

## Help Us Fight Food Insecurity In Cumberland

Rates of food insecurity in Canada—the number of people living in households struggling to afford food due to lack of money—have increased to the highest levels on record. According to the latest official data, 18% of people in Canada now live in food-insecure households. Food insecurity is not simply about a lack of food. It affects people’s physical and mental health, social connection and community, employment and family life.

CCSS Food Programs play a crucial role in ensuring all Cumberland residents have access to nutritious food. Our **Healthy Food Program** produces 5,386 meals each month and 22% of these are provided free of charge to low & modest income families. The **Food Share** serves as Cumberland’s food bank, and includes bi-weekly deliveries of Healthy Food Hampers to 75 households, including families, adults & seniors.



**This winter, our goal is to raise \$50,000 to ensure these valuable programs continue to operate.**

### HOW CAN YOU HELP?

**1**

**Become a CCSS monthly donor.**

Your recurring gift will go directly toward our Food Programs. No donation amount is too big or too small- even \$5 a month makes a difference.

**2**

**Make a one time financial contribution.**

\$100 provides a family with one Healthy Food Hamper, or subsidizes 20 lunches for a child in our community.

Charitable tax receipts are issued for all donations.  
Charitable Organization# 86632 6994 RR0001



**SCAN ME TO DONATE**

### What Food Program participants had to say:

*“If it were not for the people who started the Cumberland Community Schools Society, and now the Food Share program, I do not know how I would have survived. Bless their hearts, for they are a group that goes above and beyond.”*

CCSS is a **registered charity** that works to strengthen our community by improving access to healthy food, recreation, lifelong learning and a network of support. To learn more, donate or volunteer visit [www.ccssociety.org](http://www.ccssociety.org)

## CCSS 2023 Impact

In 2023, CCSS provided a record number of meals and food hampers to folks in our community. There has been a significant increase in demand for our services as residents struggle to navigate the high cost of living. Those most affected include single parent families, seniors, folks on fixed incomes, and single working adults.

### Healthy Food Program Breakfast, Lunch & Snacks



Engaged **631 children & youth** in our Healthy Food Program



Served **43,088 meals**  
Provided **9,545 meals** FREE of charge to low income families

*“CCSS does a great job of supporting our youth and community. I’m so thankful my child gets to benefit from what CCSS offers. With all my heart, thank you.”*

*- Parent*

### Cumberland Food Share Our Village’s Food Bank



Delivered **1,450 Healthy Food Hampers**



Served **231 individuals** (97 children, 114 adults and 20 seniors)

*“I’m eating better, which is translating into better mental health. I feel cared for. Even though I’m on disability, the care that goes into the food hamper makes me feel like I still have some worth and am treated the same as others. That matters to me a lot, to feel respected and valued.”*

*-Food Share Client*



## DONATE

If our work of strengthening food security in Cumberland is meaningful to you, please consider making a donation.

1. Donate via our Canada Helps page (one time contribution or become a monthly donor).  
<https://ccssociety.org/donate/donate-now/>
2. Send an e-Transfer to [director@ccssociety.org](mailto:director@ccssociety.org). Please include your mailing address for a tax receipt.
3. Mail a cheque payable to Cumberland Community Schools Society. PO Box 430 Cumberland, BC V0R 1S0

FMI visit [www.ccssociety.org](http://www.ccssociety.org) or contact [director@ccssociety.org](mailto:director@ccssociety.org), 250-336-8511

