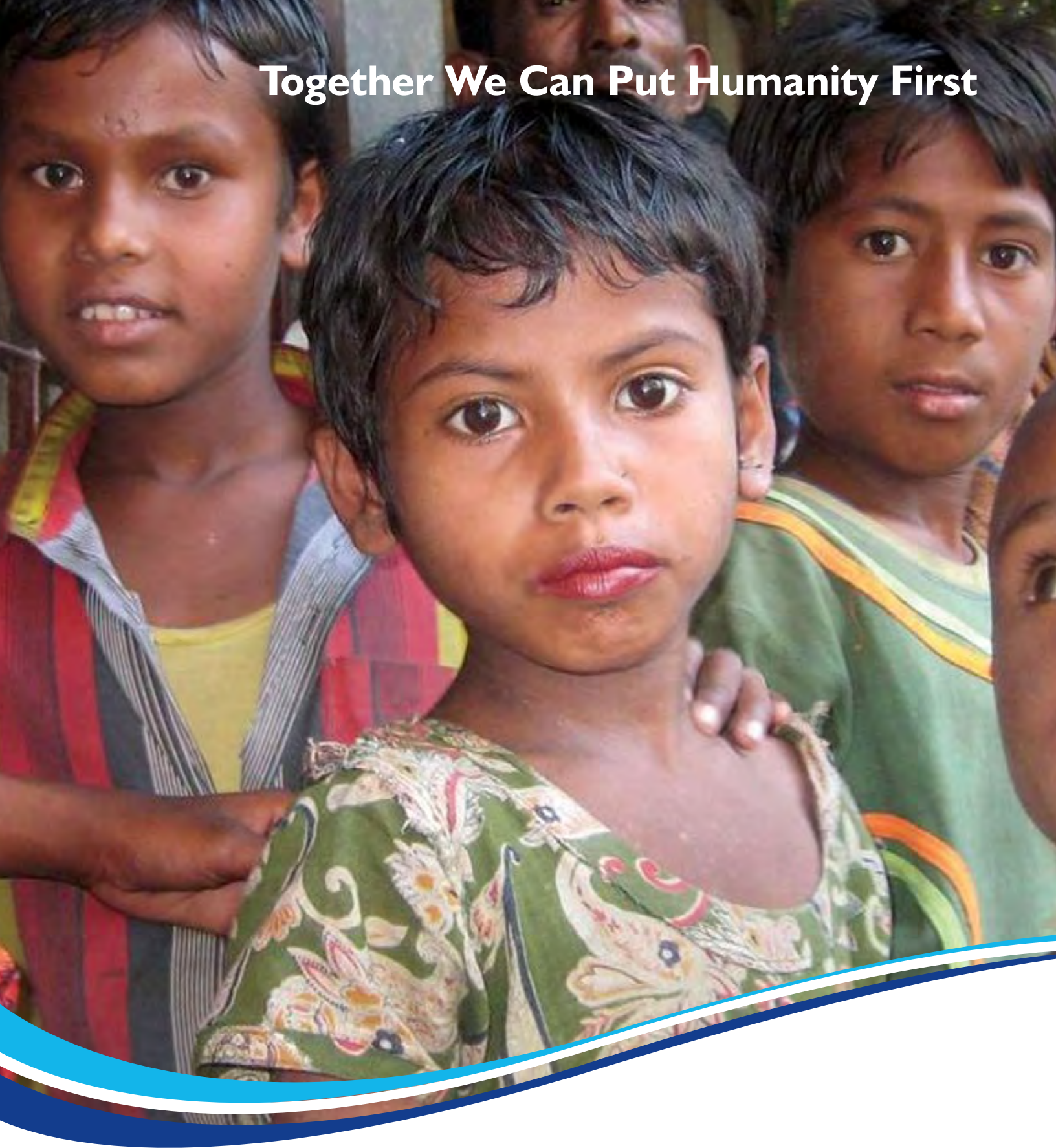


Together We Can Put Humanity First



**HUMANITY FIRST
C A N A D A
Annual Report
2 0 0 8**



Our ethos is to **serve all of mankind** and to restore communities such that they become self-sufficient and have a sustainable future.

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**Humanity First is
an international non-
profit humanitarian
organization
established to provide
help and assistance
to the less fortunate
in Canada and to
improve the quality
of life in under-
privileged countries
across the globe.**

.....

Humanity First's aim is to promote and safeguard the preservation of human life and dignity. Aid is provided to the vulnerable on the basis of need, irrespective of race, religion, culture or political allegiance. With thousands of non-paid volunteers across the globe, and low cost sourcing and partnerships, Humanity First is able to run with minimal overheads, delivering more than 93% of the donations directly to those in need.

Humanity First began in the early 1990's with the founding of its UK division. Today, it contains divisions covering Americas, Africa, Asia, Australia and Europe, operating out of 29 countries across the globe. Humanity First Canada is a part of the International Humanity First organization, with its international headquarters based in London, England. With its national office in the City of Vaughan, and branches across Canada, Humanity First is alleviating human suffering and pain through its local and international programs.

Humanity First is a registered charity in Canada and a non-governmental organization that is supported by voluntary contributions from individuals, businesses and foundations. Humanity First has been granted a special consultative status with the United Nation's Economic and Social Council.

By focusing our attention where humanity is suffering, we help those affected by natural disasters by providing relief efforts, as well as creating opportunities for the deprived members of society living in unfortunate conditions. Humanity First offers access to essential resources such as clean water, better nutrition, health care, education, and economic opportunities. We help them establish a better life for themselves and their future. Humanity First operates short and long-term projects at a local, national and international level.

OUR MISSION

To help eradicate poverty, hunger and disease, while providing health care, education and basic necessities in those areas of the world where humanity continues to struggle.

OUR OBJECTIVE

To relieve suffering caused by natural disasters or human conflict, promote peace and understanding based upon mutual tolerance and respect, and strengthen one's capacity to help themselves.



HUMANITY FIRST AT A GLANCE

- Provided **emergency relief** and aid to victims of disaster relief across the globe
- Executed long-term projects for **rehabilitation** of disaster stricken areas
- Offered educational and vocational **training** in underprivileged countries
- Supplied **food** to the homeless, poor and needy families
- Supported **orphans** with their education and health care
- Provided **clean drinking water** to various towns and villages
- Assisted individuals with impaired vision in receiving **eye surgery**

BRANCHES ACROSS THE GLOBE

North America » Canada · United States of America · Haiti

South America » Guyana · Brazil

Africa » Gambia · Liberia · Sierra Leone · Kenya · Burkina Faso · Ivory Coast · Mali · Uganda · Benin · Ghana · Niger · **Nigeria** · Sao Tome

Europe » United Kingdom · Netherlands · France · Germany · Bosnia · Austria

Asia » United Arab Emirates · **Pakistan** · Indonesia · **Bangladesh** · Sri Lanka

Oceanic » New Zealand · Australia





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“ Every human being is precious - saving even one is like saving the whole of humanity, feeding even one is charity and educating even one is prosperity! This is why Humanity First means putting ‘Humanity’ first, by bridging the gap between poverty and prosperity! ”



CHAIRMAN'S MESSAGE

EVERYTHING WE DO IS TO BENEFIT THE WELL BEING OF HUMANITY



Every creature in this universe has a purpose for its existence. Human Beings are the most evolved form of God's creation that exist in this world, and both collectively and individually serve many purposes. From very self centered goals to selfless ambitions to make this world a better place for every one, human beings continue to contribute to the existence of this world.

Serving humanity is a passion and invariably gives a sense of satisfaction, a feeling of achievement, peace and tranquility to inner self. It can be considered an addiction that intoxicates the mind with a pleasure that cannot be described in words.

Humanity First is made of such addicts who have the passion to serve humanity – selflessly without any vested interest. An organization made of dedicated volunteers who put humanity first! These are the people, who sacrifice their time and money to help alleviate human suffering.

This refreshing passion and dedication has led Humanity First in Canada continue to grow stronger and increase its capacity to help the suffering humanity. In 2008, Humanity First has responded to disasters, helped people get clean drinking water, restored vision through cataract surgeries, enabled students to return to school, provided food on the table and assisted in rehabilitation of communities after natural disasters.

The Food Bank in greater Toronto Area has grown tremendously. It now serves an ever growing number of clients. It is a unique initiative of Humanity First Canada through which food is delivered to the doorsteps of the needy and disabled. The recipients are people who are facing challenges meeting nutritional needs, and cannot reach the Food Bank due to physical disability or lack of available transport. The goal is to assist them with their needs and slowly build confidence, so that they become self sufficient.

It is a unique initiative of Humanity First Canada through which food is delivered to the doorsteps of the needy and disabled. The recipients are people who are facing challenges meeting nutritional needs, and cannot reach the Food Bank due to physical disability or lack of available transport. The goal is to assist them with their needs and slowly build confidence, so that they become self sufficient.

It is an undeniable fact that volunteering brings a tremendous sense of accomplishment. It is undoubtedly the best way of "giving" that can be shared as a family or with a group of friends. Volunteering brings a sense of community to our young people, our friends and our future. Sacrificing one's time for charity work is one of the most rewarding and self-fulfilling acts that one can engage in.

The volunteers at Humanity First come to work from all walks of life, their personal morale providing powerful motivation for humanitarian service.

Humanity First volunteers care about making a difference. I commend the Humanity First team and invite every one to come and join us to taste the intoxication that we are addicted to – we enjoy putting humanity first!

To all of our supporters – individuals and companies – thank you for your ongoing commitment.

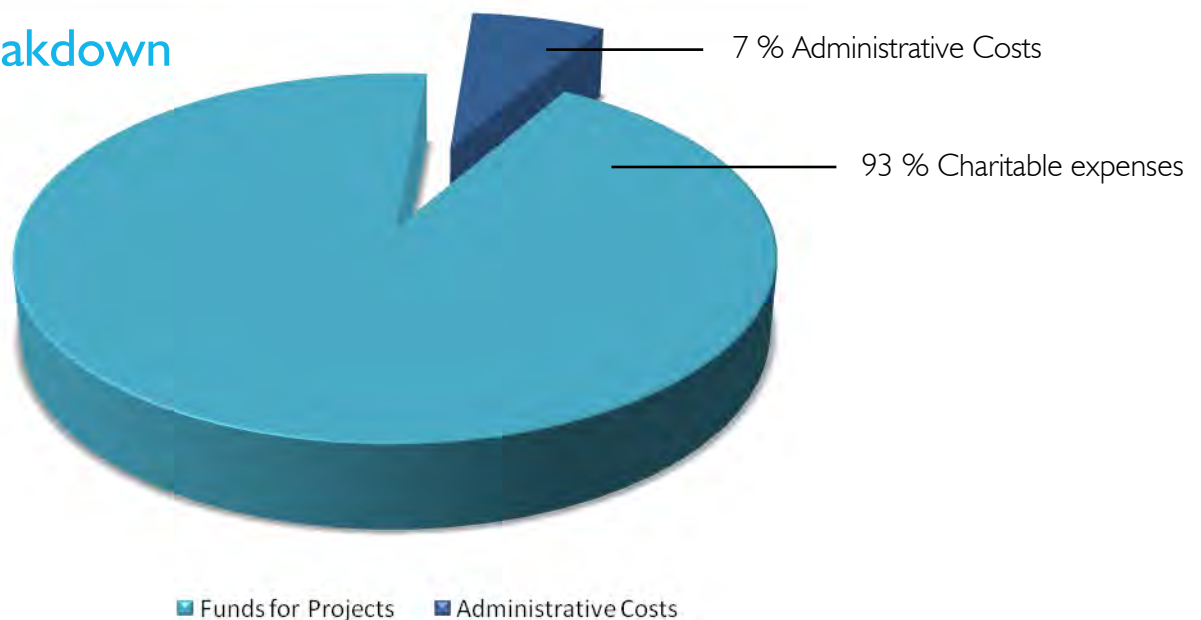
Dr. Aslam Daud
Chairman
Humanity First Canada

OVERVIEW OF ACHIEVEMENTS

FROM THE DISASTER RELIEF IN HAITI TO THE HOMELESS ON THE STREETS IN TORONTO, 2008 HAS BEEN A BUSY YEAR FOR HUMANITY FIRST CANADA.

- Served non-perishable food items to over 200 families every month
- Provided food and necessities to more than 300 families in Haiti after the Hurricane
- Provided uniforms and school supplies to more than 200 children during Haiti relief efforts
- Partnered with Global Medic to install Water filtration units in Brazil after floods
- Drilled 5 water wells in Nigeria to provide clean water to more than 5000 people
- Distributed food and construction supplies to victims of the floods in Bangladesh
- Examined 500 patients in Nigeria and restored the vision of 55 patients by performing Cataract surgery
- Raised funds through fundraising dinners for the rehabilitation of victims in Bangladesh and the construction of a bridge in Haiti
- 93% of money collected is used directly towards the project; with a 7% administration cost ratio for 2008

Funds Breakdown



HUMANITY FIRST OPERATIONS

HUMANITY FIRST ASSISTS AND SUPPORTS COMMUNITIES AT A NATIONAL AND INTERNATIONAL LEVEL. HUMANITY FIRST RESPONDED TO DISASTERS, WORKED ON REDEVELOPMENT PROJECTS AND CONTINUED WITH HUMANITARIAN RELIEF PROGRAMS. BY INVESTING IN ISSUES THAT MATTER THE MOST, WE ARE STRENGTHENING COMMUNITIES AND GIVING HUMANITY A CHANCE TO EXCEED THEIR POTENTIAL AND HELP BUILD FOR A BRIGHTER FUTURE.

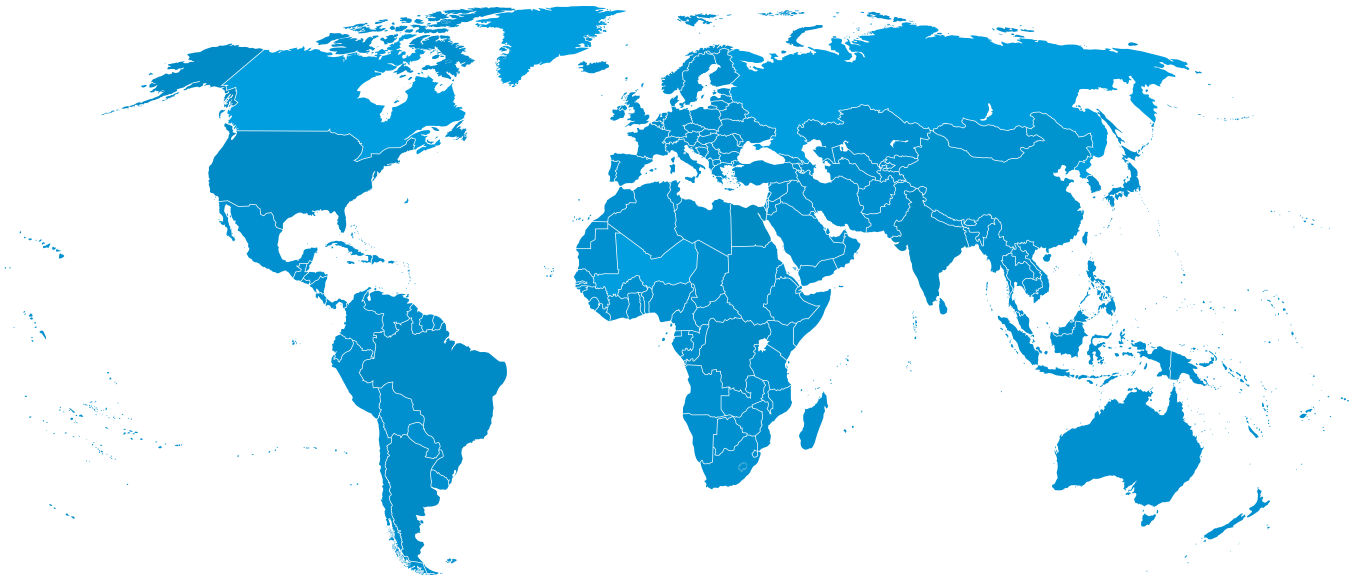
Provided below are a list of international and national projects carried out by Humanity First Canada.

International Operations

- | | |
|----------------------------|-----------------------|
| Water for Life | Disaster Relief |
| Water Filtration | » Haiti Hurricanes |
| Feed a Family | » Burma Cyclone |
| Orphan Care | » Bangladesh Cyclone |
| Medical Camps | » Fiji Floods |
| Gift of Sight | » Pakistan Earthquake |
| Vocational Training Centre | » Asia Tsunami |
| | » Africa Floods |

Operations in Canada

- Food Bank
 - » Feed a Family
 - » Feed the Homeless
- Our Children, Our Future
- Homelessness Prevention
- Gift of Vision



PUTTING HUMANITY FIRST

THROUGH YOUR GENEROUS SUPPORT WE WERE ABLE TO REACH PEOPLE ALL ACROSS THE GLOBE. THE INTERNATIONAL HUMANITY FIRST AFFILIATION INCLUDES 29 HUMANITY FIRST ORGANIZATIONS WHO ARE WORKING IN COUNTRIES ALL ACROSS THE GLOBE.



Delivering food throughout the Greater Toronto Area



Set up water purification units to provide clean water supply in Brazil



Set up bore holes in Nigeria for access to clean water

Humanity First manages projects nationally across Canada, and internationally across the globe. Humanity First provides assistance to people in need of help, regardless of race, religion or political affiliation.

Humanity First has a volunteer base from across Canada, and when it responds to a disaster anywhere across the globe, it recruits local volunteers and works with the local community to relieve suffering and rebuild their future.

Successful projects were only possible due to the dedication from our sponsors, the help of our donors who supported us with appropriate funds. The quick response from the supporters during times of emergency, allowed us to provide immediate assistance and make plans to carry on long-term projects for rehabilitation and reconstruction.

Due to generous contributions and support from our sponsors, Humanity First was able to provide assistance and relief to communities across the globe.

REGISTERED HUMANITY FIRST ORGANIZATIONS

AMERICAS: CANADA » GUYANA » UNITED STATES OF AMERICA » HAITI » BRAZIL

EUROPE: AUSTRIA » GERMANY » UNITED KINGDOM » FRANCE » NETHERLANDS

ASIA: BANGLADESH » PAKISTAN » INDONESIA » SRI LANKA » UNITED ARAB EMIRATES

WEST AFRICA: BENIN » BURKINA FASO » THE GAMBIA » IVORY COAST » GHANA » LIBERIA » MALI » SIERRA LEONE » NIGER

CENTRAL & EAST AFRICA: KENYA » NIGERIA » UGANDA » SAO TOME

OCEANIA: AUSTRALIA » NEW ZEALAND



Working on rehabilitation projects in Bangladesh



Contributed funds for neurosurgery hospital in Pakistan



DISASTER RELIEF: *focus* HAITI

HAITI HURRICANE | Relief and Reconstruction Project



DISASTROUS TROPICAL STORMS SWEEPED THROUGH HAITI IN 2008, RESULTING IN DANGEROUS MUD SLIDES AND FLOODING; HUMANITY FIRST RESPONDED PROMPTLY PROVIDING BOTH IMMEDIATE AND LONG-TERM RELIEF IN DISASTER STRICKEN AREAS.

Due to destructive hurricanes, there was substantial material damage and loss of human life in Haiti. Humanity First Canada responded immediately by coordinating with local representatives from Humanity First in Haiti.

After the initial assessment, we immediately dispatched a senior team member with funds and a large supply of water purification tablets to lead the relief operation and assist the disaster affected victims in the Town of Gressier and Martissant.

The Humanity First response team was requested by the Mayor of Greccier to tour the city and assess the damage. The team also visited the Town of Martissant. We provided aid and relief to over 330 families in these areas, providing emergency supplies, water purification tablets, food and cash. School supplies were donated to help the children get back to school as quickly as possible.

LONG-TERM EFFORTS

As our work in the hurricane-affected region continues, our focus is shifting towards long-term efforts including rehabilitation and reconstruction. Humanity First looked at the feasibility of establishing schools and rebuilding bridges in the severely affected towns.

During the relief effort, the on-the-ground team realized that the town of Torbeck was badly affected due to flooding. As Torbeck is isolated from other cities after every rainy season, it required more assistance. Meetings were arranged with the Mayor of Torbeck and other city officials to look at the possibility of building a bridge to help the residents of Torbeck. The bridge will have a long-term impact on the

community and has the potential to provide poverty stricken families a better way of living; offering them a chance for employment and income. The construction of the bridge is near completion and will be inaugurated shortly.





DISASTER RELIEF: *focus* BANGLADESH



BANGLADESH CYCLONE | Rebuilding Project

IN 2007 CYCLONE SIDR HIT THE COAST OF BANGLADESH AND AFFECTED AN ESTIMATED 5.5 MILLION PEOPLE. HUMANITY FIRST CANADA PROVIDED SURVIVORS WITH BASIC SUPPLIES, SHELTER AND CLEAN WATER. HUMANITY FIRST CONTINUES TO PROVIDE SUPPORT AND IS INVOLVED IN THE REDEVELOPMENT EFFORTS IN BANGLADESH.

DISASTER RESPONSE

Humanity First responded to the Cyclone Sidr disaster with doctors, medical supplies, food, water and construction material. Humanity First teams from USA and UK, led by the relief team from Canada, worked day and night in the remote areas of Bangladesh which were accessible only by boat. After the initial relief response, Humanity First started to work on long-term plans to help the affected communities.

The Ministry of Food and Disaster Relief assigned Humanity First the cyclone affected area of Rangabali in the Pataukhali district of Barisal division.

During the relief efforts, Humanity First provided the following assistance:

- Provided medical aid to 1,050 families
- Served over 48,000 litres of water
- Distributed 3,960 non-food items

- Provided 16,050 units of food
- Supplied over 350 blankets
- Set up 330 water purification units
- Distributed 3,960 non-food items

LONG-TERM REHABILITATION

Once the initial response to assist disaster victims was completed, Humanity First began to assess various long-term projects to help the homeless and those living below the poverty line.

Humanity First has started the construction of low-cost cyclone proof, 2 bedroom homes for the affected victims in the assigned island of Char Onda in Rangabali.

The construction of these houses will be completed in early 2010. More than 100 families will benefit from these homes. Humanity First also plans to renovate and reconstruct schools in these areas.

In order to provide clean drinking water, Humanity First has drilled deep tube wells to serve the entire village. The villagers had access to river water only, which was not clean and not suitable, due to the high arsenic content.

Humanity First also assisted a number of people with cataract surgery to help restore their vision.





WATER FOR LIFE: *focus* NIGERIA

NIGERIA | Water Wells Project



EXTREME POVERTY, SCARCITY OF CLEAN WATER, LACK OF EDUCATION AND NATURAL DISASTERS HAVE CAUSED DESPERATE CIRCUMSTANCES FOR A LARGE NUMBER OF COMMUNITIES. HUMANITY FIRST CANADA ALONG WITH LOCAL HUMANITY FIRST VOLUNTEERS IN NIGERIA HAVE TAKEN A MULTI-PRONG APPROACH TO ALLEVIATE THE SUFFERINGS OF SOME OF THE POOREST COMMUNITIES IN THE WORLD.

The process of drilling bore holes in various regions of Nigeria was continued through 2008. Humanity First has drilled wells to serve the inhabitants of Onda, Umaisha, Ara, Mosudo Kwara and Ayegunle Gbede.

These wells are providing clean drinking water to thousands of villagers who had to walk miles to obtain fresh drinking water. Generators were also bought to power the pumps for the first three communities because of the absence of public power supply. The wells that have been built in Onda, Umaisha & Ara regions have the following enhanced features:

- Adequate water to serve the community
- Submersive pump
- 5000 litre capacity tank mounted on a four feet high structure
- A generator set to power the pump

Humanity First has identified 40 locations where bore holes are urgently needed because of poor access to clean drinking water. These wells will be drilled in the selected regions including: Italebale Ijigbo in Ogun State, Zuzungi in Niger, Inabo & Ogbagede villages in Kogo.

Humanity First is looking for sponsors for the 40 wells, which will be drilled in the near future. Each well will serve clean drinking water to more than 1000 people. By having

access to clean drinking water, villagers will no longer have to walk miles to get water, and they will also be protected from water-born diseases.





FOOD BANK: *focus* CANADA

FOOD BANK | Feed a Family

ONE WILL BE SURPRISED TO KNOW THAT IN A FIRST WORLD COUNTRY SUCH AS CANADA, PEOPLE ARE SLEEPING ON THE STREETS, AND MANY FAMILIES ARE LIVING BELOW THE POVERTY LINE. NOT INFREQUENTLY, CHILDREN GO TO SCHOOL HUNGRY AND THEIR MOTHERS ARE GOING TO BED WITHOUT FOOD. HUMANITY FIRST IS MAKING A DIFFERENCE IN THEIR LIVES THAT BRINGS TEARS AND JOY TO THE EYES OF OUR VOLUNTEERS.

Humanity First Feed a Family program provides food security to the people struggling in less privileged circumstances and experiencing challenges in their daily sustenance. Under this program non-perishable food items are provided to hundreds of needy and homeless people every month in Greater Toronto Area and Windsor.

Food Delivery Service:

Humanity first also offers delivery of food hampers to those who cannot reach the Food Bank on their own. This unique service makes Humanity First Food Bank stand out among other agencies of the nature. The food packages that are delivered to the recipients contain items such as, canned food, pasta, flour, rice, cereals, juices, and some snacks which are sufficient for one week to one month depending on the family size.

The food bank clientele is growing fast with everyday to come and currently Humanity First is serving regularly more than 200 families

every month from various ethnical, cultural and religious backgrounds. These families have no other source for obtaining food. A helpline has been set up and anyone is able to call and ask for assistance either for themselves or for a deserving family or person that they are aware of. Various local community agencies are also referring their clients to Humanity First Food Bank for food help.

Food Drives:

Humanity First organizes number of food drives all across Canada every year. Most recently, in the month of December 2008, a massive food drive was organized in collaboration with AMJ Canada, another non-profit organization. Four truck loads of non-perishable food items were collected in the Greater Toronto Area.

FIGHTING HUNGER ONE PIZZA AT A TIME

Humanity First provides food to homeless not only to feed them but also to let them know that help is available whenever they need it.

Our goal is that no one should sleep hungry - if we can reach you we will feed you".

This year's theme was "Fighting Hunger one Pizza at a Time". This service was offered during the cold Holiday season on December 24th and 25th in downtown Toronto. The volunteer teams cruised around downtown Toronto serving homeless on the street corners of the Yonge and Dundas area, and also providing Pizza to a neighbourhood shelter in the area. The event was covered by the Toronto Sun and an interview with Humanity First volunteers was aired on the CBC News at 6 o'clock on the day.

"While most people will be celebrating the holiday season in the warmth of their homes, let's not forget the homeless outside in the cold and hunger. We are going to give them pizza for a change."

Naumana Khan | Director of Programs



WATER FOR LIFE: *focus* **BRAZIL**



BRAZIL | Water Filtration Project

60 DAYS OF RAIN IN BRAZIL RESULTED IN INTENSE FLOODING, LANDSLIDES, DAMAGE TO HOMES AND TRANSPORTATION ROUTES IN VARIOUS REGIONS. APPROXIMATELY 1.5 MILLION PEOPLE WERE AFFECTED BY THE FLOODING. HUMANITY FIRST CANADA PARTNERED WITH GLOBAL MEDIC TO HELP RESTORE THE CAPACITY OF CLEAN DRINKING WATER THROUGH THE USE OF WATER PURIFICATION UNITS AND TABLETS.

In December 2008, heavy prolonged rains led to multiple landslides in the state of Santa Catharina, prompting the Government of Brazil to request assistance in providing clean water to the disaster area. The mission was divided into three components:

- Set up of Nomad water purification unit, 100 litres/minute
- Set up of 10 Trekker water purification units, 4 litres/minute
- Distribution of water purification tablets and rehydration packets
- A generator set to power the pump

This response was a joint venture between Humanity First and Global Medic. Humanity First sent one responder with the Global Medic team to learn their response methodology and the set up and operation of the Trekker and Nomad water purification units.

In the region of Bau De Baxio the team traveled to a community center that had been set up as a temporary shelter with a soup kitchen and medical unit. A local relief worker was trained on how to set up and operate the unit.

Water purification tablets and Rehydration packets were also provided at the medical unit. In the Blumenau region a large team of 5 vehicles with a police escort traveled to a remote region to set up a tracker at a local school. A Trekker was deployed at this location and two chemists from Samae were trained on how to use the unit. Three more trekker units were installed in Casan.

"This project was successful for Humanity First, as we were able to install 6 water purification units. More over, we are now fully trained on setting up both the new Trekker and Nomad water purification units."

Providing clean drinking water is one of the very important projects

for Humanity First. Humanity First believes that every single person in this world should have easy access to clean water. Whether it is due to disaster or poverty, humanity should not suffer due to shortage of clean water. Humanity First offers the following solutions:

- Water purification tablets
- Water filtration units
- Water wells





“There are two types of obligations for us - One to fulfill the rights and obligations of our Creator and secondly to honour the rights and obligations of fellow human beings. By helping the less fortunate people, we are doing just that! How can I sit relaxed, when there is someone in pain? While we cannot alleviate the suffering of whole humanity, taking small steps with a helping hand stretched out, is what matters.”

(Dr. Aslam Daud, Executive Director, Humanity First Canada)

Dr. Aslam Daud is well known for his inspirational leadership and tireless efforts in leading this humanitarian relief organization from its humble beginning in 2004 to its current renowned stage- serving thousands of individuals who are struggling for the basic needs of life in Canada and other parts of the world,.

Dr. Daud does not hesitate to provide assistance in various levels of any project, whether it is delivering pizza to the homeless, or discharging his duties as Executive Director of Humanity First Canada. It is his customary trait to personally take time out of his busy schedule and guide each and every team member and volunteer through the use of gradual relief of responsibilities and teach them how to be able to do their work as efficiently as they possibly can. He has proven to work unfailingly more than 18 hours a day 7 days a week whenever the projects' workload escalates and his personal attention is inevitable.



“Whether it is building a home for a cyclone victim in Bangladesh, or providing clean drinking water to someone in Africa, or feeding a hungry in Toronto, it is all a step in the right direction - a step towards humanity!”

(A.W. LaHaye, Director Disaster Relief, Humanity First Canada)

Mr. A.W. LaHaye has been volunteering with Humanity First for the past few years. Mr. LaHaye is fully trained in first aid and emergency response protocols. He has been overseeing projects in Nigeria, where he supervised the drilling of the wells and is currently working to establish computer training schools.

Mr. LaHaye led the disaster relief team in Haiti and in Brazil. While in Toronto, he regularly volunteers for the Humanity First Food Bank and loves to conduct food drives in local neighbourhood areas.

FUNDRAISING

HUMANITY FIRST CANADA ORGANIZED A FUNDRAISING DINNER TO RAISE FUNDS FOR ITS REBUILDING PROJECTS IN HAITI & FOR THE WATER WELLS PROJECTS IN AFRICA.

FUNDRAISER DINNER 2008 | DINE & LET HUMANITY SHINE

The “Dine and Let Humanity Shine” event was held on December 10, 2008 at Woodbine Banquet Hall in Rexdale, Ontario. More than 1100 people attended this gala, which included representatives from various Canadian organizations, Members of Parliament, dignitaries and officials from Haiti. This event was conducted by a well known Anchor and Reporter at Toronto's Breaking News CP24. Various media channels covered this mega event, some being Rogers TV, OMNI TV and Toronto TV.

The event was a huge success and more than \$110,000 were raised through ticket sales and donations made by individuals and corporations. Some of the dignitaries who attended the fundraiser included the Honorary Counsel of Haiti in Toronto, the Honourable Jim Karygiannis, P.C., M.P. Scarborough-Agincourt, Tony Carella, Counselor, City of Vaughn and Honorable Jean Augustine, Fairness Commissioner of Ontario.

The funds that were collected through this charity event are being utilized for the rebuilding projects in Haiti and for building wells in some remote areas of Africa, where there is no fresh water source. Humanity First is building a bridge in the town of Torbeck, Haiti after recently responding to help the victims of hurricane and flooding. Hundreds of families were helped with food and other necessities. During the relief effort, the team on the ground found that the town of Torbeck is badly affected due to flooding and gets isolated from other cities after every rainy season. Several meetings were held with the Mayor of Torbeck and other city officials to look at the feasibility of building a bridge to help the residents of Torbeck.

The proposed bridge will have a long term impact on the community and has the potential to lift the poverty stricken families out of their dire situation, providing them with employment and income. *Dr. Aslam Daud, Chairman of Humanity First said, “We are very excited to start this project which will impact the lives of more than 14,000 people. Humanity First will make the difference in their lives and generations will benefit from this bridge”. “This time we are bridging the gap between poverty and prosperity literally – by building an actual bridge!” He added.*

In Nigeria, Humanity First recently completed drilling of 5 water wells in remote parts of Nigeria and planning to drill another 40 in upcoming years. Commenting on completion of the 5th well, the finance director of Humanity First, Mr. Naseem Shad said: “We are very pleased to achieve this milestone where we could help people who used to walk many miles to get fresh drinking water, which is now available in their neighborhood. This was only possible through the generous contribution of people in Canada.”





Rachel Zhang
Food Bank Volunteer
Student of Stephen Lewis S.S

“It’s a great learning experience working at the humanity first food bank from food sorting to food packing for people who need help. I enjoyed helping here. It’s a good way of spending PA day”.

Bettina Fong | *Food Bank Volunteer*
Pharmaceutical Scientist at Glaxo Smith Kline

“I first became involved as a volunteer with Humanity First over the Holidays of 2008. I was left with a memorable impact the moment I entered the doors of this non-profit charitable organization. I was quickly impressed at how this organization strives to provide relief and support within the local community as well as communities across the globe. It is these unselfish acts which makes me proud to support Humanity First in their efforts to alleviate struggles for the basic needs of life.”

“My experience at Humanity First Food Bank has been fulfilling. When I see the gratefulness of the people receiving help from Humanity First makes my volunteer work rewarding. Also the dedication of Naumana Khan in helping the needed is most admirable”.



Van Nhieu
Food Bank Delivery Volunteer
Resident of Maple, Ontario

Cecilia Carvalho (Mother), Aaron Carvalho (Son) | *Food Bank Volunteers*
Residents of Brampton, Ontario

“Volunteering at Humanity First was a tremendous experience. We got to socialize with others, got hands on experience on performing various tasks anywhere from sorting to packaging the food for distribution to the families and learned more about what Humanity First offers the community. Just knowing that the families would not go hungry made it so heartwarming.”

HUMANITY FIRST PROGRAMS IN CANADA

HUMANITY FIRST'S GOAL IS TO HELP THE LESS FORTUNATE AND IMPROVE THE QUALITY OF LIFE IN UNDER PRIVILEGED COUNTRIES, HOWEVER EACH HUMANITY FIRST ORGANIZATION ACROSS THE GLOBE IS RESPONSIBLE TO PROVIDE RELIEF AND SUPPORT WITHIN THEIR LOCAL COMMUNITIES.



PROGRAM | FEED A FAMILY

Humanity First focuses on supporting those members of the community who are struggling in less privileged circumstances and experiencing challenges in getting their daily sustenance. Our aim is to assist the less privileged members of the society with their dietary needs and slowly build confidence, so they can become self sufficient. Under this program anyone in need is provided with adequate groceries of non-perishable food items for a month depending on the size of the family. Our volunteers organize food drives in all local communities as well as countries across the globe.

This program also offers delivery of food hampers to those who are facing barriers to using the Food Bank like travel constraints and stigma. This service distinguishes Humanity First

Food Bank from other agencies of the same nature. The recipients are from diverse communities across the Greater Toronto Area. The Food Bank structure and services has grown tremendously in past two years and is now serving an ever growing number of clients- an average of 200 families per month (500 - 700 individuals).

PROGRAM | FEED THE HOMELESS

Humanity First Canada reaches out to homeless individuals and delivers hot meals and food items on special occasions during the year. Humanity First believes that feeding the hungry is the best charity!



PROGRAM | OUR CHILDREN, OUR FUTURE

Humanity First believes that children are our future, as we aim to provide

assistance wherever necessary. Our organization supports children living in unfortunate socioeconomic and familial circumstances to meet and exceed their academic potential by sending them to educational and recreational camps, and by providing them with necessary equipment, provided that the respective funding is not covered by any other agency. Students with special needs and schools performing below average are served on priority basis. Under this program there are two services:

Sponsor a Child: Humanity First sponsors any child who is performing below average academically, and belong to low-income families upon assessment of the teacher, parents and administration.

Sponsor a School: Humanity First sponsors schools as a whole when the school administration is in need for a particular service, facility, or equipment to enhance the learning of the students and it is not financed by any other source. Some areas of service include: enrollment in educational and recreational camps, special needs equipment, library books and teaching tools and any other facility helpful in uplifting the academic growth of students and

Humanity First... Putting Humanity First... Putting Humanity First... Putting Humanity First... Putting Humanity First... Putting Humanity First...

schools.

Humanity First believes that educating children is getting to the root cause of poverty. Providing children from under privileged families or with special needs with the opportunity to become at par with other children; this will also make them understand the importance of education.



PROGRAM | HOMELESSNESS PREVENTION

There are many reasons behind why one may have to sleep on the cold streets or go through scraps for food, but Humanity First looks past those reasons and aims to help alleviate homelessness. Humanity First Canada reaches out to homeless individuals and delivers hot meals and other food items on special occasions during the year. Humanity First believes that feeding the hungry is the best charity!

This year's theme was "Fighting

Hunger one Pizza at a Time". This service was offered during the cold Holiday season on December 24th and 25th in downtown Toronto. The volunteer teams cruised in downtown Toronto serving homeless on the street corners of the Yonge and Dundas area, and also providing Pizza to a neighbourhood shelter in the area. The event was covered by the Toronto Sun and an interview with Humanity First volunteers was aired on the CBC News at 6 o'clock. Humanity First provides food to homeless not only to feed them but also to let them know that help is available whenever they need it. Our goal is that no one should sleep hungry - if we can reach you we will feed you".



PROGRAM | GIFT OF VISION

Poor vision impedes one's ability to carry out daily tasks and affects a

child's ability to learn. Through this program Humanity First is able to help those individuals who need eye glasses. Our aim is to provide eye wear to underprivileged individuals in North America and deliver clear vision to those in need.

Through this program, Humanity First provides a pair of eye glasses to those who need one but have financial limitations and if this expense is not covered or funded by any other source.



VOLUNTEER MANAGEMENT

HUMANITY FIRST HAS CREATED SUBSTANTIAL COMMUNITY AWARENESS AND HAS BECOME A WELL KNOWN OPPORTUNITY FOR COMMUNITY INVOLVEMENT, WHERE PEOPLE FROM ALL WALKS OF LIFE FROM ALL ACROSS CANADA FEEL PROUD TO PARTICIPATE.

Humanity First offers a variety of opportunities for its volunteers to serve the community as well as enhance their own professional skills that helps them to excel in their careers.

Humanity First has developed an efficient Volunteer Management System that includes recruitment, orientation, training, evaluation and development strategies. Our volunteers dedicate a large portion of their time after work and school to serve humanity. They include:

- University and College students
- High School students
- Professionals (doctors, lawyers, engineers, cab drivers, IT specialists, contractors, teachers, pharmacists, computer technicians, computer, programmers, real estate agents, customer service representatives, accountants, businessmen, corporate owners)
- Local residents including teenage volunteers and stay-at-home parents

Humanity First Volunteer Sources:

- High Schools
- Colleges and Universities
- Local communities and neighbourhood
- Churches, Mosques and other places of worship
- Community Information and Volunteer Bureau of York Region

HUMANITY FIRST BENEFICIARIES

Humanity First supports a wide variety of clientele, including:

- | | | |
|-----------------------|---|-------------------------|
| • Seniors | • Individuals / Families on social assistance | • Students |
| • Single parents | • Immigrants | • Physically challenged |
| • Low income families | • Homeless | • Aboriginals |

Referring Agencies:

The pace of growth in clientele has tremendously increased recently. Community and social services agencies are routinely referring their clients to Humanity First for food assistance. This referred clientele include:

- Participants of Ontario Works program (including social services clients)
- Participants of Ontario Disability Support Program
- Participants of Native Advisory Centers
- Referrals from Employment and Immigrant Resource Centers
- Referrals from Community Neighbourhood Resource Centers
- Referrals from Community Shelters



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