

<b>FOR OFFICE USE ONLY</b>			Attention: Regional Clerk Regional Municipality of Peel 10 Peel Centre Drive, Suite A Brampton, ON L6T 4B9 Phone: 905-791-7800 ext. 4582 E-mail: <a href="mailto:council@peelregion.ca">council@peelregion.ca</a>
MEETING DATE YYYY/MM/DD 2025/11/13	MEETING NAME Regional Council		
DATE SUBMITTED YYYY/MM/DD 2025/09/30			
NAME OF INDIVIDUAL(S) Meghan Nicholls			
POSITION(S)/TITLE(S) CEO			
NAME OF ORGANIZATION(S) Food Banks Mississauga			
E-MAIL mnicholls@foodbanksmississauga.ca	TELEPHONE NUMBER 905-270-5589	EXTENSION 226	
INDIVIDUAL(S) OR ORGANIZATION(S) ADDRESS 4544 Eastgate Pkwy Mississauga ON L4W 3W6			
REASON(S) FOR DELEGATION REQUEST (SUBJECT MATTER TO BE DISCUSSED) Most recent data on food bank usage in Mississauga, update on emergency food program collaborations			
A formal presentation will accompany my delegation <input checked="" type="checkbox"/> Yes <input type="checkbox"/> No			
Presentation format: <input type="checkbox"/> PowerPoint File (.ppt) <input checked="" type="checkbox"/> Adobe File or Equivalent (.pdf) <input type="checkbox"/> Picture File (.jpg) <input type="checkbox"/> Video File (.avi,.mpg) <input type="checkbox"/> Other <input type="text"/>			
Additional printed information/materials will be distributed with my delegation:			
<input type="checkbox"/> Yes <input checked="" type="checkbox"/> No <input type="checkbox"/> Attached			

Please save the form to your personal device, then complete and submit via email attachment to [council@peelregion.ca](mailto:council@peelregion.ca)

**Note:**

Delegates are requested to provide an electronic copy of all background material / presentations to the Clerk's Division if possible 72 hours prior to the meeting start time. **Delegation requests and/or materials received after 9:30 a.m. on the Wednesday prior to the meeting will not be provided to Members.**

Delegates should make every effort to ensure their presentation material is prepared in an accessible format. Once the above information is received in the Clerk's Division, you will be contacted by Legislative Services staff to confirm your placement on the appropriate agenda.

**In accordance with the Region of Peel Procedure By-law, delegates appearing before Regional Council or Committee are requested to limit their remarks to 5 minutes and 10 minutes respectively (approximately 5/10 slides).** Delegations may only appear once on the same matter within a one-year period, unless a recommendation pertaining to the same matter is included on the agenda within the one-year period and only to provide additional or new information.

**Notice with Respect to the Collection of Personal Information**

(Municipal Freedom of Information and Protection of Privacy Act)

Personal information contained on this form is authorized under Section 4.4 of the Region of Peel Procedure By-law 27-2022, as amended, for the purpose of contacting individuals and/or organizations requesting an opportunity to appear as a delegation before Regional Council or a Committee of Council. The completed Delegation Request Form will be redacted and published with the public agenda. The Procedure By-law is a requirement of Section 238(2) of the Municipal Act, 2001, as amended. Please note that all meetings are open to the public except where permitted to be closed to the public under legislated authority. All Regional Council and Committee meetings are live streamed via the internet and meeting videos are posted and available for viewing subsequent to those meetings. Questions about collection may be directed to the Manager of Legislative Services, 10 Peel Centre Drive, Suite A, 5th floor, Brampton, ON L6T 4B9, (905) 791-7800 ext. 4462.



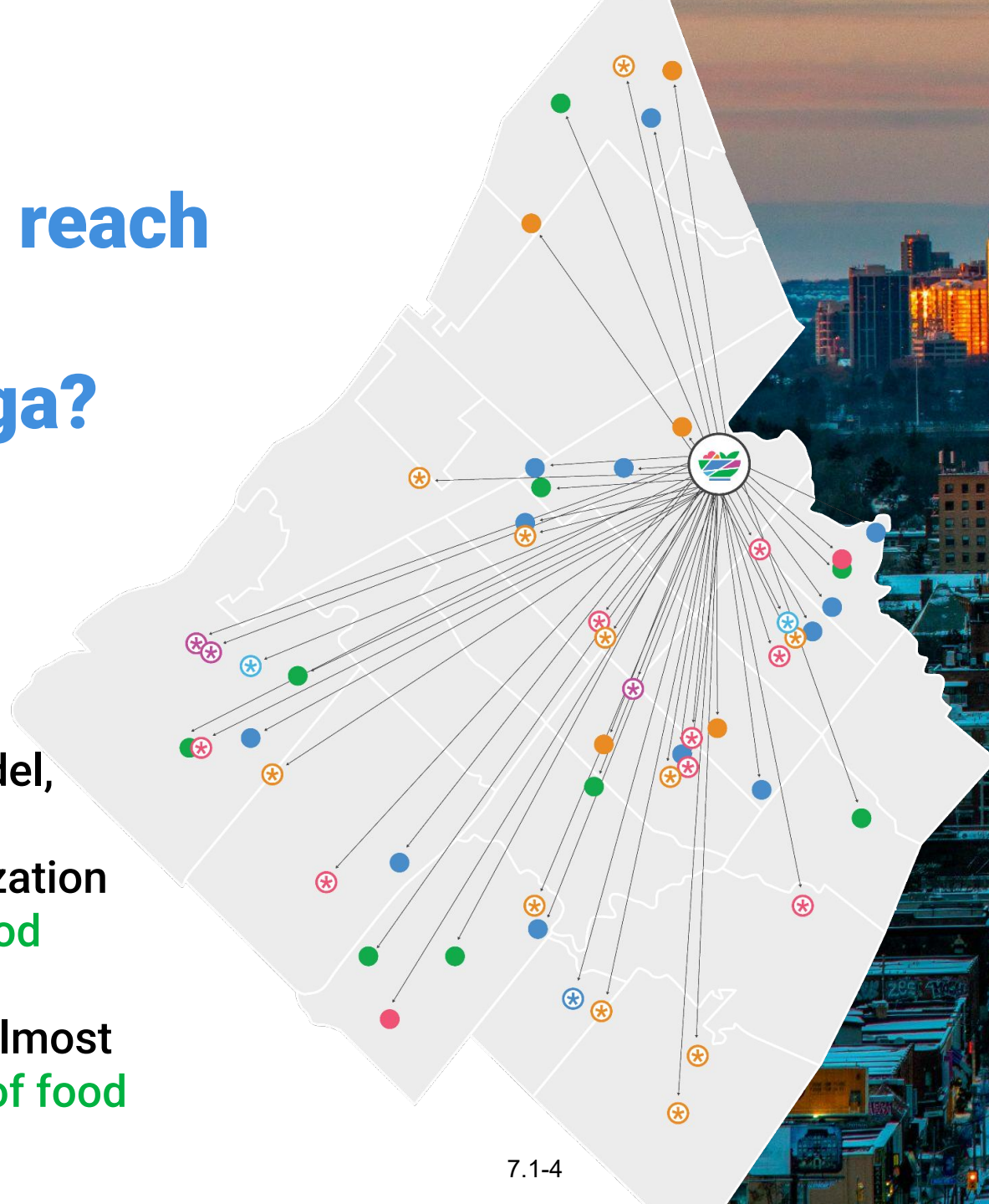
**FOOD  
BANKS**  
MISSISSAUGA

November 13, 2025 Deputation

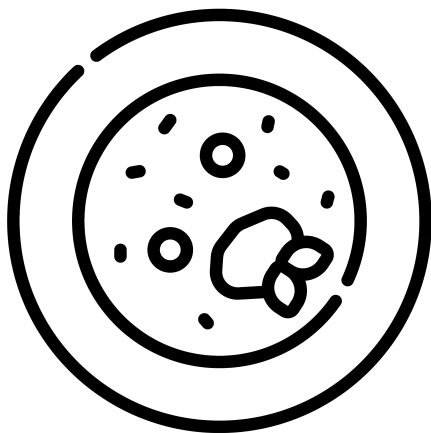


# How do we reach all of Mississauga?

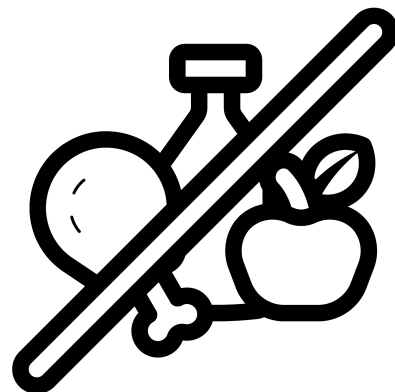
Through our hub and spoke model, your support goes beyond one organization to reach over **60 food programs** across Mississauga with almost **10 million pounds of food** per year.



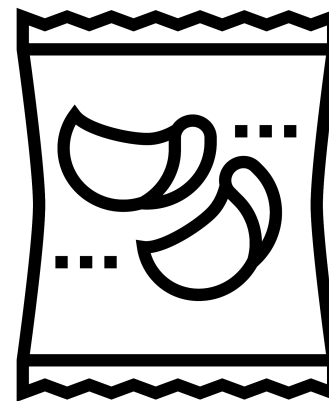
# What is food insecurity?



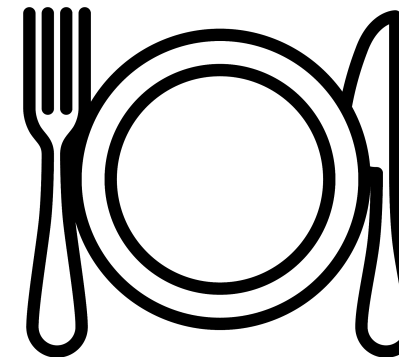
**Smaller meals  
to make  
groceries  
last longer**



**Unable to  
afford fresh  
fruits and  
vegetables**



**Forced to  
buy less  
nutritious  
alternatives**



**Skipping  
meals  
altogether**

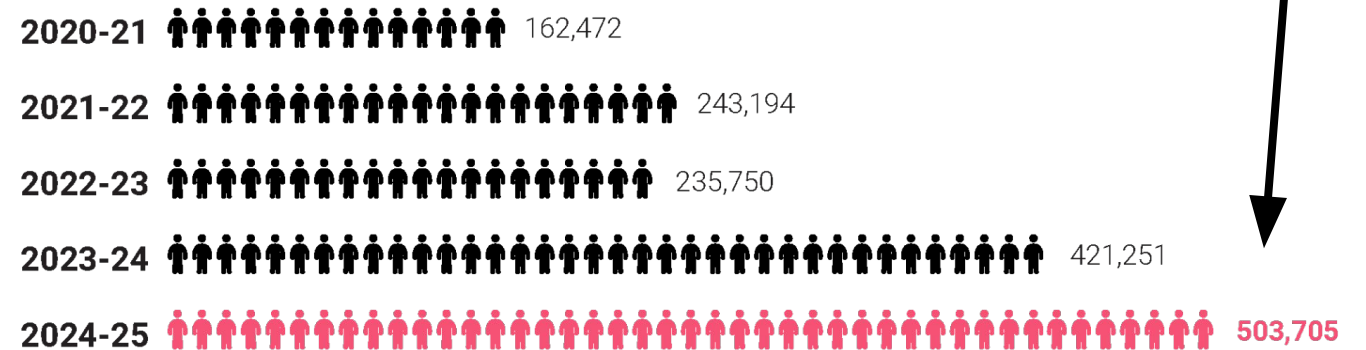


# What does food insecurity look like in Mississauga?

 **48,539**  
**NEIGHBOURS**  
**MADE 503,705 VISITS**

Folks went from needing a food bank **3-5 times a year** to now needing to use one **10 times a year**.

## FOOD BANK VISITS, BY FISCAL YEAR



# Your Neighbours in Need

- 28% of food bank visitors have employment
- Individuals rely on low-wage, precarious 'gig' work to get by
- Minimum wage (\$17.60) falls far below a living wage (\$27.20 in the GTA for 2025)
- Those with one or even multiple jobs will continue to be dependent on a food bank



# The Emergency Continues

- Lack of provincial or federal funding for food banks or for those facing food insecurity
- Continued rise in food bank use
- An aging population
  - 35% increase in senior food bank visitors since 2023
  - In the next 20 years, Canada's senior population will increase by 68%<sup>1</sup>



<sup>1</sup>Ontario's Aging Population: Preparing for the Future. Ontario Hospital Association, October 9, 2024.  
<https://www.oha.com/news/ontarios-aging-population-preparing-for-the-future>

# How We Are Responding

## Since 2019...

- Increased - Total food distributed by 347%, avg 200+ lbs per visitor annually
- Scaled - Decreased cost to distribute \$1 of food by 41%
- Evolved - Grew programs to fill gaps (Food Bank 2 Home delivery, on-site Food Bank, Tax Clinic, Culturally Appropriate Food) and closed program with lower ROI (Community Market)
- Stretched - Expenses increased by 267%, income by 235% (Facility → 2x larger, costs increased + overall)

# Now What?

- **Advocating** for policy change:
  - **Federal:** commitment to 50% reduction in food insecurity by 2030
  - **Provincial:** increase social assistance to align with actual costs of living
  - **Regional:** via Metamorphosis Network, improve overall anti-poverty supports in Peel via equitable funding from Ontario
- Acknowledging **food insecurity will take a long time to address - emergency food systems must be robust and well-funded** to decrease harms
  - Invested in systems, infrastructure, capital
  - Now need increasing operating support to deliver same level of service

# What Region of Peel Can Do:

- Declare food insecurity an emergency
- Add Food Security Fund to base budget starting in 2027, increasing with inflation
- Procure a 3rd party study to determine feasibility of a food bank distribution centre on Region of Peel land
- Establish a \$2M fund to support youth nutrition programs to bring support from \$0.22 to \$0.27 per child, per day



**TOGETHER FOR FOOD SECURITY**