



THE COMPASS

Help for Today ♥ Hope for Tomorrow

2025
IMPACT
REPORT

Right now, people in our community are having to make heartbreaking choices:

Food or Rent ? Medication or Groceries ? Heating or Eating

At The Compass, we see it every day. Parents skipping meals so their children can eat. Seniors stretching what little they have, hoping it will last just one more week. Neighbours who never imagined they'd need help quietly walking through our doors.

This is why your support matters right now.

WHO WE ARE

The Compass Food Bank & Outreach Centre is a community-based organization in south Mississauga providing food, meals, and wraparound support to individuals and families experiencing food insecurity and homelessness.

THE PROBLEM

Since 2019, the number of people seeking support has tripled. Today, over 2,000 individuals rely on The Compass each week.

OUR STRATEGY

We meet immediate needs while addressing root causes through:

- Weekly access to groceries and hot meals
- Outreach and system navigation (housing, income supports, healthcare)
- Community programs that reduce isolation



2025 IMPACT SNAPSHOT

The numbers are in and they speak volumes. In a year when more neighbours than ever were facing impossible choices, The Compass Food Bank & Outreach Centre remained a lifeline in our community, meeting urgent needs while restoring dignity and hope.

INDIVIDUALS SERVED

5,333

HOT MEALS SERVED

84,381

FIRST TIME VISITORS

1,675

TOTAL SHOPPING VISITS

42,222

FOOD DISTRIBUTED

954,958 LBS

Food distributed in previous years:
2023: 1,025,613 lbs | 2024: 972,035 lbs

STRENGTHENING OUR FOUNDATION



A Unanimous Milestone: In late 2025, the Board of Directors appointed Trish Trapani as our first Executive Director. Having served at The Compass for over a decade, Trish's leadership is the cornerstone of our strategy to meet the rising demand for food security and wraparound support in our community. We enter 2026 with a strengthened leadership structure and a renewed focus on advocacy and impact.

A MESSAGE FROM THE COMPASS

As we reflect on 2025, we are humbled and grateful for the unwavering community support for The Compass Food Bank & Outreach Centre. Guided by our mission to provide "help for today and hope for tomorrow", and grounded in our Christian values of compassion, service, and dignity for all, The Compass continues to be a place of support and belonging for our neighbours in south Mississauga.

Since 2019, the number of people seeking our help has tripled. This remarkable increase has challenged us, yet it has also inspired extraordinary generosity from our supporters, volunteers, and community partners. Our staff has grown to meet this increased level of need, with incredible dedication and innovation. Thanks to the steadfast dedication of all, The Compass has not only expanded our food programs but also added new outreach services, enabling us to better address the challenges of food insecurity and respond to the rising issue of homelessness in our city.

Your partnership ensures that every person who comes through our doors finds practical assistance and a caring community. As we look ahead, we do so with gratitude, hope, and a shared resolve to continue serving with faith, compassion, and purpose.

With sincere appreciation,

A handwritten signature in black ink that reads "John".

John W. Nyholt
Chair Board of Directors,
April 2026

A handwritten signature in black ink that reads "Trish".

Trish Trapani
Executive Director,
April 2026

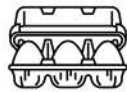
“ Thank you very much for the tax receipt and most importantly, thank you for all the great work over the years “The Compass” has provided for this community!!! ”
- Scott W (Donor)

2025: BY THE NUMBERS

In 2025 with the help of our community, we distributed culturally appropriate food that included:



34,528
Litres of milk



19,693
Dozen eggs



86,320
Halal yogurt
750 ml containers



86,320 lbs
of frozen protein sources
(Halal chicken/tofu)



103,860 lbs
of fruit & vegetables



19th Annual Walk the Walk for The Compass



Our 19th Annual Walk the Walk for The Compass was a record-breaking success, it raised an incredible **\$178,597!** This signature event is a powerful demonstration of what our community can achieve together.

This milestone was made possible by **312** dedicated walkers who raised funds and awareness with every step. We are grateful for our local business sponsors whose generous support provided the foundation for our success, and our online auction that brought in even more.

The total amount raised allowed The Compass to purchase 8.5 weeks of food for our neighbours.

Spread the Joy

The holiday season can be the hardest time of the year for those facing financial hardship. Our Spread the Joy campaign is rooted in the belief that no one should feel alone during the holidays, and every individual deserves to celebrate with dignity and joy.

Through the incredible generosity of our community, we provided **\$143,275** in Walmart gift cards to **1,075** individuals.

These cards do more than provide a meal; they give individuals the freedom to choose their own holiday gifts and traditions.



“ The compassion, patience, and understanding here is incredible. It doesn't feel like a food bank, it feels like a second home. No one judges, and everyone truly cares for one another. They've helped me many times when I needed it most. I'm deeply grateful and thankful. ”

- Yolanda (Client)

FROM CRISIS TO CONNECTION



MEET OUR CLIENT - TASHA

A Lifeline for Tasha

Five years ago, Tasha's life took an unexpected turn. As a single mother suddenly out of work, she found herself facing the overwhelming reality of food insecurity. Seeking a way forward, her local church referred her to The Compass.

Though she arrived feeling overwhelmed, the stigma quickly faded as staff and volunteers welcomed her with dignity and respect. "At the lowest point of my life, The Compass was there to provide help and direction," she shares.

The impact went far beyond groceries. Through our network of partners, Tasha accessed the essential services she needed to rebuild her stability: employment support, housing assistance, tax clinics, legal aid, and even dental care.

Today, Tasha is one of our most passionate advocates. She now refers others to The Compass as a vital "lifeline," encouraging neighbours to reach out for support before they hit rock bottom. Her story is a powerful reminder that while hardship can happen to anyone, no one has to face it alone.

“ At the lowest point of my life, The Compass was there to provide help and direction. I will recommend The Compass to anyone who needs a lifeline! ”

- Tasha (Client)

2025 IMPACT SNAPSHOT

1 in 3 of our clients are children. Clients like Tasha were able to thrive with support from some of our many partnering agencies!

THE POWER OF YOUR SUPPORT



MEET OUR CLIENT - JOHN

Unhoused to Hopeful

After years of struggling to rebuild his life in Edmonton, John came to Mississauga for a fresh start. "I just wasn't getting anywhere," he recalls. That changed the moment he walked through the doors of The Compass.

Through our integrated partnership network, John's life began a rapid transformation. Today, he has successfully transitioned into a shelter and was awarded the Canada-Ontario Housing Benefit (COHB). He is now working with a professional real estate agent to secure a permanent rental home.

Hundreds of individuals received support navigating housing, income assistance, and healthcare systems.



MEET OUR CLIENT - DEBORA

Newcomers to Canada

When Debora made the difficult decision to leave her home country in search of a more peaceful and stable life, she did not know what to expect. She is a mother of two daughters, ages 10 and 12. Faced with uncertainty, the support from The Compass was an essential part of their journey as it helped them move forward with hope and dignity.

Thanks to the kindness, respect, and warmth they received at The Compass, they have learned one of life's most valuable lessons: empathy and the true meaning of human compassion.



MEET OUR CLIENT - ROYCE

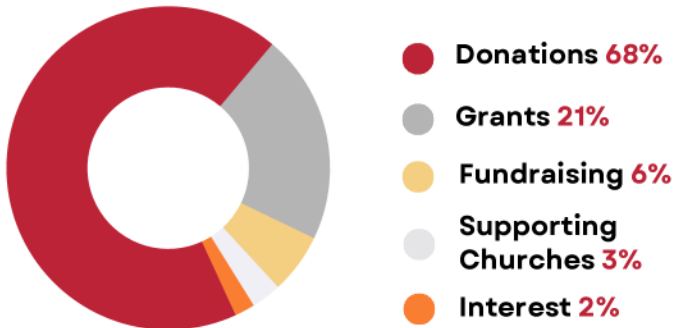
Multi-generational Household

As a three-generation household, Royce's family was doing everything they could to get by, but the weight of supporting both children and elders was becoming too much to carry. They originally came to The Compass seeking food, but what they found was a community that offered so much more.

Royce often shares that The Compass 'saved their lives' during their darkest moments. Beyond the groceries, they were met with grace, empathy, and a genuine sense of belonging. Today, Royce remarks that the kind human spirit is alive and well within our walls. While they continue to work toward stability, the family holds onto a beautiful goal: to one day be in a position to give back to the place that stood by them.

THE TRUE COST OF FOOD INSECURITY AT THE COMPASS

REVENUES \$2,646,000



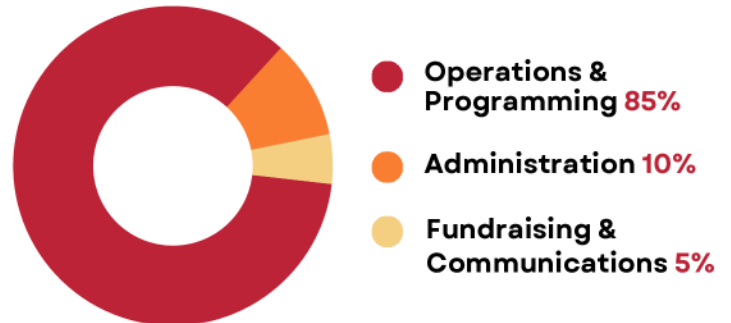
Again in 2025 we have been overwhelmed with gratitude by the faithful generosity of our many supporters. Our total revenues increased by 22% to \$2,646,000. Donations made up over two-thirds of our revenue, and increased by 26% over 2024. We were able to more than double our grant revenues to over \$548,000, as we partnered with foundations and governments to do more for the clients we serve.

Our total expenditures increased by 16% to \$2,464,000 in 2025. Operations and programming expenses made up 85% of total expenditures. Within this category, spending on food and supplies for clients increased by 20% to \$1,120,000.

Operations & Programming spending includes:

- Food Bank & Market (groceries distribution)
- Hot Meal Program (84,000+ meals annually)
- Outreach & Client Services (housing, tax clinics, system navigation)

EXPENSES \$2,464,000



Together, administration, fundraising and communications expenses made up 15% of total expenditures, reflecting our commitment to prioritizing resources that directly benefit those we serve.

We recorded an unexpected surplus of \$182,000 in 2025. These funds helped to cover over \$162,000 in capital expenditures, with over \$101,000 spent on much needed HVAC enhancements to improve working conditions in the kitchen. These funds will also help to maintain our operating reserves. Our audited financial statements are available on our website.

Blessed to be a blessing, that's how we would summarize our financial results for 2025!

The Reality Behind the Numbers

While total food distribution has slightly decreased, the complexity of need has increased. More clients now require support with housing, income, and health challenges –deepening the level of support we provide beyond food. This year, in keeping with the focus of our strategic plan, we continued to

enhance our client services by prioritizing the dignity and specific needs of the individual over the sheer volume of food distribution.

This 'smarter impact' allows us to be a better food bank; it allows us to be a consistent, stabilizing force in a changing community.

“ The Compass is amazing because they offer flexibility, they are very community engaged, and you can actually see the positive results of the work being done. ”

- Dwight (Volunteer)

VOLUNTEERS MAKE THE DIFFERENCE

Giving Time, Changing Lives

With 453 active volunteers contributing 46,719 hours, the impact they made was truly remarkable. From stocking shelves and supporting clients to sharing a kind word or a warm smile, they help create a welcoming community where hope can grow.

Our volunteers are the heart of The Compass, turning compassion into action every single day.



ACTIVE
VOLUNTEERS AT
THE COMPASS

453

TOTAL
VOLUNTEER
HOURS LOGGED

46,719

“ My favourite part of volunteering is how uplifted I feel during and afterwards. The warmth of my fellow volunteers and knowing we’re making a difference is incredible. ”

- Lorraine (Volunteer)





“ When someone enters our doors they don't just receive groceries: they receive affirmation that they are seen, that they belong, that they are welcome and they matter. ”

- Tracey (Staff)

OUR SUPPORT PROGRAMS

Back to School

Provided backpacks & supplies to **486 children** (ages 4-17)

Summer Camp

77 children attended camp for **135 weeks** (a 48% increase from 2024)

Tax Returns Completed 302

Tax Refunds Generated \$690,999

Winter Support for Unhoused Clients

Outfitted **97 unhoused individuals** with clothing and supplies to help get them through winter (a 41% increase from 2024)

COMMUNITY CONNECTION

At The Compass we offer weekly programs to create a welcoming space for our clients to enjoy a meal together, build friendships and support one another.

Weekly Summer BBQ's

From June-Sept we provided a weekly BBQ dinner and served **2,115 meals**

Women's Group

For 10 months of the year we provided weekly programming and served **978 meals**

Men's Group

For 10 months of the year we provided weekly programming and served **1,374 meals**

Refresh

From Sept - June we held a community program based on faith and building connection and provided **1,191 meals**

Films & Fellowship Night

From Nov-April we aired movies on Saturday nights and served **633 meals**

PARTNERING AGENCIES

These partnering agencies supported 1,380 of our clients here at The Compass and this helped us build our Circle of Care that we can provide to our clients.



MEMBER CHURCHES

Christ First United Church
 Church of St. Bride Anglican
 Clarkson Community Church
 Clarkson Road Presbyterian Church
 ClearView Christian Reformed Church
 Lorne Park Baptist Church
 Sheridan United Church
 St. Andrew's Memorial Presbyterian Church
 St. Christopher's Catholic Church

St. Dominic's Catholic Church
 St. Mary Star of the Sea Catholic Church
 St. Stephen's On-the-Hill United Church
 Trinity-St. Paul Port Credit Anglican Church
 Freedom City Church

Supporting Church

The Church of St. Mark Lutheran

“ They actually, sincerely care about you as a human being. ”

- Rizwan (Client)

HOW CAN YOU MAKE A DIFFERENCE

- Donate Funds
- Donate Food
- Host A Food Drive
- Volunteer
- Corporate Involvement
- Hold your own Fundraiser



[THECOMPASS.CA](https://thecompass.ca)



The Compass Food Bank & Outreach Centre

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Mississauga ON L5G 1H8
905-274-9309
info@thecompass.ca



Food Bank Hours

Monday 9:30am - 7pm
Wednesday 9:30am - 5pm
Friday 9:30am - 5pm

2025
TOP 100 CHARITY

Charity Intelligence's Highest Rated Charities



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