



# Annual Impact Report **2019**



## Message from Our Board Chair

The Compass is in the 18<sup>th</sup> year of operation and we are busier than ever, serving more clients, distributing more food, offering more services and attracting more volunteers. We are grateful for the vision of our founding and supporting churches as together we work to meet the many needs of our community in south Mississauga. The Compass is committed to demonstrating God's great love for people. We strive to show compassion, give respect and provide practical help to people who are disadvantaged.

We like to say that The Compass is much more than a food bank, but distributing nutritious food is the focus of much of our efforts. Food is what initially draws most people to The Compass. We have worked hard, especially over the last five years, to improve the choice of healthy foods and this remained a priority in 2019. Clients have the option of fresh milk, eggs, a choice of meats and fish, and fresh fruits and vegetables, along with a large variety of other food items. We are grateful for our many supporters who supply us with this food, including The Mississauga Food Bank, our churches, our local MP, MPP and city councillors, local farmers' markets, our community garden group, and so many individual donors who often just show up at our door with bags and bags of food. We are also grateful for the growing numbers of donors who provide us with the monetary resources to source 21% of the food we distribute.

Throughout 2019, the Board was busy planning for the future of The Compass as our discussions with Indwell continued to make good progress. Indwell started construction of a 68 unit apartment building at 425 Lakeshore Road East for supportive housing, and we remain very hopeful that this will be our new home in 2021. More on this is provided at the end of this report.

We have revamped our Annual Report this year to focus more on the impact we are having in our community. We could not do what we do so well without the talents and energy of our three part-time staff (Trish Trapani, Sheryl Darlington and Karen Sears), our many committed volunteers, and the supportive communities, businesses and organizations of Port Credit and Clarkson. Currently, The Compass is making changes in response to the threat of COVID-19. We are determined to help people as long as needed and return to normal operations when it is safe to do so. Even during these uncertain times, we promise to provide help for today and hope for tomorrow.

**David McKeown**  
Chair of the Board  
March 2020

## Our Member Churches

Christ First United Church  
Clarkson Road Presbyterian Church  
Sheridan United Church  
St. Dominic's Catholic Church  
Trinity-St. Paul's Anglican Church

Church of St. Bride Anglican  
ClearView Christian Reformed Church  
St. Andrew's Memorial Presbyterian Church  
St. Mary Star of the Sea Catholic Church  
WestEdge Community Church

Clarkson Community Church  
Lorne Park Baptist Church  
St. Christopher's Catholic Church  
St. Stephen's-On-the-Hill United Church

## Our Supporting Churches

Cawthra Park United Church

Church of St. Mark Lutheran

Park Royal Bible Church

### OUR MISSION:

Together, we provide help for today and hope for tomorrow.

### OUR VISION:

As a Christian community-based volunteer organization, we will serve all persons in our south Mississauga area to meet immediate needs for nutritious food, encourage the enhancement of life skills, and foster a caring community.



# Together, we provide help for today....

In 2019, we distributed **486,000** pounds of food, an increase of **9%** from 2018.

- We served 935 households, of which 321 (34%) were new to The Compass, for a total of 2,030 individuals
- 52% of our clients were single, 30% were children and 10% were seniors
- Our clients made 15,900 visits to our Market, up 10% from 2018
- Sources of food:
  - ⇒ Donations - 42%
  - ⇒ The Mississauga Food Bank - 37%
  - ⇒ Purchases by The Compass - 21%



## We are focused on distributing fresh and healthy food

Thanks to our many generous donors, we were able to source a wide variety of fresh food and healthy choices. This year, we distributed:

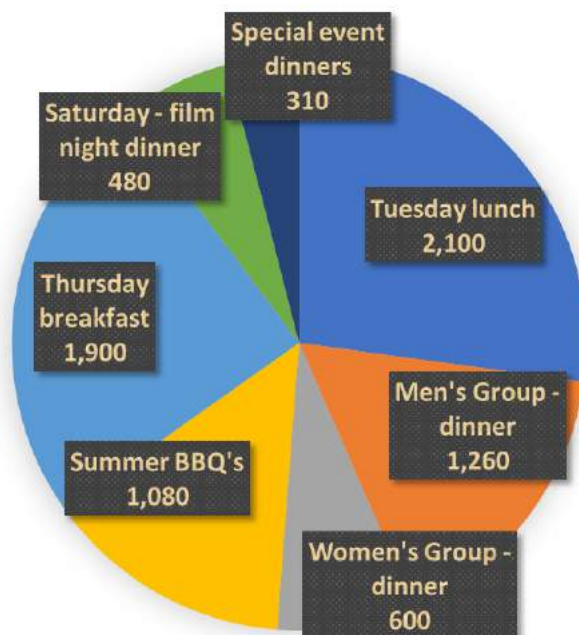
- 26,000 litres of milk
- 7,200 dozen eggs
- 20,000 lbs. of chicken
- 7,100 lbs. of fish
- 2,500 lbs. of pork
- 8,200 lbs. of apples
- 10,100 lbs. of potatoes
- 5,300 lbs. of onions
- 8,300 lbs. of produce rescued from farmers' markets
- 625 lbs. of produce from our community garden



## We served 7,730 hot meals, and 18,130 snacks

At The Compass, we know that gathering around a table to enjoy a hot, healthy meal with others is a great way to build community. Volunteers serve lunch every Tuesday and breakfast every Thursday. Dinner is an important part of our Women's and Men's group activities. In 2019, we began a dinner and movie event on Saturday evenings. Summer wouldn't be summer without our BBQ's, hosted each Wednesday evening by groups of volunteers from our member churches and other community groups. We also host special dinners for our community for Easter, Thanksgiving and Christmas. Christmas Day at The Compass has become a great tradition, with a great lunch, lots of fellowship and a turkey dinner with all the trimmings.

On Market days (Monday, Wednesday and Friday), the coffee pot is always on. We provide lots of healthy snacks including veggie platters and home-made soups to our clients as they drop in to shop or just to socialize.



## Other noteworthy client services:

- With the help of two volunteer local hairdressers, we provided 576 haircuts
- With a team of six volunteers, we provided ESL classes for 15 students every week
- With a team of five volunteers, we prepared over 300 client tax returns

# ... and hope for tomorrow

## We help to provide summer camp experiences for children

Summer camps are a great way for children to experience a sense of community and connecting with new friends. They learn valuable skills, like problem solving, independence and responsibility. And they have lots of fun! With the generosity of donors and the support of the City of Mississauga, the Lakeshore Community Corridor Team, Lorne Park Baptist Church, Clarkson Community Church, Christ First United Church and Visual Arts Mississauga, we were able to provide summer camp experiences for 46 children for at least two weeks—109 weeks in total!



**46** children  
**109** weeks of camp

## We provide backpacks and school supplies for children returning to school in the fall

One of the projects taken on by our summer intern, Emily Love (in addition to coordinating our summer camp efforts), was to source and distribute backpacks and school supplies to support our families in setting up their children for success in the new school year. With an aggressive effort on Facebook, donated items were supplied and were supplemented by purchased items—all sorted appropriately for specific school grades. In August, we were able to provide 186 full backpacks, a 51% increase over 2018. Wow!

**186** backpacks  
**51%** more than last year

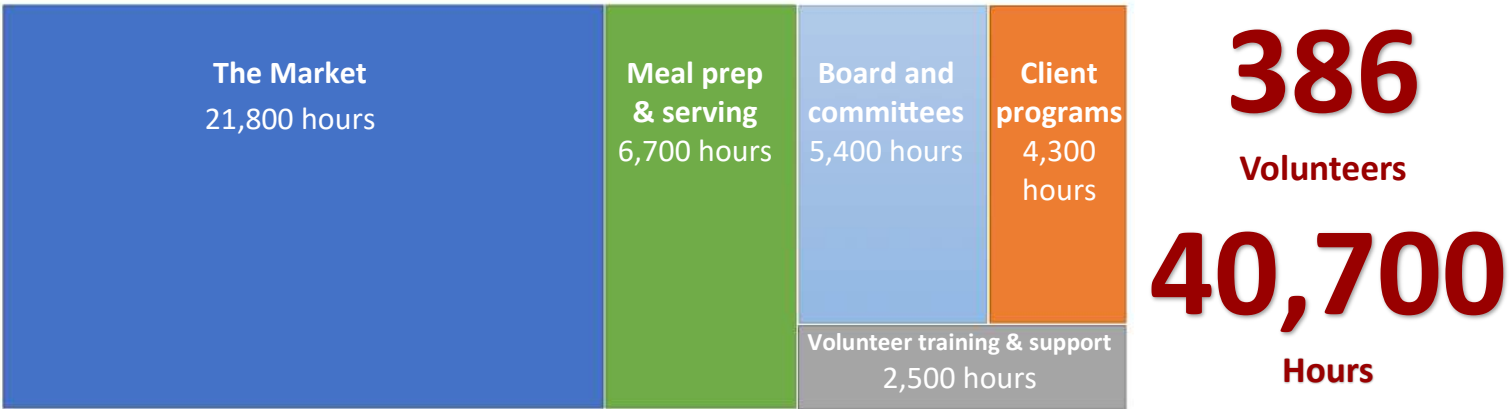


## We help our clients find community connections

Our team of intake volunteers work with our 935 households to help them connect with a variety of over 30 care and support agencies, including both government agencies and community-based organizations. This support has resulted in helping clients gain shelter, employment, and much needed social assistance.

# Thank you to all our volunteers!

We are blessed with an incredible group of committed volunteers who do so much to help The Compass make a difference in our community. Volunteers supplement the work of our small (but amazing!) staff. Often in our trademark red T-shirts, volunteers do it all - they answer phones, teach ESL, prepare client tax returns, pickup food, sort food, stock the shelves in the Market, shop with clients, coordinate client programs, prepare and serve meals, serve on the Board or a committee, and so much more! In 2019, our 386 volunteers contributed 40,700 hours - that's more than an average of 100 hours in the year for each volunteer. We are so grateful for each volunteer, and for their commitment to The Compass.



*“The Compass isn’t “just a food bank”. It’s a resource center. It’s a safe community. It creates the feeling of hope, encouragement and kindness for anyone who enters its front door. My boys and I are proud to volunteer there.”*

**Nancy**  
Volunteer

*“I enjoy working at The Compass. Volunteers and staff work together in a collaborative manner. So, a high percentage of your work and funding helps our clients directly. That is important to me.”*

**Bill**  
Volunteer

*“Our meal programs fill the bellies of hungry clients, but we have come to realize that hunger takes on many forms. There is a hunger for acceptance and encouragement. There is a hunger to connect with people and to build a sense of safety in a world that seems to have forgotten many souls. There is a hunger to feel love. Nourishment takes on many beautiful forms at The Compass.”*

**Cathy**  
Volunteer



*“For me, a shift is like coming home to a huge family and making sure that I do my best to ensure everyone is well looked after! Thank you for the opportunity.”*

**Nika**  
Volunteer

*“While shopping with clients, through our conversations, I have at times learned of their stories and that interaction connects us. I feel like I have been given a chance to make a difference.”*

**Wanda**  
Volunteer



# And now a word from our community...



*"The important work The Compass does in ensuring people have food on their table is only made possible when we all connect and contribute - it's the example I want to set for my family, my neighbours and other business owners. We can all be part of something bigger than us."*

**Louie Manzo**  
Port Credit Merchant - CABIN | Barber & Gentlemen Supply

*"Although asking for help is ego-breaking, I've never felt judged but respected. Thank you to all the volunteers and staff. You do a wonderful job in helping anyone in our community who truly struggles."*

**Chantal**  
Client

*"I thank God every time I am at The Compass and for the help of blessing us with the food we eat and the prayers that they give us to just remind us just how much we still mean to other people in the world."*

**Katona**  
Client

*"The Compass helped when I needed them the most. After suffering with a chronic illness that directly impacted me financially, The Compass provided me with food, counseling, support and friendship, together with the encouragement to move forward."*

**Stella**  
Client



*"I have been coming to The Compass for the past 7 years. I couldn't afford groceries without access to the Market. It allows us to "eat healthy" and I get to choose what I want from the shelves. I've met a lot of nice people!"*

**Gail**  
Client

*"Without The Compass, I would not have the moral, spiritual and food support that I lack with even my family. I believe that without their help, I'd be more lost than I already am."*

**Anonymous**  
Client

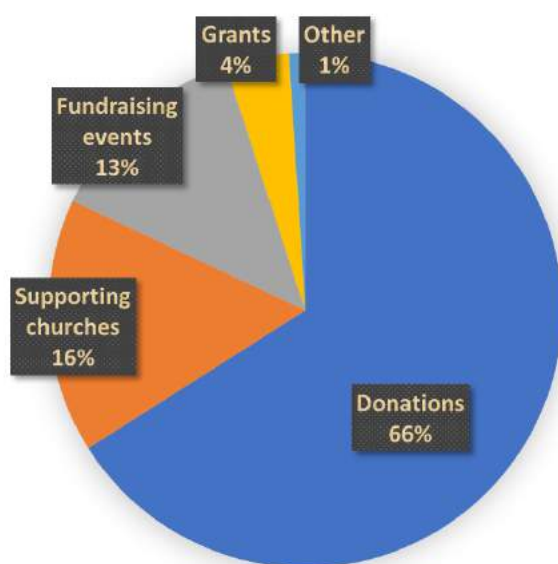
# Our Financial Results for 2019

Our total revenues grew by 22% in 2019 to \$595,000, due largely to an amazing 38% growth in donations from supporting individuals and organizations. We now have 744 individual donors! We're so grateful for the continued support of our churches and for the community in supporting our fund-raising events.

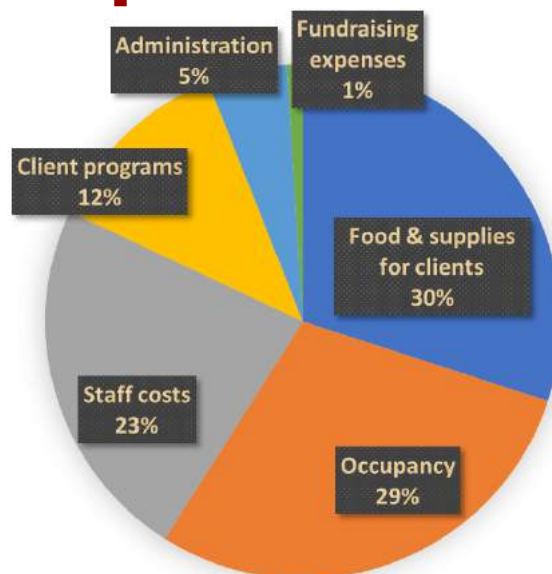
Our expenditures grew by 19% in 2019 to \$469,000. Direct spending on client food, supplies and programs accounted for 42% of our total expenditures. We pride ourselves in keeping our overheads low, with only 5% spent on administration and 1% on fund-raising costs.

We were blessed to be able to record a "surplus" of \$126,000 in 2019. This will enable us to re-build our reserves after investing \$130,000 to renovate our current facility in 2018, and to help us as we plan for our anticipated move in 2021. Our audited financial statements are available on our website, [www.thecompass.ca](http://www.thecompass.ca).

## Revenue



## Expenditures



## Looking Ahead

The Compass intends to continue serving the needs of our community for the long term. Demand on our services continues to increase and our current location is precarious, surrounded by new developments. Hence the need to seek a new location.

Our vision for a new location includes:

- Remaining in central, south Mississauga along the Lakeshore Road transit corridor
- Fully accessible building
- "Purpose built" for us to enhance our services for clients (improved kitchen, market, storage, program space, meeting rooms)
- Physical structure and layout that optimizes flow and movement of market commodities, improving safety for our volunteers
- Creates a secure, sustainable location for the long-term, minimizing risk of a forced relocation, while enhancing our ability to expand the reach of The Compass and the work we do for the community.

We are in advanced negotiations with Indwell to lease much of the ground floor of the 68 unit affordable housing building currently under construction at 425 Lakeshore Road East, less than three kilometres east of our current location. The Region of Peel has provided significant funding to Indwell to make this project possible. Indwell is a Christian charity that creates affordable housing communities to support people seeking health, wellness and belonging. Through our extensive discussions with Indwell, we are learning that we are a good fit together - spiritually, ethically and missionally.

At this time, we are expecting to be in our location in the latter part of 2021.

# Will you join us in building a better community?

- **Volunteer** in our Market or in our many client programs
  - ⇒ [www.thecompass.ca/volunteer](http://www.thecompass.ca/volunteer)
- **Host a food drive** in your neighbourhood or at your place of work
  - ⇒ [www.thecompass.ca/host-a-food-drive](http://www.thecompass.ca/host-a-food-drive)
- **Donate food** - Check out our website which is regularly updated for products we need most.
  - ⇒ [www.thecompass.ca/food-donations](http://www.thecompass.ca/food-donations)
- **Donate funds** - Your financial gifts make so much of what we do possible at The Compass, including purchasing fresh and nutritious food to supplement our food donations. The Compass is a registered charity: Charitable Registration Number 86235 2754 RR0001 (registered as The Lakeshore Community Outreach Centre Inc).
  - ⇒ [www.thecompass.ca/financial-donations](http://www.thecompass.ca/financial-donations)
- **Remember us in your prayers.**

## Our Staff

**Trish Trapani**

Market Manager

**Sheryl Darlington**

Volunteer Manager

**Karen Sears**

Inventory Manager

## Our 2019 Board of Directors

David McKeown (Chair), Earl Driver (Vice Chair), Chris Corlett (Treasurer), Pat Cullen (Employer), John Nyholt (Secretary), Brian Dixon, Meredith Erochko, David Fuller, Mike Giguere, Don Hallman, Rory Keilty, Don Macaulay, Peter Mitchell, Susan O'Dowd, David Onuoha



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