

Nourish East End

Nourish East End is a program of East End United Regional Ministry. We operate at the East End Food Hub (1470 Gerrard St E) with a mission to *foster a resilient, connected, and caring community by sharing food with our neighbours*. More deeply affordable housing, basic income, and comprehensive disability and newcomer supports would improve lives in our community, but they don't exist. Until meaningful policy change occurs, Nourish provides a sustainable and respectful food resource, created by and for those who rely on it.

Building Capacity

Nourish East End now supports more than 30,000 visits annually and distributes over \$1 million in food each year. In 2025, Daily Bread contributed food valued at \$479,000, a 12% decrease from the previous year as city-wide food systems experience significant strain. In response, Nourish has strengthened its ability to secure food through expanded collaboration with Second Harvest, food rescue initiatives with local businesses, and relationships with vendors at the Leslieville Farmers Market. A dedicated team of a dozen volunteer drivers make it possible. Food drives with more than two dozen local organizations round out our stocks.



Volunteer driver Rhonda delivers a food rescue.

Creating Connection



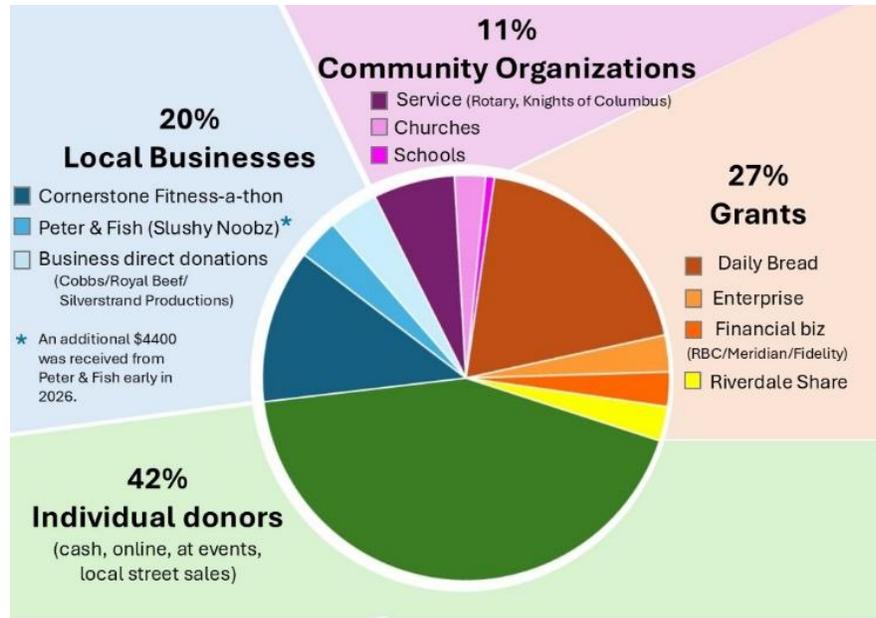
Nearly 120 volunteers support Nourish's operations and community-building efforts – a massive collaboration supported by our Resource Manager, Ryan, and volunteer coordinator, Marie. Many volunteers have lived experience with food insecurity, informing service design and delivery. Food is our business, but our mission is connection.

In 2025, Nourish introduced:

- a welcoming indoor waiting area for the food bank where community members chat, access reading materials and enjoy refreshments
- a resource table on local services with volunteer counsellors to help people find the services they need
- enhanced volunteer appreciation events including a New Year's Eve party, shown here, for volunteers who operated the food bank on Dec 31st
- a new Gab & Games program after our community dinners, bringing people together and complementing the Senior's Café that we operate with Applegrove Community Complex before the dinners



Nourish East End is able to build our services thanks to tremendous support from local individuals, businesses, schools and community organizations. Two large 2025 fundraisers hosted by Cornerstone Fitness Studio and Peter & Fish (the business behind the Slushy Noobz YouTube channel) raised over \$30,000, multiple carloads of food, and the profile of our program in the local community.



Celebrating our Legacy

In 2025, Nourish expanded its community dinner program by 15% and began hosting shared meals in the sanctuary. These events bring together people from across the community: food bank users, but also local families, donors and church congregants. These dinners are the vision at the root of Nourish, community events created by the Glen Rhodes congregation in the 1980s to bring neighbours together. It was through these dinners that the need for a regular food bank was first recognized. On Dec 8th, 2025, we held our first holiday dinner in the sanctuary where we celebrated the sharing of bread (and turkey) in a beautifully transformed sacred space.

