stewardship of our assets matters because strong financial performance means greater impact in the community. Our strong performance allows us to make deeper investments in the work we do together, to ensure that anyone that needs our assistance receives the assistance they deserve in our community.



2022 ANNUAL REPORT MESSAGE FROM
STACY ELIA, CHIEF EXECUTIVE OFFICER

Dear Friends,

It has been an incredible year
at GBF Community Services!

As we reflect on 2022, it was a year of challenges and uncertainties, but it was also a year to demonstrate our resiliency. No matter what issue arose, we were able to adapt and respond because of your support.

Inflation of food costs puts more demands on surviving and meeting all individual and family needs. For the first time ever, we exceeded our budget for food purchases in the first 6 months of operations. This required us to reach out to our community for assistance. Many partners responded immediately to our ask. Thank you!

Community is at the heart of everything we do at GBF Community Services. This year’s Annual Report highlights how we work towards renewal through solutions to our town’s most pressing social problems, while also providing relief for the many needs of our clients and community members.

It has been a year of growth, continuous innovation, collaboration, successes, and challenges. I am thrilled to share that GBF Community Services had a direct impact value in our community of \$2,461,300.00. This is a tremendous accomplishment!

Thank you to our leadership who showed remarkable adaptability under increased stress, dealing with urgent client needs, while also coping with ever changing needs of our community. Many of our clients have shared their gratitude and appreciation for the support they received from the GBF Community Services team.

The information and statistics in this report provide a glimpse into the lives of some of our clients, and the committed staff and volunteers who support them each day. Our Housing Program continues to provide very valuable financial assistance in the prevention of Homelessness in Grimsby.

We are grateful to our student volunteers who have shown dedication, continuing to give of their time and talents to support our work, and our volunteer Board of Directors for providing governance and support as we respond to the needs in our community.

Many thanks to you, our friends, donors, and community partners. You sustain the work we do and ensure that we can continue supporting the community members who need us most.

We have accomplished so much throughout our 58 years, and we have no doubt our strongest years are ahead of us.

Every investment you make to support our mission is an investment in your neighbor. We are committed to thoughtfully stewarding your donations to provide hunger relief. We hope that those who count on us may continue to count on you to provide us with the resources and financial support to ensure we can assist with the many crises that come to our front line.

Stacy Elia

STACY ELIA
Chief Executive Officer

Dear GBF Community
Services Staff & Volunteers,

I wanted to take a moment to express my sincere gratitude for the incredible work that you and the GBF do in our community. Your commitment to helping those in need is truly remarkable, and the positive impact you have made on the lives of so many people is truly inspiring.

As Mayor, I am proud to have an organization like the GBF serving our growing community. Your dedication and compassion embody the spirit of our town, and your efforts make Grimsby a better place to live.

Thank you for all that you do, and please know that your work is deeply appreciated.

Sincerely,

Jeff A. Jordan
Mayor, Town of Grimsby



2022 HOUSING UPDATE

AN INVESTMENT OF \$317,244 WILL HELP PREVENT HOMELESSNESS IN GRIMSBY

GBF Community Services manages a coordinated and very effective system of housing services to improve the housing stability of people who are at risk of or experiencing homelessness in Grimsby.

Last year, over seventy households received a monthly Housing Rent supplement to assist individuals and families in ensuring their rent obligations. This was an investment of \$237,744. The frontline of the GBF team collaborated very closely with local landlords to ensure housing stability for those at risk.

For more and more renters in Grimsby, there's an increasing number of days in the month that remain when finances dry up. Flooded with despair and mounting debts, when people turn to GBF they are usually in crisis.

In addition, GBF provided one-time emergency housing support to several households in crisis. This was an investment of \$79,500.

We Prevent Homelessness

We assist people to options of housing supports by connecting them to community services

and resources. This includes assistance with housing applications, informal mediation with landlords, access to information on tenant rights and responsibilities.

We Offer a Rent Supplement Housing Benefit

We provide monthly financial benefits to make rental housing more affordable. In addition, GBF Community Services provides one-time emergency support and low-income energy assistance.

Thanks to the generosity of our donors and partners, we're able to bring dignity to deserving people who live nearby.

Here's how you can help combat the Housing Crisis

Become a Monthly Donor

The housing crisis isn't going away; it will continue to displace more and more of our neighbours. Monthly giving is one of the easiest and most effective ways for you to make a positive impact on our community. To help, please call GBF's CEO, Stacy Elia, (905) 309-5664 x33.

Become a Partner

For businesses, groups, and clubs, partnering with GBF is a win-win-win situation. Giving people a hand-up when they're down raises everyone's quality of life. Your reputation as a caring organization will increase and with it your sales or membership will surely grow.

*By keeping housing as a top priority, help us to tackle multiple community issues.
Donate today by visiting www.gbfgrimsbym.com.*



REASONS PEOPLE SEEK ASSISTANCE FROM GBF

Increasing cost of Housing

Spiralling cost of Food

Low Wages / Not Enough Hours

Delayed Wages

Unemployed

Relocation (Immigration / Moving)

Unexpected Expense

Sickness / Medical

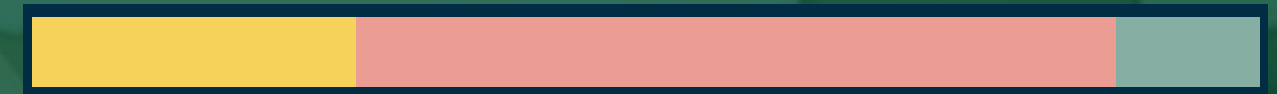
Family Break-Up

Debt

THANKS TO YOU, WE SERVED 765 NEIGHBOURS

For a total of 8,521 visits to GBF's Food Bank

765 UNIQUE INDIVIDUALS: NEW VS EXISTING



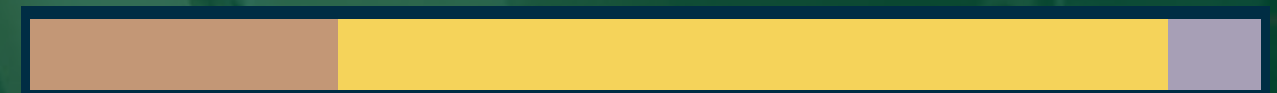
New: 202 • Existing: 470 • Anonymous: 93



241	61	95	122	88	99	59
CHILDREN 0-18	YOUNG ADULTS 18-24	ADULTS 25-35	ADULTS 36-50	ADULTS 51-59	SENIORS 60+	ANONYMOUS
2,760 unique visits	509 unique visits	1,110 unique visits	1,547 unique visits	1,249 unique visits	1,287 unique visits	59 unique visits

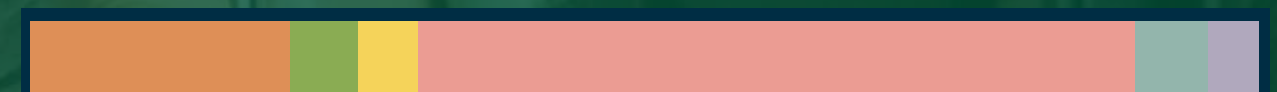
OF THE 241 CHILDREN: 0-2 Years: 25 • 3-5 Years: 35 • 6-11 Years = 79 • 12-17 Years: 68 • Anonymous: 34

NEW VS EXISTING HOUSEHOLDS (TOTAL HHLDS: 360)



New Households: 93 • Existing Households: 242 • Anonymous: 25

HOUSEHOLD TYPE (360)



Single parent: 74 • Two parent: 26 • Couples with no children: 16 • Single people: 204 • Other: 25 • Undisclosed: 15

INCOME TYPE PRIMARY HOUSEHOLD (360)



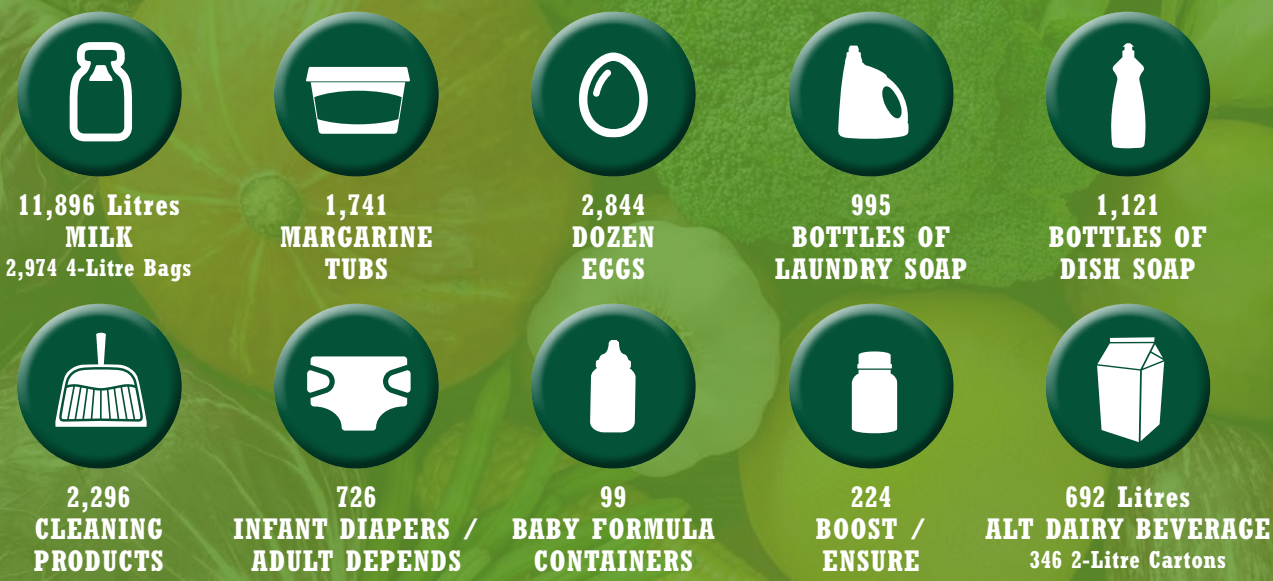
Employment Income: 58 • Employment Insurance (EI): 11 • Ontario Works: 32 • Disability-Related Benefits (ODSP • CPP-D • WSIB) : 78 • OAS + CPP: 41 • ALL OTHER: 89 • No income: 26 • Undisclosed: 25

HOUSING STATUS (360)



Own Home: 27 • Private Rental: 206 • On The Street: 3 • Rooming House: 1 • Social Rental Housing: 24 • Family & Friends: 16 • Other (Motel, Campground, Shelter, Vehicle, Couchsurfing): 33 • Undisclosed: 50

FOOD & ITEMS PROVIDED DURING VISITS



Additionally, our GBF Food Bank provides:
Fresh Fruits and Vegetables • Meat, Fish, Frozen Foods • Bread Products and Pastries • Dry Goods • Ethnic and Dietary Foods • Household Products • Personal Hygiene Products • Pet Food and Supplies

GBF PROGRAMS



We distributed 320,741 meals to clients in 2022



Many youths benefit from school breakfast and lunch programs, but what happens after the final bell rings and school lets out until fall? packs provide nourishing snacks that fuel them during the summer when other sources of food may not be available.

Fighting child hunger on a national scale during the summer months is the goal of our After the Bell program. The children really enjoyed the packages especially the added fruit and vegetables – a luxury in most homes nowadays.

Last year, GBF Community Services received 560 food packs with a financial donation of \$1,680 to add fresh produce to the packages. The food GBF Community Services thanks our partner for their leadership in providing healthy snacks for our local youth.





OUR VOLUNTEERS ARE THE VERY BEST

Our volunteers are essential to the day-to-day operations at GBF Community Services. It goes without saying that we would not be here without them. They work tirelessly each day to sort and price incoming donations, display priced products on the retail floor, help customers at the Furniture, Specialty, and Cash desks, help with administrative duties and sort and pack food in the Food Bank, to name just a few things.

In 2022, our adult volunteers contributed 39,271 hours of their time to the GBF. Student volunteers gave another 2,708 hours. We also participated in High school and University co-op programs.

It takes a minimum of 50 volunteers a day to smoothly operate the retail store and food bank.

Going forward we will be focusing on recruiting

new volunteers for our GBF team to allow us to try new ideas, expand or change some departments and adapt to the increasing demand on our retail store and Food Bank programs. We are also looking forward to continuing to match new volunteers with a mentor to improve training and make the entire experience better for new volunteers.

We are grateful for the hard work and commitment of community-minded volunteers who support GBF Community Services vision to enable our clients and community to be well.

SOME OF THE MANY BENEFITS OF BECOMING A GBF VOLUNTEER

Individuals, families, and corporate groups are motivated to volunteer and support the efforts of GBF Community Services for a variety of reasons. We welcome new volunteers whose motivations and

interests are diverse. In return we hope that as a volunteer, you will experience one or more of the following:

- Giving back to your community while meeting diverse new people along the way. Friendships are developed in GBF.
- The opportunity to contribute your knowledge, skills, and experience towards making a genuine difference for those experiencing crisis in our town.
- Being included in events, activities, and updates.
- Being a part of meaningful work experience.

Thank you for choosing GBF Community Services to receive the most valuable gift you have to give – your time! What seems like just a few hours of your time

means so much to an individual or family who receives the services you helped to deliver.

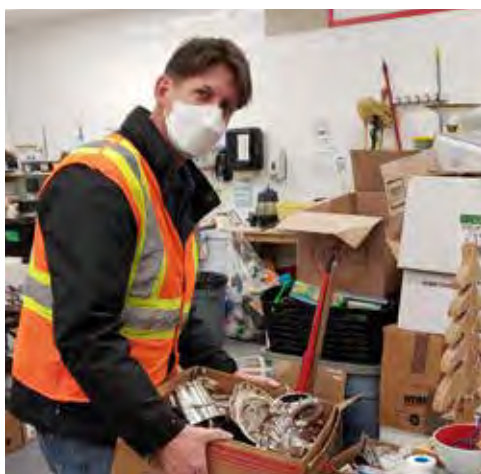
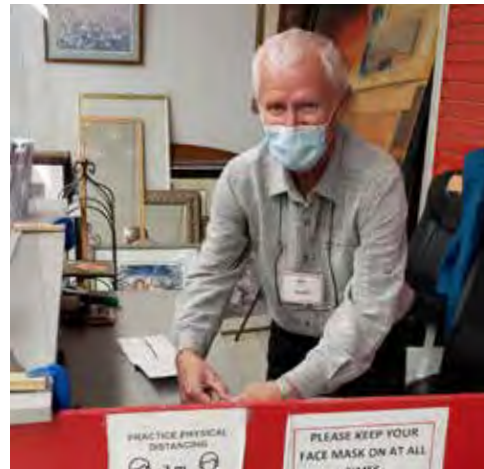
There are lots of opportunities for you to contribute:

- | | |
|---------------------------|------------------------|
| Operations Support | Program Support |
| • Food Bank | • Social Connections |
| • Retail Store | • Mental Health |
| • Sorting department | • Housing Program |
| • Receiving | • Healthy Eating |
| | • Retail Projects |

If you are interested in joining our team of volunteers, please email Tanya at retailcoordinator@gbfgrimsby.com or call 905-309-5664 ext. 24. She would be happy to discuss your interest and skills and help you to find a way to make some new friends and make a real difference in our community and at GBF Community Services.



CHECKING OUT OUR RETAIL OPERATIONS



Shoppers

We appreciate our shoppers. GBF Social Enterprise (thrift store) provides a fantastic shopping experience with great finds and with a purpose. Shoppers are local, but we are seeing more and more visitors from surrounding communities.

In-Kind Donations

The GBF thrift store provided clothing, housewares and furniture to several individuals and social service providers throughout our community, and we continue to provide the needed assistance to them.

Advertising

We continue to do postings of sales and saleable items on social media. GBF's thrift store offers affordable, convenient shopping for the entire family. Our store is a great place to donate/recycle items that are no longer needed.

Proceeds from our store support many of our programs such as utility, medical/dental, hampers, food, emergency housing to name a few. We hope to see you in our store. Visit us at 40 Elm Street.

Donors

Every one of our donors helps strengthen families, assist children, vulnerable adults, and seniors reach their full potential. Your donations are what allows us to address community and client needs.

Thank you for inspiring our team with your donations of your gently used products.



What shoppers at GBF Thrift Store have to say

Being able to purchase items and knowing I am supporting my local Food Bank is a "Win, Win."

I love to shop at GBF knowing I can dress my family for less.

I find great home décor items to finish my rooms in my house at a great price!

Did you know...

✓ GBF Community Services accepts donations of clothing, furniture, household and seasonal etc.

✓ Together, as a community, we keep many reusable items out of our landfill every year.

✓ Your one-of-a-kind finds are given a second, chance to be enjoyed again.

✓ By purchasing items at GBF you help provide steady revenue that supports our many programs and mission.

✓ Our store is stocked daily with unique finds daily by our volunteers and staff.

✓ We are committed to sharing quality, affordability, and a destination shopping experience in the downtown core of Grimsby.

Gift Cards that have impact

Consider the purchase of a GBF gift card for your loved ones and or a community member. Share the gift of thrifting! It fun and you never know what you might find.



SUCCESSFULLY WORKING TOGETHER TO SUPPORT OUR MOST VULNERABLE

GBF Community Services wishes to extend its appreciation to the Losani Family. Last year, we received financial support from the Losani Family Foundation, the charitable arm of Losani Homes.

Their Foundation provides much needed support to agencies such as GBF and people in need throughout the community.

Eliminating poverty and helping the community has



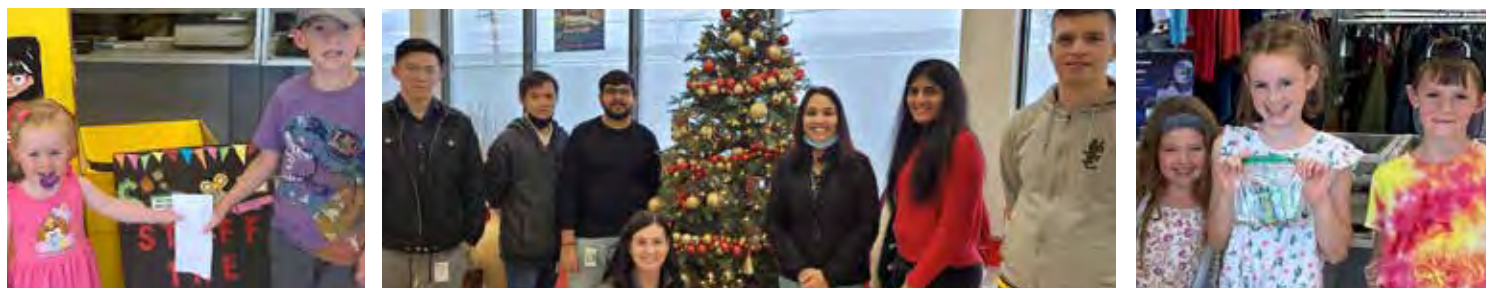
been a long-time mission of the Losani Family Foundation.

This year, the Losani team

visited the GBF facility and learned more about how their financial investment impacted the Town of Grimsby residents being serviced by GBF

Community Services.

Thank you for your confidence and financial investment in our efforts. You are a leader in your industry! We are truly grateful to be a recipient of your financial investments for the wellbeing of others.



WELL, WELL...
*Fashion at
the Forefront*



Fabulous fashionistas helped not only to raise people's spirits, their Fashion Show raised over \$10,000. This will benefit a number of GBF well-being initiatives.



PRESIDENT'S MESSAGE: 2022 WELLNESS PROMOTION ACHIEVEMENTS

Irene Podolak



GBF's wellness journey (which started in 2021) continued to make progress throughout 2022, despite COVID's tenacious grip on our community. Our impact goals for 2022 were achieved in the areas of physical, mental, social, and environmental wellness. Examples of our achievements at the Wellness HUB include the following:

150 CARE KITS were delivered to support isolated individuals within our community. These were especially appreciated since they were delivered just prior to the holidays and included \$100 worth of food, coffee and, gas gift cards.



Our first **SPEAKER EVENT** – the Virtual Tour of the Maritimes – great success with 25 attendees. Many new faces were seen at the event; some from Smithville, Beamsville, and Wainfleet.

The **FASHION SHOW** was a great success both socially and financially, raising over \$10,000.



Two sessions of the **HEALTHY EATING FOR WELLNESS (HEW)** course were conducted in 2022. A total of 34 people attended the sessions. Seven individuals are now certified course Facilitators. The results of the 2022 HEW courses were added to the 2021 report to create the final HEW Executive Summary Pilot Projects Report, which can be viewed on GBF's website.



As part of our Social Connections initiative, eight **FUN WITH FRIENDS** pilot project events were completed. Over 120 individuals were in attendance. The cupcake contest, wreath making, and free Lunch & Bingo events were very popular.

The methodology for the **NAVIGATING YOUR WELLNESS JOURNEY (NWJ)** workshop series was developed, along with a Wellness Promotion Self-Assessment tool. The draft materials were shared with the Newcomers & Neighbours Group plus other individuals/organizations to get their feedback. The Board approved the NWJ pilot project to be implemented in 2023.



GBF RECEIVES PRIZED INNOVATION AWARD FOR WELLNESS

This year, Feed Ontario presented GBF Community Services (Member Food Bank) with the Innovation Award. GBF Community Services was selected for our implementation of a 4-tiered Wellness Model that includes important work in Environmental, Physical, Social and Mental Wellness which enables both our clients and community to be well.



2023 COMMUNITY WELLNESS EXPANSION

Our successes in designing and delivering wellness promotion programming over the last two years has inspired GBF to expand its wellness promotion efforts into 2023.

In keeping with GBF's vision – *to enable our clients and our community to be well* – a decision was made to simultaneously operate two wellness streams, i.e., to continue to provide holistic CLIENT wellness, as well as introducing COMMUNITY wellness programming.

1. Holistic CLIENT Wellness

- Continuing to focus on promoting wellness for our clients.
- Delivering holistic client service deliver (i.e., looking at the whole person) in partnership with community service providers to meet clients' wellness needs, i.e., using a COLLABORATIVE PARTNERSHIP REFERRAL approach.

2. COMMUNITY Wellness Self-Management

- Providing the knowledge and tools needed for a person to identify their perception of wellness and their wellness priorities.
- Providing guidance and support to enable people to meet their wellness needs from both GBF and community service providers, i.e., using a WELLNESS SELF-MANAGEMENT approach.

Your Support is Needed

As a result of our Community Wellness Program expansion, GBF has recruited a full time Wellness Program Manager. This will enable us to open the Wellness HUB at 19 Elm St. to the public and offer a wide variety of free wellness courses, events, and activities in 2023. However, for the Program to be successful we need your support. This can take the form of donations and/or volunteering at the Wellness HUB.

For example:

- Supporting the Manager to prepare for and deliver various activities and events, such as the Coffee Club, Wreath Making workshop, Bingo event, Cupcake Contest, or Care Kit assembly.
- Depending on your interests, you could learn to be a Healthy Eating for Wellness Facilitator or support the Navigating Your Wellness Journey workshop series.
- Being a computer mentor, or leading/joining a walking group, music circle, or yoga class.

You could also spread the word in the community to encourage people to participate in HUB events TO BE WELL. It's your choice as to what you want to get involved with, and how much time you want to contribute.

Together, we can make an impact in our community.

For wellness volunteering opportunities, contact **Lindsay Dressel** at wellness@gbfgrimsby.com or call the HUB at 905-309-4962.





COMMUNITY WELLNESS PROGRAM PRINCIPLES



PRINCIPLE	DESCRIPTION
Wellness literacy	People need to know what wellness is and the inter-dependent relationship between physical, mental, social, and environmental wellness. Being literate about wellness is the starting point for embarking on a wellness journey.
Informed choice	People have the right to make an informed choice on how they want to proceed on their personal wellness journey; only they can know what is right for them.
Equity & access	Everyone is entitled to quality of life. Relevant, affordable community wellness services need to be accessible – price should not be a barrier.
Inclusivity & belonging	Regardless of their socio-economic status, all people should feel valued, have trusted relationships, and have a sense of belonging in their community. No one should have to struggle with promoting their well-being on their own. They need to be made aware of how and where they can find wellness support services.
Collaboration	No one organization is capable of delivering all the wellness services that are needed – partnering together to promote community wellness is the key to meeting the community's needs.
Self-management	Individuals need support to travel their own wellness journey – we need to help people to help themselves.



A PATH FORWARD TO WELLNESS

GBF Community Services Supports Pathstone Walk in Clinic (Grimsby)

Four years ago, Pathstone Foundation began the task of appealing to local councils to seek support to establish and fund youth mental health clinics closer to home.

Their goal in creating walk-in clinics across Niagara was to allow kids to be within reach of mental health care with no hoops to jump through. They positioned it as getting mental health support in your own backyard without cost, referral or even a health card.

John Darch Insurance & Investments Inc, Co-operators, located in Grimsby and GBF Community Services have both been allies to Pathstone for years. When

Pathstone Foundation appealed to them for a \$10,000 commitment each, there was not a hesitation. The answer was a resounding "Yes!" Their support will provide an essential service to Grimsby.

The Grimsby clinic operates out of the Grimsby Public Library, every Wednesday.

Supporting mental health means that you understand both that it's fundamental to living a meaningful life and that it requires investment. Contact us! We look forward to discussing how your gift today can improve mental health for all. Call (905) 309 5664 ext. 33 or email: stacy@gbfgrimsby.com

With the support of Co-operators Advisor Community Fund, and in partnership with GBF, I'm grateful to be able to provide the funding necessary for Pathstone to be able to keep the Grimsby Walk-In Clinic open. Easy access to mental health care for children is critical, especially with the added impacts of the nearly two-year pandemic on children and families.

John Darch
John Darch Insurance & Investments Inc.

This type of community support and buy-in is why we have such strong presence across Niagara. Over the past 12 months, we supported nearly 10,000 kids of which a few thousand were from the Grimsby area. We are grateful to GBF and to John Darch for their commitment to the Grimsby clinic which is one of the busiest of the nine clinics we operate. We can't forget one of most important partners at the Grimsby Library and Art Gallery for offering a safe space for our kids and counsellors to meet each week.

Kim Rossi
*Director of Philanthropy & PR,
Pathstone Foundation*

It is wonderful for GBF Community Services to be able to financially co-sponsor the walk-in clinic in Grimsby. Access to service is probably the greatest hurdle for people to get on-going, mental health supports. It is so vital to have this kind of service available for youth and their families locally. We are extremely proud to be a part in keeping this clinic in Grimsby.

Stacy Elia
*Chief Executive Officer,
GBF Community Services*



HUGE *thanks!*

Great appreciation is extended to Harley Valentine, partner Castlepoint Numa for providing space for our Wellness Hub in Grimsby (19 Elm Street). The Hub is a vital part of continuing to help our clients to believe in themselves and better their wellbeing.

More people than ever need the strength and comfort of the GBF Community Services programs. Because of you, GBF opens the door to wellness programing to deserving people experiencing difficult and challenging times. Clients of GBF Community Services and community members

of Grimsby have benefited tremendously from this opportunity. Harley, thank you for your generosity and confidence in our work. Your support encourages the GBF team and is an inspiration for the entire organization.



CLIENT TESTIMONIALS – WHY WE’RE DOING THIS

“ My husband passed away, and I did not know how I was going to manage. Someone gave me your number and said you could help. **My life has been changed immeasurably by the support of the GBF.** You have eased stresses I faced day to day with the cost of food, bills, and rent. What a wonderful service you provide to the community. Thank you so very much!
CLIENT # 935902 ”

“ GBF helped us when we did not have boots and winter coats. **Thank you for keeping us warm this season!**
CLIENT # 337261 ”

“ GBF’s backpack program gave us **peace of mind** knowing my son would go back to school with everything he needed.
CLIENT # 2719710 ”

“ Without the GBF Rent Supplement, I would be homeless. Now, **I can sleep at night,** and I don’t have to ask my friends and family for money.
CLIENT # 765027 ”

“ The pre-made sandwiches I receive from GBF supplied by Starbucks are not only tasty but also filling. **I very much appreciate Starbucks and GBF.**
CLIENT # 2951660 ”

“ The GBF Food Bank enables us to cook and eat meals together and for my daughter to have a great school lunch. **I am so grateful for GBF.**
CLIENT # 2951285 ”

“ When I felt defeated and depressed, GBF staff always made me feel important, understood, and loved.... **With all my love, I thank you.**
CLIENT # 2719710 ”

“ **Thanks to the financial support we receive from GBF, our house finally feels like a home!**
–ANON ”

LEAVE A LEGACY: PLANTING HOPE THAT BLOOMS ETERNAL

Making a legacy gift is a great way to have a meaningful impact and reduce local crisis.

It's a gift with lasting impact in our community.

Supporting the programs and services of GBF means that everyday children, adults, seniors and families who don't have the resources of basic necessities have a resource in their community to turn to for help.

You can help ensure that future generations live healthy by including GBF Community Services in your Will or Estate Planning.

Legacy gifts are donations arranged in the present and given at a future date. Your gifts are a way to show your generosity and commitment to GBF Community Services efforts.

By including GBF in your legacy planning, you will:

- Help to ensure that GBF Community Services is there for years to come, providing services and food for your neighbours that need it most.
- Amplify your local impact.
- Enjoy tax benefits.

What you need to know

Information that may be helpful as you prepare your legacy gift includes:

Legal Name: Benevolent Society of Grimsby And District
Charitable Registration Number: 821227147RR0001

Mailing Address: 40 Elm Street, P.O. Box 231, Grimsby, ON L3M 4G3

If you have already arranged a legacy gift to GBF Community Services, you are under no obligation to tell us about it. However, we would love to thank you personally. Contact Stacy Elia, CEO, at (905) 309-5664 ext. 33 or by email: stacy@gbfgrimsby.com

OUR PROMISE TO YOU

We respect your privacy. Our staff recognize that making a gift in your will is a personal choice. Your legacy gift will ensure that GBF Community Services continues to be a leader in delivery of service.



Ever Hopeful Fund

We needed you and you were there. We are so grateful for your donations in 2022.

People like you are an inspiration to all. Thank you so much for this very generous act of giving. Your donation was a gift that could not be appreciated more. Donations from kind-hearted people like you make our GBF team keep doing what we do for others.

Individuals like you are not only a joy to interact with and to share time with, but also you are an inspiration.

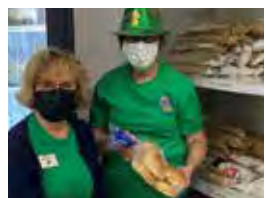
Thank you so much for being so refresh-

ingly loving and giving as a person.

We are so fortunate to have caught the attention of people like you with caring hearts.

Your donation this past year and your commitment to our work inspires others to donate tomorrow.

Thank you for being such a magnificent leader and a shining example to all. You heard our call for help and answered it quickly. We cannot do it without you, and we appreciate your willingness to be a helping partner.



SESSANTA MIGLIA CAR EVENT SEEKS TO DRIVE AWAY HUNGER

Sessanta, which means '60' in Italian, saw participants drive 60 miles for each of the two days a tour that commenced in Grimsby and finished in the Niagara Region.

The drivers and navigators each share a passion for driving, the art of rally, and supporting two very important causes.

GBF Community Services was a grateful recipient of proceeds raised from this event in the amount of \$11,020. These funds will be used for essential on-going relief in the food bank.

Special thank you to Robert Hattin for organizing such an outstanding car event. Your passion of driving while raising financial contributions for our cause has made such a difference in so many lives. It's initiatives like this that will drive away hunger.



COMMUNITY PARTNER SPOTLIGHT



Sobeys has been a part of the Second Harvest program for almost 2 years now. The amount of food waste has gone down significantly as almost everything we pull gets donated. We work with GBF, and they pick up donations twice a week. It is so important, now more than ever, for this program to be in place. With the inflation of groceries on the rise, more and more families in need of the food bank. This program came into our stores at just the right time, during the height of covid. We will continue to work with Second Harvest Food Rescue and GBF as these trying times continue. Knowing that the food we used to waste for no good reason is now helping to keep families fed is the most rewarding feeling. Our Sobeys team works together daily to make sure anything and everything we can donate gets donated! We are a business that is here to help our community where we can.

Isaac Vedanayakkam
Store Manager,
Sobeys, Grimsby



The FORT (Foundation of Resources for Teens) is the only free non-faith-based youth program that provides after school programs and resources to youth aged 11-18 in West Niagara. Our programs include homework help, resume building, cooking club, arts and crafts, and future planning; designed to give FORT youth the best opportunities to graduate from high school and transition well into adulthood. Other programs such as our mental health service, gives immediate help to youth who finds themselves in crisis.

This program exists due to the generosity and partnership with GBF. Our valued partnership with GBF allows FORT to provide better food, programming, and mental health counselling to local youth.

The FORT has now been partnered with GBF for over a decade, and we are tremendously thankful for this relationship. We look forward to continuing to build on these efforts.

Gijs De Groot
Resource Developer
The FORT, Grimsby



Starbucks has been in Grimsby for 6+ years at the 415 South Service Road location. Starbucks leads and engages in neighbourhood events and programs, striving to improve the lives of everyone in the community. Food insecurity is an ongoing issue for many, and we are passionate about reducing this in our communities. For the past 2 years, we have aligned with our GBF partners to support through Second Harvest Food Rescue Program, and various donation drives throughout the year. Additionally, Starbucks provides monetary Neighbourhood Grants, and has repeatedly chosen GBF as our nominee and recipient. We look forward to our continued partnership with GBF.

Cavanaugh Charlebois
Store Manager,
Starbucks Grimsby



Dr. Joe has always been passionate about supporting the community of Grimsby. His daughter, Dr. Alana, is excited to follow in her father's footsteps.

It's an honour to work with the GBF Community Services which does so much to help our local community. It brings us joy to be able to use our skill set to support our community because everybody deserves a healthy smile.

Dr. Joe
Dr. Joe Paolasini Dental Care



We are privileged to be able to partner with the GBF in supplying vision care to those in need within our community. Even before partnering with the GBF, we insisted that patients who had coverage through the government not be charged above their coverage. In 2019, we suggested to Ashley Marr that we begin a formal arrangement with the GBF, where they would connect us to the individuals in our community who most needed help. GBF's involvement has made helping these individuals a happy and fulfilling experience, far beyond anything we could have expected. We look forward to continuing our partnership for years to come.

Dr. J. Scott Peaker, Optometrist
Dr. Alyssa Muia, Optometrist



thank you
for being a

GREAT BIG FRIEND

Thanks to you, more people got more joy!

From the bottom of our hearts, thank you for your support of the GBF Community Services' annual Christmas Hamper program this past season.

Once again, we were so encouraged and inspired to see the community come together to ensure that those who were experiencing difficult times were very well cared for.

Thank you to all the service clubs, schools, churches, individuals and businesses that continue to support our efforts.

Because of your generosity, we were able to provide 210 Christmas Hampers to individuals and families experiencing difficult times. The compassion and dedication that is so eagerly expressed by our friends

means more neighbours can confidently look to a brighter future in 2023. Thank you.

Our program can be credited to all those who generously donated food, toys, money, and gift cards and to those who sponsored families. Thanks also to our great volunteers and staff who worked to ensure everyone experienced a beautiful Christmas.

Please continue to make a difference by supporting our efforts. Please visit gbfgrimsby.com for more details. Thank you!

Stacy Elia, GBF CEO
Irene Podolak, PRESIDENT



210
House-
holds



281
Adults
Served



210
Children
Served



\$316,744
Provided in
Housing Support



Your donations were doubled!

Thanks to the Winona's Men's Club, everyone's donation was doubled to their goal of \$15,000. That means Grimsby's gifts of \$15,000 when added to the Winona Men's Club gift provided another \$30,000 in food to help feed hungry families. Not only do we look forward to the Club's continued support, we encourage other clubs, companies and individuals to multiply people's givings throughout the year. *The more you help, the more people we can help!* Thank you!



GBF is especially thankful for our generous sponsors:





TREASURER’S REPORT

Robert Paul

GBF is a charity. It is also a “social enterprise” – meaning it has two primary goals:

- 1) to pursue and achieve social, cultural and environmental outcomes and;
- 2) to earn revenue to support and achieve its program goals.

GBF’s core business model – GBF is a volunteer-driven organization with its main revenue sourced from the sales of donated goods from our thrift store. Revenue from the thrift store pays for ALL of GBF’s operating and overhead costs AND makes a significant contribution to GBF’s programs directed to the wellness needs of the residents of Grimsby. An oversimplified description of wellness includes: food, shelter, mental health and the social well being of youth, adults and seniors.

Based on GBF’s business model, it is true to say that 100% of every dollar donated to GBF will be spent, without deduction, on the donor’s specified choice of program – foodbank, housing assistance, wellness, back to school backpack, Christmas and seasonal hamper programs, mental health and many others. All of these programs are in support of the wellness needs of the residents of Grimsby.

GBF’s primary source of revenue, the thrift store, is very well supported by the community – both with

product donated as well as regular support from our shoppers. In 2022, we modified our pricing model by decreasing the price for much of our inventory. The change resonated with our shoppers which resulted in a large increase in total sales revenue. In fact, the 2022 store revenues returned to pre-COVID levels, (2022: \$1,403,780, 2021: \$858,842).

The 2022 thrift store results are not the whole story. We received generous financial donations from both corporations and private individuals which increased by approximately 41% compared to the prior year, (2022: \$634,856, 2021: \$448,362).

GBF is truly blessed to be the beneficiary of such generous support from the Grimsby community.

The combination of increased donations and thrift store revenues permitted GBF to significantly increase our 2022 investment in our programs to respond to our clients’ increasing need for assistance. In fact, GBF made a direct financial investment in the Grimsby community of over \$1 million (2022: \$1.1 million, 2021: \$743K).

To measure GBF’s total impact on the Grimsby community, GBF also distributed 193,496 kg of perishable and non-perishable food products valued at \$7.07 per kg to equal \$1,368,018 in total. Overall, GBF’s monetary impact on the Grimsby community approximates \$2.46 million. For GBF, this is a truly unique milestone and accomplishment!

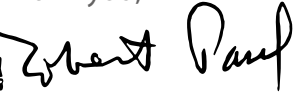
Thanks to the generous support from our community, we were able to meet all of our clients needs, even as those needs significantly rose in 2022, particularly in the later part of the year. GBF experienced a real ramping up in client need/demand for the numerous programs GBF

delivers to the Grimsby community. The 2022 increased demand was directly attributable to several factors to include: the termination of the government’s CERB financial relief; record high inflation affecting particularly food, gasoline and other necessities and; increased interest rates which have rippled across all aspects of housing – to include rental costs and availability of housing.

Illustratively, in February 2022, GBF was serving 105 food bank clients, in February 2023, the number is 156 – an increase of 48%. Many of our food bank clients are also in need of assistance with utilities, medical, dental and bedding. Similarly, we have witnessed a significant increase in the absolute need for housing assistance in similar proportions to the increased demand for foodbank access. Unfortunately, we are continuing to see the trend line for need/demand for all of these services continuing to point upward – being the wrong direction.

It is evident that GBF is facing a challenging year ahead in 2023, since our clients will be feeling the effects of high inflation and interest rates for many months to come. The demand/need for GBF’s services are projected to be at record levels in 2023.

We remain very grateful to our volunteers, private and corporate donors and, our sponsors and partners – without whom these accomplishments would not be possible.

Thank you,

Robert Paul

Financial Highlights

2022 Revenue	
Sales and Recycling	\$1,403,780
Contributions	634,856
Provincial / Regional Grants	76,531
Interest Revenue	28,854
Other	59,529
TOTAL REVENUE	\$2,203,550

2022 Administration	
Occupancy	\$77,952
Office and Computer Maintenance	40,817
Telephone	11,067
Service Fees, Supplies and Other	69,239
Board and Strategic Planning	11,538
Professional Fees	17,919
Insurance	31,184
Salaries and Benefits	112,339
Amortization	47,195
TOTAL ADMINISTRATION	\$419,250

2022 Programs	
Food Bank	\$224,428
Client Assistance/Housing	425,775
School Life and Bursaries	13,814
Christmas Hamper	86,018
Clothing & Furniture	166,257
Wellness (Hub) Program	24,598
Advertising and Promotion	14,807
Volunteer Recognition	12,374
Community Partner Donations	94,250
Easter and Thanksgiving Hampers	16,869
Hunger Awareness	9,127
Kids Zone Program	4,964
Salaries and Benefits	536,407
TOTAL PROGRAMS	\$1,629,688

Excess revenue over expenses **\$154,612**

OUR MISSION

- GBF Community Services’ Mission is to:
- Meet our clients basic needs,
 - Promote wellness in our community, and
 - Provide a safe and rewarding environment for our board, staff and volunteers.

OUR VISION

GBF’s Vision is to:
Enable our clients and our community to be well.

WE VALUE

- A strong sense of social responsibility
- A commitment to serving our clients with respect and compassion
- A belief in the unique abilities, strengths, and gifts of each person
- A belief in the capacity for people to grow, change, and care for themselves and for one another
- A commitment to professionalism, ethical conduct, and integrity of service delivery
- A recognition of the importance of volunteerism and citizen participation in the community
- The role of research, education, and advocacy

LEADERSHIP

2023-24 BOARD OF DIRECTORS

The Board of GBF Community Services is a governance board. The directors are elected annually. Directors work collaboratively with the Chief Executive Officer (CEO) and management team to ensure that GBF delivers on its fiduciary and Strategic plan responsibilities. Directors participate in Board deliberations and decision making in matters of policy, finance, programs, personnel, and advocacy.

Our Board of Directors contributes to the health and well-being of our community through their commitment to the operations of GBF Community Services.



Irene Podolak, *President*



Robert Paul, *Treasurer*



Justin Cruse, *Secretary*



Frank Barretto, *Director*



Linda Rowlison, *Director*



Leanne Sidorkewicz, *Director*



James Stevens, *Director*



Mary Wiley, *Director*

Enormous thanks is extended to the Board of Directors for caring for our community

GBF's Amazing Staff

Stacy Elia, *Chief Executive Officer*

Ashley Marr, *Director of Programs*

Misty Duggan, *Finance/
Administration Manager*

Anita Scicluna, *Retail Operations Manager*

Megan Kools, *Food Program Manager*

Eleana Aleman, *Food Program Coordinator*

Lindsay Dressel, *Wellness Program Manager*

Tanya Dietl, *Retail Coordinator*

Emily Blackborow, *Retail Assistant*

Bill MacLean, *Receiver Coordinator*

Allan Seabrook, *Receiver/Truck Driver*

GBF extends its appreciation to the student employees who participated in the Summer Employment program.

GBF is a proud member of:

FEED Niagara

Feed Ontario (OAFB)

Food Banks Canada

Grimsby & District
Chamber of Commerce



TOURS SHOWCASE OUR SUCCESS

GBF hosted over 65 tours of our facilities both at 40 Elm Street and 19 Elm Street, Grimsby. At GBF, we love to have visitors in our facilities so they can learn more about our operations. Often, they are amazed by the scale and efficiency of our efforts.

This has been a great way to showcase our work and the outstanding model we have at the GBF. Many donors, corporations, social services agencies, and youth were interested in learning more about our operations and how we operate our Client Choice Food Bank and Wellness Hub. The GBF team is proud of the several corporate engagement opportunities that were shared this past year. This gave employees of other businesses the opportunity to give back and work alongside members of our GBF team.

Thank you for truly making a lasting impact on the lives of your neighbours in need and the future of our community.

HOW YOU CAN HELP

GBF Community Services needs you!

We all have a role to play in contributing towards an engaged, healthy, and thriving community.

Here are some of the many ways that you can get involved and take action.

VOLUNTEER

Every day our volunteers amaze us with their creativity, hard work, and caring attitudes. We have a strong volunteer program that will provide you with training, mentorship, and a rewarding experience. For apply to become a volunteer please visit our website GBFgrimsby.com and fill out an on-line application for consideration.

SPREAD THE WORD

Let your friends, neighbours, and family know about GBF Community Services and our programs.

FOLLOW US ON SOCIAL MEDIA

We are on Facebook and Instagram @GBFCommunityServices where you will be first to see updates and information on sales etc.

DONATE FOOD/HOUSEHOLD AND HYGIENE PRODUCTS

Food donations are at the core of our work. Non-food items such as paper goods and cleaning supplies are also welcome. Please remember our furry friends too with pet food, cat litter and treats. Please consider hosting a donation drive.

MAKE MONETARY & IN-KIND DONATIONS

Financial donations sustain our Food Bank and enrich the larger community by providing nourishment, dignity, and a sense of sharing for all involved. In-kind donations come in many forms. These donations allow us to provide very necessary programs and services to individuals and families going through difficult times. Donate: www.gbfggrimsby.com/donate-now

SHOP AT OUR THRIFT STORE

GBF Community Services thrift store provides new and gently used clothing, fashion accessories, books, toys, furniture, household items and more. Your donations and purchases support community members experiencing challenging times. Visit GBF Community Services Thrift Store at 40 Elm Street in downtown Grimsby.

RECYCLE YOUR SCRAP METAL AND ELECTRONICS

GBF welcomes donations of these products as revenue from these sources helps support the many programs delivered by our staff. Our Receiver volunteers will be ready to great you and accept your items at the back of our facility.

BECOME A MONTHLY DONOR

Monthly giving is one of the easiest and most effective ways in which to make a positive and sustained impact. You will also provide our community members with the resources they need to thrive. Please call (905) 309-5664 ext. 33.

CORPORATE VOLUNTEERING AT GBF COMMUNITY SERVICES – BUILD BUSINESS & COMMUNITY SUSTAINABILITY

Corporate volunteering recognizes the value of business engaging with people in our community. The benefits for business are many: It improves reputation, internal culture, and a long-term sustainable future. For employees, it improves their leadership opportunities. By joining us, you will see first-hand the positive difference one can make and you will do your part to feed hope!

GBF Community Services

40 Elm Street, P.O. Box 231
Grimsby, ON L3M 4G3

gbfggrimsby.com/donate-now
(905) 309-5664 x33

Charitable Registration
#82122 7147 RR0001

Together, we will continue to build an engaged, healthy, and thriving community in the Town of Grimsby



CONCEPT AND DESIGN: JOHN VANDUZER, WISHART.NET



GBF Community Services

40 Elm Street, P.O. Box 231, Grimsby, ON L3M 4G3
gbfgrimsby.com/donate-now • (905) 309-5664 x33

Charitable Registration #82122 7147 RR0001