



IN THIS ISSUE:

- Latest HF projects
- Humanity First's events
- Update on international programs

EMPOWERING LIVES, ONE MEAL AT A TIME: OUR COMMITMENT TO FOOD SECURITY

FOOD DRIVES

As the cost of living and inflation rates surge in Ontario, communities are witnessing a stark increase in the number of individuals facing financial hardship. This economic strain has directly impacted the demand for food bank services, with more families and individuals seeking assistance to meet their basic nutritional needs. Now, more than ever, the Humanity First Feed a Family food bank is in urgent need of support from generous donors and community members. Organizing food drives and encouraging donations have become crucial initiatives to bridge the widening gap between rising living costs and the ability of vulnerable populations to access essential nourishment.

Together, through collective efforts and community solidarity, Humanity First's Feed a Family Food Bank organized two large scale food drives in this quarter to gather donations for thousands of clients accessing our services on a monthly basis through walk-in and delivery service. Despite the biting cold weather, our dedicated volunteers braved the elements to make a meaningful impact on our community. Our volunteers diligently distributed flyers door to door, promoting the food drives and then collected the food from each house as well. These food drive were held in the months of October and December and over 125 volunteers took part, collecting 14,000+ lbs of food from 2,500 houses in the neighborhoods of Maple.

ANNUAL FEED THE HOMELESS

HF's Feed the Homeless initiative, aims to provide comfort and support, addressing immediate needs while striving to bring hope and dignity to those experiencing homelessness in our community. On December 24 and December 25, Humanity First held its Annual Feed the Homeless Event in Downtown Toronto. Volunteers packed food hampers at the Humanity First Food Bank and then gathered at Allan Gardens in Toronto to distribute these food hampers along with blankets, emergency survival kits and hygiene supplies. The food hampers consisted of pizza, granola bars, yogurt cups and water bottles. These food hampers serve not only as a source of sustenance but also as a symbol of solidarity and care for individuals in vulnerable circumstances.

In total, 550 food hampers were distributed to the homeless population through 90 volunteers.

HELP US SERVE HUMANITY WITH YOUR DONATIONS TODAY!



WATER FOR LIFE

The Water for Life initiative by Humanity First seeks to relieve the challenges posed by water scarcity, a prevalent issue that disproportionately impacts numerous lives throughout the continent. The installation of **water wells, hand pumps, and boreholes** not only establishes a lasting supply of clean water but also enables communities to escape the cycle of waterborne diseases, ensuring a brighter and healthier future.



In this quarter, 6 hand pumps were built in Cameroon and 10 hand pumps were built in Chad, benefitting over 22,700 individuals.

GIFT OF SIGHT

Within the Gift of Sight program, Humanity First operates clinics for cataract eye surgery, organizes eye screening camps, and supplies prescription glasses to individuals who lack the financial means to obtain them.

In Nigeria & Tanzania, Humanity First runs a cataract eye surgery clinic that offers free surgeries to underprivileged local residents.

From October to December, 160 cataract surgeries were conducted to restore the vision of those who were unable to afford otherwise.



REFUGEE RESETTLEMENT

The Refugee Resettlement program by Humanity First holds a crucial role in sponsoring and relocating displaced individuals to Canada. Offering housing, language education, and support for employment opportunities, this program serves as a sanctuary for individuals escaping conflict, persecution, and adversity, providing them with the opportunity for a fresh start.

In this quarter, 20 families arrived to Canada totaling 56 individuals. 3 Newcomer Orientation sessions were held to help settle and educate the new refugees.

COMMUNITY CARE

HF's Community Care program provides assistance to marginalized individuals in society, including the elderly, those with disabilities, and individuals experiencing homelessness.

In a heartfelt commitment to the well-being of our senior community, HF hosts the "Seniors First" program in Canada. This ongoing program, organized twice every week since October, is designed to empower seniors with knowledge about their health, available resources, and opportunities for active engagement. Through informative sessions and an array of enriching activities such as yoga sessions, painting classes, and cooking workshops, HF aims to enhance their physical and mental well-being. Moreover, these seniors actively contribute to the community by volunteering in the HF food bank, fostering a sense of purpose and connection. In total, around 30 seniors have benefitted from this program.



Furthermore, during this quarter, 45 families were supported financially in Thailand, totaling 185 individuals.

FEED THE HUNGRY

Under the Feed the Hungry program, HF ensures a sustainable and culturally sensitive source of nourishment for those in need. By distributing meat in small communities across Africa, HF aims to alleviate hunger and promote nutritional well-being, recognizing the importance of both cultural considerations and the urgent need for accessible food resources.



In Cameroon, 20 goats were sacrificed and 1552 individuals benefitted.



In Chad, 40 goats were sacrificed and 2600 individuals benefitted.



In Brazil, HF distributed food hampers to 100 needy families.



CHAIRMAN MESSAGE



As we reflect on the achievements of the past quarter, I am filled with immense gratitude and pride in the impactful work we have collectively accomplished. Our sponsorship and resettlement efforts have touched the lives of 20 families, offering them a fresh start and the promise of a brighter future. The 160 free cataract eye surgeries conducted under our Gift of Sight program, have restored vision and brought newfound hope to those in need.

Locally, the success of our two large-scale food drives and the annual Feed the Homeless event underscores our dedication to alleviating hunger and providing support where it is needed most. Furthermore, the collaboration with businesses, schools and communities in organizing 26 food drives during the holiday season exemplifies the strength of community involvement.

As we embark on the new year, I humbly ask for your continued support. Your contributions have been instrumental in our achievements, and with your ongoing commitment, we can extend our impact even further in projects such as the building of a school in Cameroon. Together, let us continue to make a positive difference in the lives of those we serve.

Thank you for your tireless efforts and generous contributions!

— *Dr. Aslam Daud*

KNOWLEDGE FOR LIFE

HF's Knowledge for Life initiative addresses educational disparities by constructing schools and providing essential materials to students in underserved communities. With a focus on regions lacking proper educational infrastructure, Humanity First strives to create an enabling learning environment, empowering children with the knowledge and skills essential for an improved quality of life.

CAMEROON

In an effort to transform lives and cultivate a brighter future, Humanity First is embarking on a transformative project in Folap Village, Cameroon. Presently, **200 children** in this community lack access to education and a proper school facility. In response to this critical need, Humanity First is **constructing a school** that will include three classrooms, along with dedicated offices for teachers and principals. This initiative not only addresses the immediate gap in educational opportunities but also aims to create a conducive and empowering learning environment for the children of Folap Village, fostering their academic growth and overall development.



DISASTER RELIEF

In the wake of the devastating floods that struck Pakistan in 2022, Humanity First Canada swiftly responded to the urgent needs of the affected communities. Providing immediate aid in the form of food, water, medical relief, and shelter, HF played a crucial role in offering essential support during a time of crisis.

Presently, we continue our commitment by focusing on long-term recovery efforts. Humanity First Canada is actively engaged in **constructing shelters for the families affected by the floods**. With resilience and determination, **500 houses have already been built**, marking a significant milestone in our ongoing project.

However, recognizing the sustained impact of this disaster, we remain dedicated to the cause, ensuring that more houses are constructed to provide stable and secure homes for those still grappling with the aftermath of the floods.



HUMANITY FIRST FOOD BANK



HF's Feed a Family food bank acts as a vital support system for individuals both within and outside the GTA, providing essential assistance every day of the week through both delivery and walk-in services. Committed to alleviating hunger and promoting well-being, the food bank has established itself as a dependable source of aid for those experiencing economic challenges. The effectiveness of this initiative heavily depends on the generosity of donors and volunteers, who play a crucial role in providing the necessary provisions to assist clients. Through the collaborative efforts of donors, volunteers, and the dedicated team behind the food bank, numerous individuals receive the sustenance they require.



4,000
Families served

4,590
Adults served

903
Seniors served

3,280
Children served

9,580
Total number of individuals served

LEARN A SKILL: FORKLIFT TRAINING SESSIONS

Humanity First Canada has taken proactive steps in fostering professional growth by organizing **forklift training sessions** at the Amaze Forklift Training Centre. Geared towards newcomers and individuals seeking to enhance their job prospects or skill sets, these sessions, initiated since September, have proven highly successful. **Thirty-one participants have successfully obtained their forklift license.** The course encompasses a comprehensive approach, covering theoretical aspects, quizzes, and practical hands-on training with the forklift, ensuring participants are well-prepared for diverse workplace challenges.



HOLIDAY FOOD DRIVES

During the holiday season, the Humanity First Food Bank witnessed an outpouring of support through **26 food drives organized** by various entities, including **schools, businesses, diverse communities, and even local libraries.** This collective effort aimed to ensure that families in need experienced the joy of the festive season with access to essential provisions. The widespread participation from different sectors of society highlights the spirit of unity and compassion within the community, emphasizing the shared commitment to addressing food insecurity and making a positive impact during a time of giving. **The HF Food Bank team would like to extend our heartfelt gratitude to each and every school, business and community that continues to support us and has collected these donations for the thousands of our clients.**

THANK YOU!



THANK YOU FOR YOUR GENEROUS DONATIONS!

Donate by calling **416-440-0346**, emailing **info@humanityfirst.ca**, or visiting the HF website **www.humanityfirst.ca**

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