

BREAD **AND** BEYOND

INFORM-CONNECT-RESPOND



ANNUAL REPORT

2020-2021

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LOOKING FORWARD

Bread and Beyond is a registered charity which works to connect local communities with shelters working with people in a homeless, transient or vulnerable situation in Montreal.



MESSAGE FROM OUR FOUNDER



What an incredible first year! The community came together when things were at their most uncertain and the energy, kindness and generosity of our volunteers and donors has allowed us to achieve impacts way beyond our expectations.

As we evolved over the past year, we worked hard to choose pathways that effectively addressed real and significant needs in our community. We have been mindful to not duplicate work already been carried but instead augment and support established organizations. Time has been spent to understand and capitalize on our unique strengths and skills.

We quickly saw how impactful we could be if we worked to connect communities that have the desire and capacity to help but might not know how, with the shelters who work with people experiencing homelessness and hunger.

Our work has informed the creation of three pillars that have become the foundation of our organization- **INFORM**, **CONNECT** and **RESPOND**.

We appreciate that the COVID pandemic presented both challenges and opportunities for Bread and Beyond and over the next year we will be working to ensure we remain relevant and impactful in a community that is emerging out of lockdown. One fundamental aim is for us to acquire a space where we can come together to make sandwiches, pack Essential Boxes and connect like-minded people.

This report is an expression of gratitude to our amazing community: the volunteers, the shelters and the people they serve, the donors, board members, schools, workplaces and community groups that we have had the pleasure of working with over the past year.

Thank you for helping us achieve so much in our first year - we are very excited to continue creating this organization with you!

Kirstie Jagoe
Founding Director



VISION

An engaged, aware society that cares and advocates to end homelessness and hunger.

MISSION

We connect communities to the reality and needs of people experiencing homelessness and hunger with the aim of helping to meet basic needs while stimulating a cultural shift in perceptions and promoting action.

VALUES

Inclusion
Respect
Recognition of all contributions
Community
Collaboration
Quality service

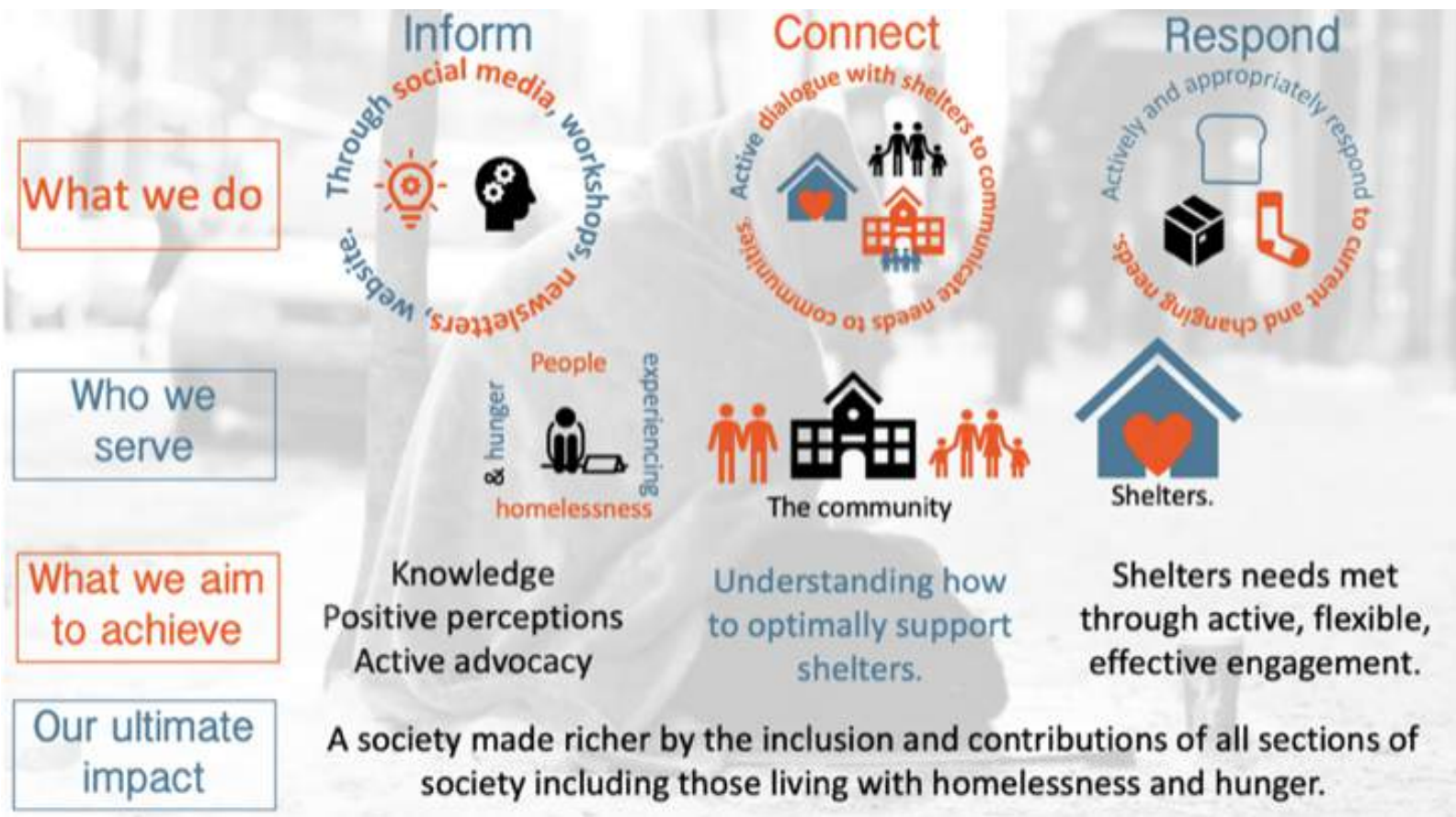
THE PROBLEM

- High demand on shelters for homeless citizens means community engagement is essential;
- Needs of the shelters are often not known, misunderstood and not met;
- Ongoing stigma and misinformation about homelessness leads to disconnection, negative attitudes and inaction.

THE SOLUTION

We create a conduit through which the voices and needs of those living with homelessness and hunger can be expressed and through which the community can connect, become informed and respond to the changing needs of homelessness shelters and the people they serve.

HOW WE WORK



OUR PROGRAMS

THE BREAD

We start with sandwiches (bread) because healthy food and nutrition is a fundamental need which must be fulfilled in order for people to reach their full potential.

Bread and Beyond's core activity is making and delivering fresh, nutritious sandwiches to shelters in Montreal. The bread is the thread which connects the community, a vehicle to civic engagement, social change and an indispensable part of our mission and identity.

For Bread and Beyond, the creation and delivery of sandwiches is achieved by 'crowd sourcing' through a robust network of volunteers. We have created a framework that allows all those involved to contribute in a way which is both personal, practical and fulfilling.

Most of the volunteers not only volunteer their time but also donate the sandwich ingredients each week.

THE BEYOND

The pathways created by making sandwiches connect our volunteers, to homelessness shelters and the people they serve. This doorway to engagement offers volunteers a simple way to give back while providing important learning opportunities for those who know little about the root causes of homelessness and the changing needs of shelters and the people they serve. Key areas in the 'Beyond' work include;

SUPPORTING SHELTER NEEDS

In close collaboration with the shelters, we coordinate the collection of essential items such as seasonal clothing and supplies for rehousing clients after homelessness.

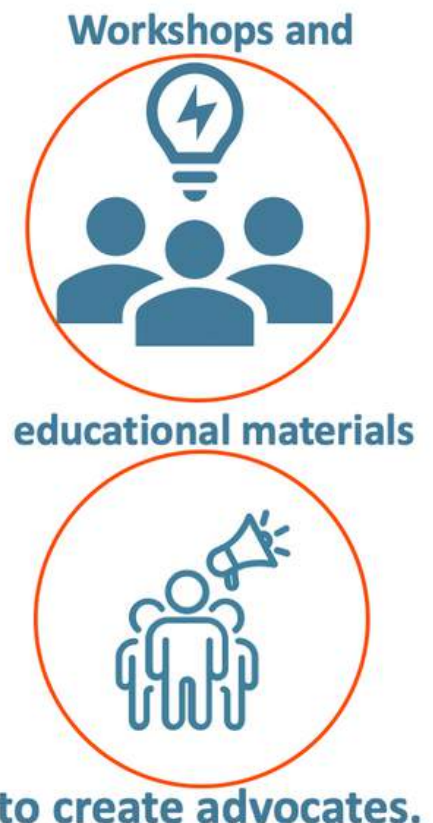
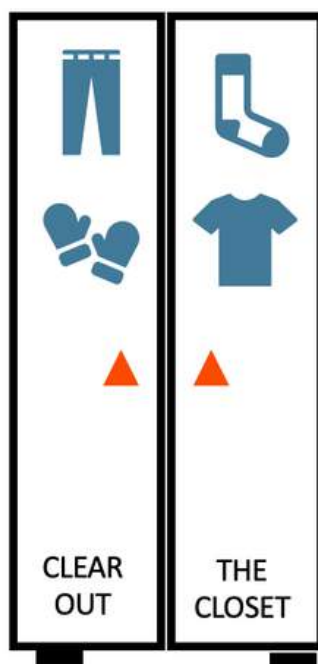
SHIFTING PERCEPTIONS TO CREATE ADVOCATES

We use our connections with individual volunteers as well as schools, workplaces and other community groups as an opportunity to inform and educate with the aim of challenging the stigma, misunderstanding and disconnection frequently directed towards people experiencing homelessness.

ENGAGING PEOPLE WITH LIVED REALITIES AS CO-CREATORS

Because people who have experienced or are experiencing homelessness are often the best ambassadors, we invite people who have lived these experiences to join our team as co-creators of workshop materials- allowing their words to work as a catalyst to youth engagement on homelessness.

THREE CORE ACTIVITIES ARE IMPLEMENTED TO MEET THESE AIMS



Starting September 2021

OUR WORK IN NUMBERS

340



VOLUNTEERS SIGNED UP TO
OUR SCHEDULING PLATFORM

DELIVERED AN
AVERAGE OF

2500

SANDWICHES
PER WEEK

80

ESSENTIALS BOXES
DELIVERED TO PEOPLE
TRANSITIONING OUT OF
HOMELESSNESS.

WORKED CLOSELY TO
MEET THE NEEDS OF



SHELTERS

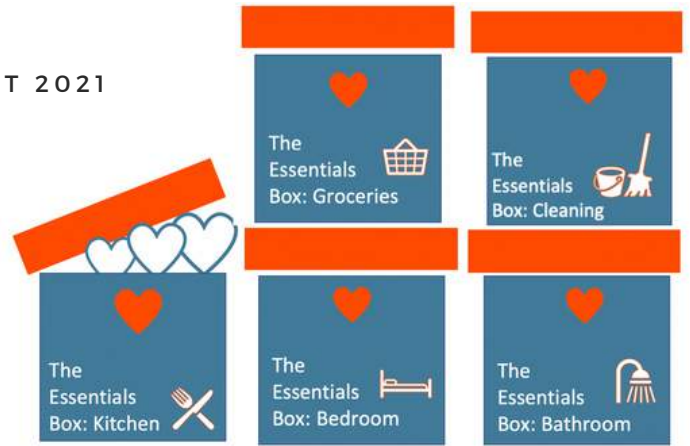


WORKED WITH THE
STUDENTS IN

12

SCHOOLS

ESSENTIALS BOX INITIATIVE



The Essentials Boxes Initiative collects and compiles boxes of small 'Essentials' to support rapid on-going housing initiatives around Montreal as they help move people into permanent housing after a period of homelessness.

We have created five different boxes to ensure people have the essential household items needed when they first enter their new home!

Kitchen box, bedroom box, bathroom box, cleaning box, groceries box.

In May 2021 a pilot project was conducted in collaboration with St. George's Anglican Church and CivitasX. This yielded boxes for 20 people moving into new homes.

These were donated to four shelters; Old Brewery Mission; Resilience Montreal. Wellcome Hall Mission and Maison du Père.

The feedback was overwhelmingly positive and used to make adaptations in preparation for the full launch in September 2021.



ESSENTIALS BOX INITIATIVE: TESTIMONIALS

Why are these boxes needed?

In addition to their practical utility for daily tasks, the beneficiary with a new home, will feel more secure and will be able to approach daily life with more confidence.

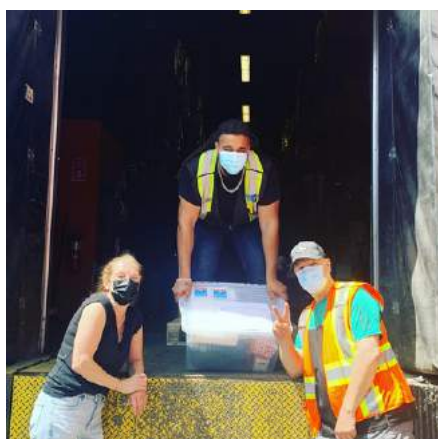
If you didn't have these boxes, what would people do when moving into the new home?

Not having these boxes, will potentially slow down their integration into their new home, it can demotivate them and make their transition more complicated and difficult.

What difference do these boxes make for someone moving into a new home?

The quality of these boxes and the care in preparing them, gives the beneficiary a strong signal that every effort is made to support them in their integration efforts, and it takes place in a spirit that respects the dignity of each beneficiary.

Maison Du Père (translated for original french)



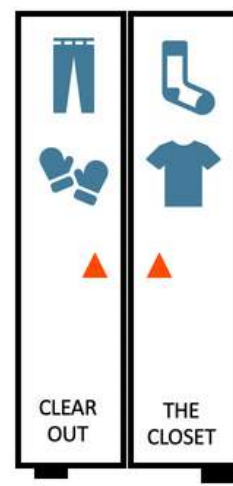
The difference between the feeling of home and a housing unit, can determine whether or not a vulnerable person can be stable in housing- the boxes allow a comfort that can improve the chances that someone will stay housed over time.....these boxes serve as an everyday reminder that they have a community and that they are cared for.

Resilience Montreal

“The Essential Boxes allow a person to take possession of their home with the assurance of being able to eat, sleep and shower with dignity the first night”

The Old Brewery Mission

CLEAR OUT YOUR CLOSET



Clear Out Your Closet campaigns aim to firstly identify the item most needed by the shelters and then ask our community members to look in their closets for these items.

The items collected are found in most people's closets and often sitting not being used. We ask that the items are either new or like new and, where appropriate, washed and folded.

The Clear Out Your Closet campaigns provide an easy and free way to give items most needed by the shelters- a low cost- high impact way to give back.

A total of 6 campaigns were run this year collecting-

Blankets, backpacks, running shoes, travel-sized toiletries, t-shirts and jeans.



"Beyond helping us feed Mission clients, the Bread and Beyond team also donated clothing and in this difficult time their contribution is simply extraordinary."

St Michael's Mission (translated from original french)

COLLABORATIONS

SHELTERS SERVING PEOPLE EXPERIENCING HOMELESSNESS AND HUNGER

In the past year we have worked closely with nine of the largest shelters in Montreal. Between them, these shelters serve all sections of the adult homeless and vulnerable populations including women, men, LGBTQ2+, indigenous groups and seniors.



- Resilience Montreal - <https://resiliencemontreal.com>
- The Open Door - <https://www.opendoortoday.org>
- Old Brewery Mission - <https://www.missionoldbrewery.ca>
- Chez Doris- <https://www.chezdoris.org>
- Welcome Hall Mission - <https://welcomehallmission.com>
- La Maison Benoit Labre - <https://benedictlabre.org>
- St Michaels Mission- <https://www.stmichaelsmission.ca>
- Accueil Bonneau- <https://www.accueilbonneau.com>
- La Maison du Père- <https://www.maisondupere.org>

TESTIMONIALS FROM SHELTERS

"Over the past few months we have had some troubles with our kitchen and also some last minute emergencies and the Bread and Beyond team has always been there to help! This invaluable boost has enabled us on several occasions to continue our operations without interruption of service in terms of food service.

Bread and Beyond is an important and extremely essential partner within our community."

St Michael's Mission

"With the onset of the pandemic, the needs of people experiencing homelessness have greatly increased, especially their food needs. Bread and Beyond has allowed us to meet these growing needs by offering sandwiches on a regular basis. Whether it was the meals provided by the opening of our emergency winter accommodation or the extras that allowed us to provide lunches when we had nothing to offer, Their help is invaluable to us."

La Maison Benoit Labre

"The health measures imposed by the pandemic meant that we had to reduce the reception capacity of our centre. We now have a team of intervention workers going out to meet the people who need to stay outside. They can now distribute food also to these vulnerable people more quickly and easily."

The Open Door Montreal

All quotes translated from the original french.

Sandwiches



COLLABORATIONS

OUR VOLUNTEERS

Bread and Beyond is an entirely volunteer run organization. Our work is possible only because of a committed, motivated group of people who so generously give their time, money and energy to help us meet our mission.



Individual volunteers



Workplaces and
community groups

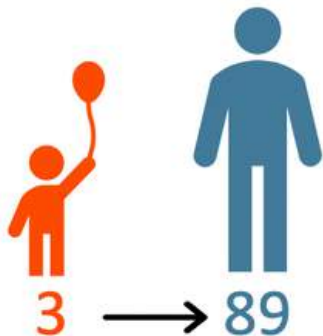


Schools

INDIVIDUAL VOLUNTEERS

This year, over 300 people have signed up to volunteer using our online platform.

Age range (yrs)



First time
volunteering in
homeless sector.

50% heard
about us
through word
of mouth



In the middle of making them, my son who is very low in self esteem said out loud "I feel really good about myself doing this", so there you are, more comes out of this than just feeding the homeless.

I feel connected to another reality of the community and city that I live in

I am almost 90 years old, and this allows me to do something at home. I've missed my volunteering

You really feel you are doing something not just giving money. We've had many conversations and teaching opportunities at home for us to view homelessness differently



WORK PLACES AND COMMUNITY GROUPS

Workplace teams and community groups such as churches and scout groups (2nd Westmount) have joined us to make 100s of sandwiches in the past year. Following our hygiene and food safety guidelines, the teams either made the sandwiches at home and dropped them at a central location or came together as a group to make them.



Manteaux Manteaux team



TD Commercial National Accounts team.



St Pauls Church, Greenfield Park.

SCHOOLS

In the past year we have worked closely with twelve schools in Montreal.



Work carried out with schools this year.

We have developed many ways that schools can engage with our work. Depending on the aims of their community service program and age of their students.

We also encourage schools to share ideas they might have - as long as it aligns with our mission and values as well as our hygiene guidelines we try to make it work!

Below are some examples of how we worked with schools last year.

We aim for a fun, flexible, educational, impactful experience

1000s of sandwiches were made by students both at home for community service programs and during sandwich-making events at school.

Several non-perishable food drives were carried out to collect sandwich ingredients such as peanut butter, mayo, jam as well as many items for our Essentials Boxes.

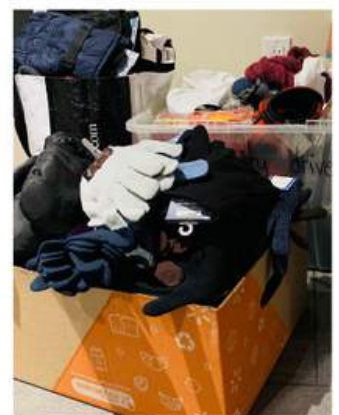
Schools joined us for our monthly 'Clear out your Closet' campaigns where we collected items most needed by the shelters.

Several presentations were conducted on the work done by Bread and Beyond.

Working from a list we provided to the schools, students collected items for our Essentials Boxes- anything from a toothbrush, to a frying pan or a set of new sheets.

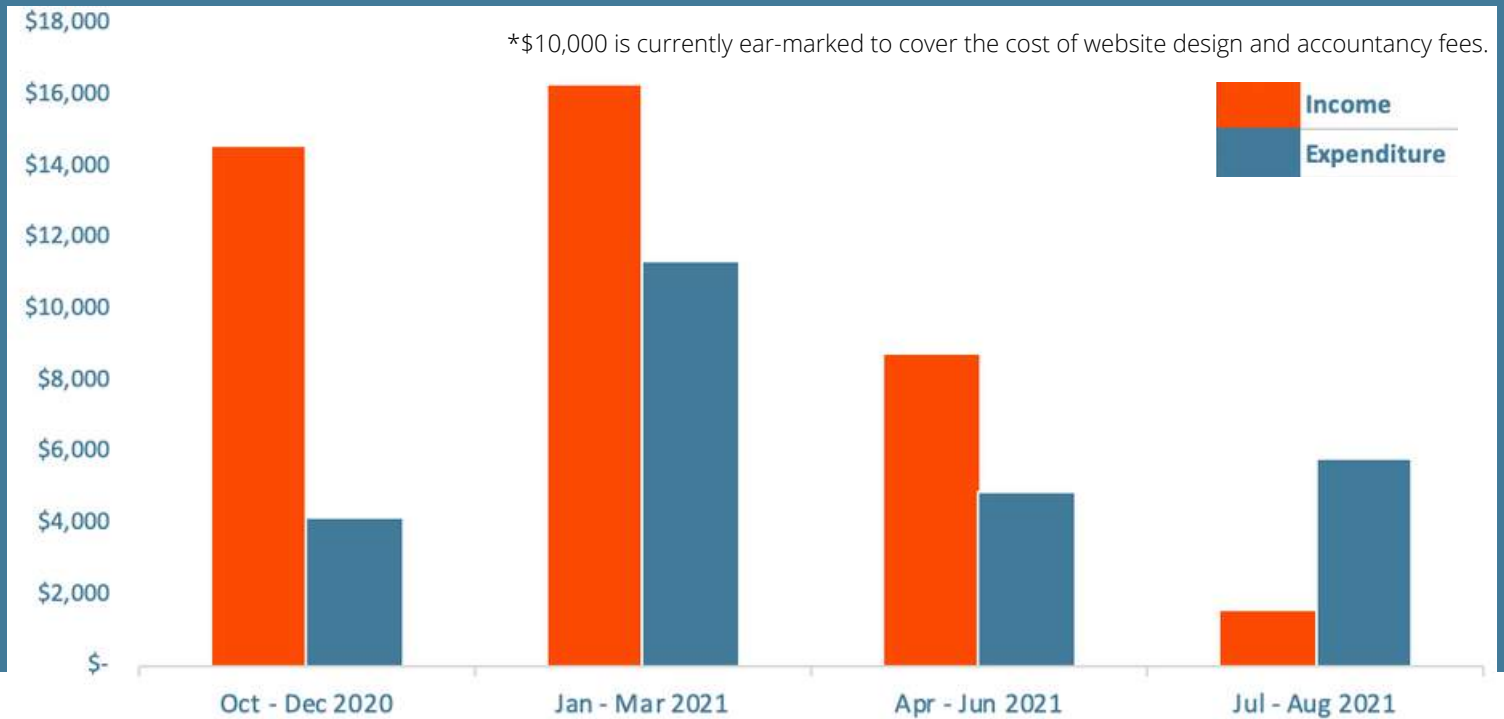
Students created art for the sandwich bags and messages of encouragement and connection. They also made 'Welcome Home' cards for the Essentials Boxes.

Events in schools 2020-21

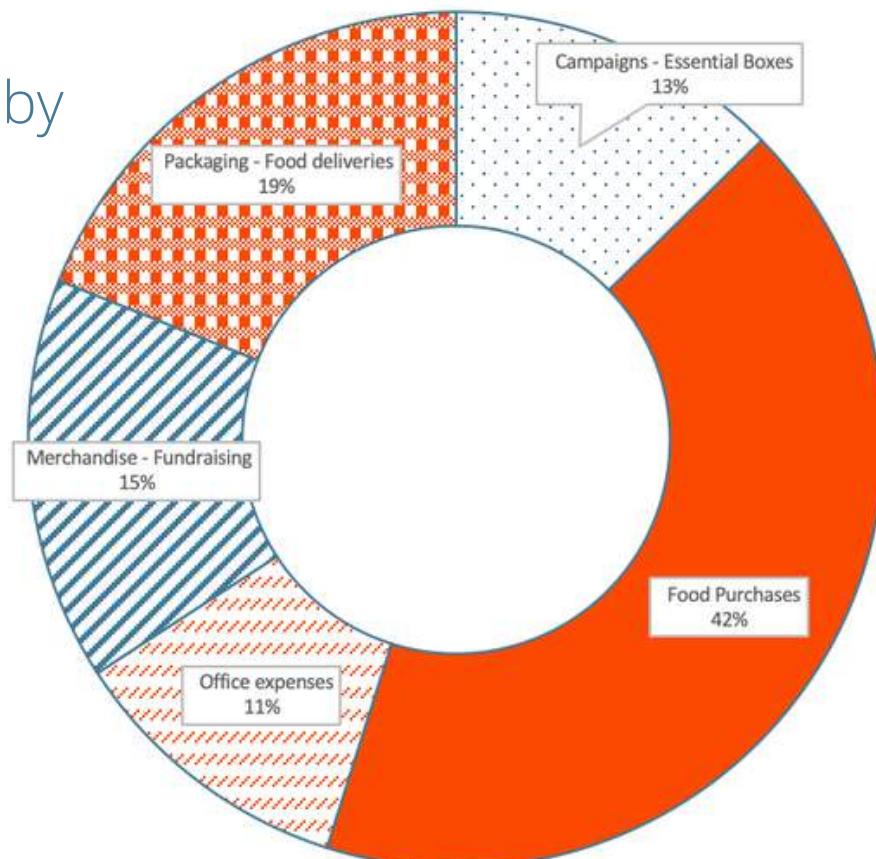


FINANCIAL OVERVIEW

Total income since October 2020: \$41,196
Total expenditure since October 2020: \$26,586



Expenditures by category



DONORS

We recognize that we are a new organization with no recent history to reassure and motivate donors - we are therefore infinitely grateful that so many donors trusted us and generously supported our work. It is this support that has made it possible for us to work through the process of establishing ourselves and to develop and grow so that after only one year we have become a small but effective, impactful charitable organization.

\$5000+

Rand Accessories
George Hogg Family
Foundation
The Chawkers Foundation
Jewish Community
Foundation

\$1000-4999

Janice Naymark and
Stephen Hamilton
The Hylcan Foundation

\$999-500

Kimmy Doyle
Kestenband and Buhl
Holdings Inc
Sylvia Tracy

Up to \$500

Andrea Howick
Anna Paliotti
Anne Harper
Barry Gurman
Catherine Jagoe
Constantine Eliades
Daniel Dutton
Eleanor Star
Elizabeth Cameron
Gillian Hall
Grace Hogg
Isabel Jagoe
Jennie Ferris

Jennifer Sclater
Joanne Zuckerman
Joelle Gruman
Kathryn Aitken
Ken Olsen
Laura Cousineau
Laura Winer
Lesley Levy
Liana Guizzetti
Lisa Slawner
Lucie Ranger
Marc Saad
Margaret Thompson

Maria Olaguera
Mariela Tovar
Marilyne Theriault
Marlene Dworkind
Olga Vila
Orla Wallace
Rhonda Amsel
Samara Zavalkoff
Shannon Wagner Terry
Sharyn Katsof
Simon Slawner
Simply Cocktails Inc

Regular donations of supplies

The Montreal Central Lions Club- sandwich ingredients
Montreal Paper Cutting Inc- paper sandwich bags
Rebox Corp.- printed recycled boxes
Still Good- cookies

**Thank you to
all of you!
You gave us
our wings!**

DONATION OF SANDWICH INGREDIENTS

Since September 2020 we have delivered sandwiches five days a week with the exception of key holidays and one week vacation in summer. The ingredients for the majority of the thousands of sandwiches produced, was donated by the people who made them, many of whom were regular volunteers throughout the year.

To say that kindness, energy and generosity of our sandwich-makers has been incredible, is an understatement. Without their involvement, the consistent, reliable support that the shelters have come to trust and rely on would not have been possible.



LOOKING FORWARD

Working with youth transitioning out of care

We are currently exploring collaborations with organizations that work to support youth living in child protection placements.

“Ageing out” of care is a significant risk point for moving into homelessness- to prevent this, the transition into independent living needs to be well managed and prepared for.

We are exploring a partnership which has two areas of focus;

1. The provision of Essentials Boxes to youth moving into their independent home to allow them to have all the essentials to set up a functioning home.
2. Engaging the youth currently living in care as volunteers to assemble the boxes- this aims to give them a sense of inclusion, worth and empowerment.

Launching a platform to direct donations for shelters.

We are working on building a "Needs Seeker" platform into our website. This will allow anyone who has items to donate to the shelters in Montreal, to use the search function to identify which shelters are currently in need of the items they have. This will enable targeted giving to meet the shelters needs while also avoiding inappropriate, unnecessary donations that can lead to wasted time and money. The website will be available at www.breadandbeyond.ca by mid-November 2021.

Developing in-depth educational workshops.

We are currently seeking funding and the support needed to develop and implement our school activities from the current one-hour presentation, to a series of workshops that explores the many complex inter-related facets of homelessness in our city. Themes would include: pathways into homelessness, prevention of homelessness, myth busting and addressing stigma as well as recognized methods to solve homelessness. The individual unique challenges associated with different population groups will be highlighted in all themes.

