



**August 19, 2022**

**Rotary Club of  
London South**

# CANADA FOOD PRICES REPORT



## OVERALL PRICE

**5% TO 7%**

INCREASE IN 2022

## DAIRY

**↑ 6% TO 8%**

## BAKERY

**↑ 5% TO 7%**

## VEGETABLES

**↑ 5% TO 7%**

**FAMILY OF 4 WILL PAY UP  
TO \$14,767.36 FOR FOOD  
IN 2022**

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for EVERY  
**1 HUNGRY**  
PERSON in  
THE WORLD, **1.4 TONS**  
of FOOD is  
**WASTED**  
EACH YEAR



Propaganda Times®

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Community fridges help those facing financial insecurity to access free, fresh and healthy food 24/7. The fridge is non judgmental and is accessible to all people—no questions asked. There are no minimum donations required or usage maximums set. "Take what you need, give/leave what you can" is the mandate and "Solidarity, not charity" is the mindset.

Fridges are not 'policed' – we do not monitor who is able to access food, how much of it or how often. There can be no judgment or shaming of anyone who uses the fridge or how they use it.

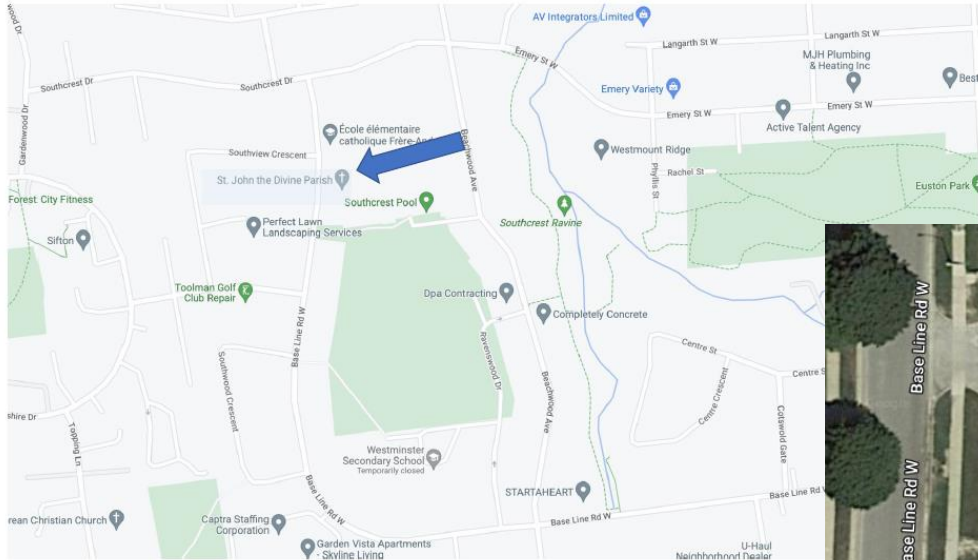
Fridges are organized under the mutual aid umbrella. Mutual aid is defined as "...a voluntary reciprocal exchange of resources and services for mutual benefit."

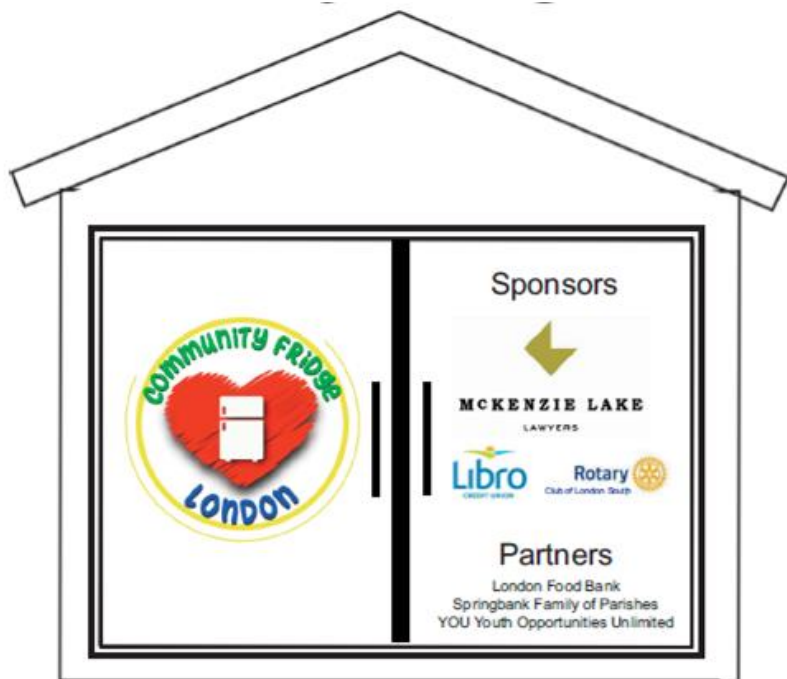


- A volunteer-driven community initiative that aims to provide fresh food and staples for free, through a community fridge and pantry, to combat food insecurity
- The fridge will operate under a “take what you need, and leave what you can” philosophy, where necessities such as fresh produce, pantry goods and personal care items can be accessed at any time of day, no questions asked.
- The fridge and pantry is depleted, replenished, cleaned and sanitized daily by a team of community volunteers.
- Support to establish the fridge was generously donated by McKenzie Lake Lawyers, Libro, and the Rotary Club of London South.
- Community members can donate items to the fridge directly, volunteer to support fridge-related activities, or provide a monetary donation through Canada Helps (and get a tax receipt)

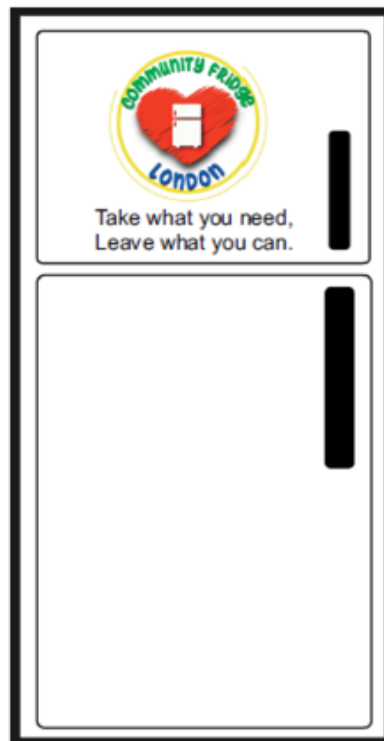


# St. John the Divine Parish Church, 390 Baseline Road West, London





Shed is 6" x 8"





# FOOD DONATION GUIDELINES



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## YES PLEASE!

We will gratefully accept the following:

- ✓ FRESH FRUIT
- ✓ FRESH VEGETABLES
- ✓ DRY GOODS
- ✓ SEALED NON-ALCOHOLIC BEVERAGES  
(E.G. WATER, JUICE, MILK ALTERNATIVES ETC)
- ✓ GRAB AND GO FOOD  
(SINGLE SERVING SNACKS, GRANOLA BARS ETC)



## YES IF...

labeled with best before date

- BREADS & PASTRIES ✓
- FRESH EGGS ✓
- DAIRY PRODUCTS ✓



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**PENED & UNUSED!**

## NO THANKS!

Please do not donate the following:

- ✗ RAW MEAT OR SEAFOOD
- ✗ EXPIRED FOOD
- ✗ HALF-EATEN FOOD
- ✗ HOME-COOKED MEALS
- ✗ ALCOHOL
- ✗ DENTED CANS
- ✗ MOULDY PRODUCE



**THANKS FOR DOING  
YOUR PART TO KEEP US  
ALL SAFE & HEALTHY!**

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# Next Steps

- Obtain approval from MLHU
- Rotary box
  - Retrofit
- Recruit volunteers to:
  - Check on and clean the fridge (daily)
  - Shop for food
  - Pick up and deliver donations from the Food Bank
  - PR/Community outreach
  - Coordinate and organize volunteers

# Learn more about community fridges in Canada

<https://www.cbc.ca/news/canada/toronto/community-refrigerators-food-security-1.5>

[https://www.huffpost.com/archive/ca/entry/community-fridges-canada\\_ca\\_5fe13c8bc5b66809cb2cbed6981449](https://www.huffpost.com/archive/ca/entry/community-fridges-canada_ca_5fe13c8bc5b66809cb2cbed6981449)

<https://www.blogto.com/videos/community-fridges-toronto/>

<https://nationalpost.com/life/food/take-what-you-need-leave-what-you-dont-community-fridges-fill-a-growing-need-with-free-food>

<https://ottawacommunityfoodpartnership.ca/community-fridges>



Interested in learning more or  
volunteering with us?

Please contact:

[communityfridgelondon@gmail.com](mailto:communityfridgelondon@gmail.com)