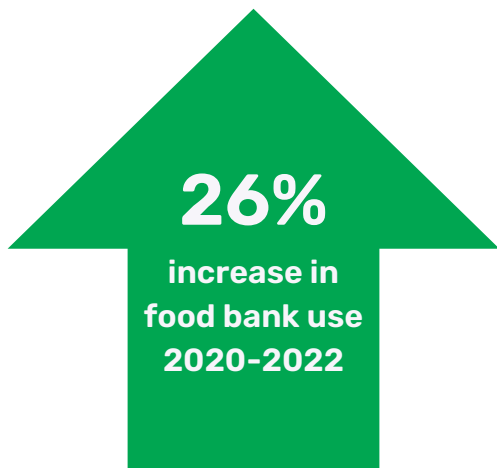


NEIGHBOURS HELPING NEIGHBOURS

Clarington East Food Bank

WHO WE ARE:

Clarington East Food Bank supports individuals struggling with food insecurity.

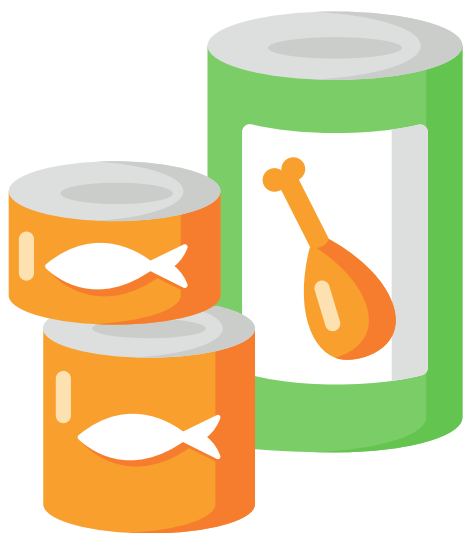


Food Bank usage is at an all time high due to inflation and the rising costs of food, gas, and housing.

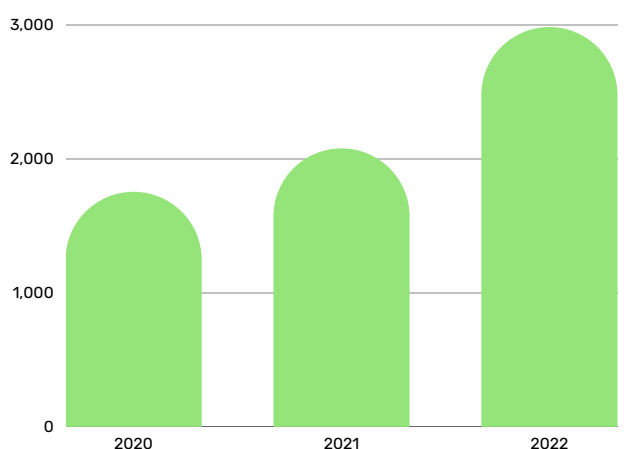


40%

Almost 40% of our food bank users are children and youth under the age of 18.



Thanks to our community, 58,830 lbs of food was donated to CEFB in 2022.



The number of visits per household to CEFB have increased by 70% since 2020.



Volunteers

We are grateful for the 32 volunteers who help run the CEFB on a daily basis.



Funds Donated

Funds donated to CEFB go directly towards the purchasing of our most needed items.



Other Supports

CEFB also provides back to school and holiday hamper programs.

WHAT WE DO:

CEFB offers a shopping model food bank where our neighbours can choose the food they need. We distribute a variety of items, including perishable and non-perishable food, hygiene products, and pet food.