



2025 IMPACT REPORT



FROM TRAVIS AND CORRIE

WHEN IS A MEAL MORE THAN FOOD? WHEN IS A DELIVERY MORE THAN JUST BOXES?

At Lionhearts, we see the answer every day.

In 2025, together with our volunteers, donors, community partners, and frontline agencies, we rescued and redistributed more food and goods than ever before. While those numbers matter, the real impact is found in the people and communities behind them.

Every meal shared represents dignity, care, and hope. Every delivery helps strengthen the work of organizations serving individuals and families in need across our communities.

None of this would be possible without the incredible support of those who continue to stand alongside Lionhearts. Volunteers, financial supporters, community organizations, and corporate partners all play an important role in the work we do each day.

As the cost of food and housing continues to rise, the challenges facing many Canadians continue to grow. Lionhearts remains committed to expanding our impact, strengthening partnerships, and finding practical ways to serve more people across the communities we support.

Thank you for being part of this work and for believing in the mission of Lionhearts. We invite you to explore this report and see the difference your support is making every day.

TRAVIS BLACKMORE
FOUNDER AND CEO

CORRIE ABRAMS
BOARD CHAIR

WHERE WE WORK

Lionhearts serves three Ontario communities — the National Capital Region, Southeastern Ontario, and Southwestern Ontario.

Our food and goods rescue operates across all of them, moving everyday essentials from businesses that have a surplus to the frontline agencies that need them.

Kingston, where it all began more than a decade ago, is where our deepest network of programs exists — a model we’re steadily extending into Ottawa and London.

OUR PROGRAMS

FOOD & ESSENTIAL GOODS

COMMUNITY NUTRITION

STUDENT FOOD BOX

FRESH FOOD MARKET
POP-UPS

EMBASSY LIVE MUSIC CAFÉ

TRANSITIONAL HOUSING
& SHELTER

VOCATIONAL TRAINING

KINGSTON STREET MISSION

FAST 101

CATERING



LOCAL ROOTS. WIDESPREAD IMPACT.

Lionhearts' programs are designed to uplift communities through practical support, dignity-driven outreach, and local collaboration. Whether it's through food recovery, student nutrition, housing assistance, or vocational support, we tailor each initiative to the needs of the city it serves.

FOOD & ESSENTIAL GOODS

Every day, sometimes multiple times a day-our team is out on the road recovering food and household items from generous businesses, grocery stores, and suppliers across Ontario. Instead of letting this perfectly good food and useful goods go to waste, we step in to give them a second purpose: supporting local charities and community groups doing vital work on the frontlines.

STUDENT FOOD BOX

These free boxes are delivered to a number of families with primary or secondary school students in their households, helping to ease the pressure of grocery costs and ensure children have the nourishment they need to learn, grow, and thrive.

The Student Food Box Program is a true community collaboration between Lionhearts Inc. and the Rotary Clubs in Kingston, with major funding from United Way KFLA and Kinsmen Club of Kingston.

VOCATIONAL TRAINING

In Kingston, our Vocational Training program offers more than just classroom lessons-it provides real, hands-on experience in skills that are in demand right now. Participants learn in active work settings such as our kitchens, property maintenance projects, and laundry services, gaining not only technical know-how but also the confidence that comes with meaningful work.

We focus on supporting individuals who are overcoming challenges like addiction, homelessness, or other barriers to employment, helping them take concrete steps toward independence and stability.

“Their partnership has strengthened our ability to respond quickly and compassionately to residents facing financial and food insecurity, and we are truly grateful for the positive impact they have made in Northwest London.”

AMANI RADHAA

Northwest London Community Resource Centre

EMBASSY LIVE MUSIC CAFÉ

The Embassy Live Music Café in Kingston is more than just a venue, it's a welcoming space where live performances bring people together. Every week, our intimate stage connects audiences with talented local musicians in an environment built on inclusivity and respect.

Complimentary tickets are provided to local agencies we partner with, who in turn share them with their clients. This ensures that everyone, regardless of circumstance, can enjoy the experience of live music in a warm, welcoming setting.

FRESH FOOD MARKET POP-UPS*

Our Fresh Food Market Pop-Ups make it easier to put healthy food on the table-without straining your budget. These markets bring fresh, affordable produce and chef-prepared, gourmet-inspired healthy options right into the heart of the communities we serve.

By setting up in neighbourhoods across Kingston and the surrounding area, we make sure everyone has access to high-quality fruits, vegetables, and prepared foods at prices that are accessible to all. It's about more than just shopping, it's about connection, dignity, and giving people the chance to choose the foods that nourish them best.

*Donated produce is not sold.

KINGSTON STREET MISSION

The Kingston Street Mission opens its doors during the coldest months of the year, providing a safe and welcoming space for those who might otherwise be left outside. Operated entirely by volunteers and funded through community donations, the mission is a testament to Kingston's spirit of generosity

TRANSITIONAL HOUSING & SHELTER

Helping individuals find a place to rest, regroup, and recover through our transitional housing program. These spaces are designed to meet people where they are and help them take the next step forward.

We have previously operated an overnight shelter which housed 500 people each week. This work was made possible through strong partnerships with Kingston Street Mission, Reaching Home (federal government), and the City of Kingston. As our work evolves, we're continuing to create and operate spaces that offer more than just a roof - they offer safety, dignity, and hope.

COMMUNITY NUTRITION

Every day, our kitchen is alive with the sights, smells, and sounds of meals being made with care. Our chefs take the fresh food we recover, especially produce that's perfectly ripe or items nearing their expiry date-and transform it into balanced, ready-to-enjoy meals.

Right now, we prepare and deliver nearly 1,500 meals every week to local food agencies, shelters, regional food banks, and community-based programs.

FAST 101

Consistent with the Canadian Human Rights Act, FAST 101 has been committed to abolishing human trafficking and related issues in Kingston, Canada, and throughout the world since 2017. FAST 101 serves as a direct outreach option for current and past victims as well as a community resource, connecting survivors with immediate aftercare and direction for ongoing support, both within the organization and throughout the community.



Scan this code to visit our website
and learn more about our programs

LIONHEARTS.CA/OUR-PROGRAMS/

BY THE NUMBERS

15X

HOW WE CALCULATE THIS

Your donations fund the work of rescuing, sorting, storing, and delivering food and goods that would otherwise go to waste. In 2025, \$900,862 in donation revenue moved \$13.6 million worth of food and essential goods into our communities — at least \$15 of impact for every dollar given. The value reflects the [wholesale / fair-market] worth of goods rescued and delivered.

\$13,600,000

\$13.6 million in food and essential goods delivered across three communities (National Capital Region, Southeastern Ontario, and Southwestern Ontario.)

212

212 partner agencies and local community organizations served, including 20 schools.

1,700,000 **LB**

1.7 million pounds of food and goods rescued from waste.

81,335

81,335 meals made through the Kingston Kitchen.

15X

The multiplier: \$900,862.31 donation revenue. \$1 turns into at least \$15 of real community impact.

5,500

5,500 student food boxes delivered (\$440,000 value).

46,812 **HRS**

610 volunteers contributing 46,812 hours of their time, valued at over \$805,000.

Lionhearts isn't just efficient with donor dollars, it's mobilizing hundreds of people who show up because they believe in the work.

32,658

32,658 nights of safe shelter and transitional housing provided.

“It’s been more than just helping get food to the under-resourced. It has also been a way to build relationships with the unchurched who are happy to help serve the community with us.”

STEVE STEWART
Pastor, Community Bible Church Stittsville



ENVIRONMENTAL IMPACT

2,638 metric tons of CO₂ avoided, equivalent to 6.71 million kilometres not driven. 113 million gallons of water saved.



THE EMBASSY

29 shows, 1,390 guests.



THE MARKET

22,031 transactions, 211,539 individual items.



FLEET MILEAGE

259,493 km driven.

MORE THAN A MARKET

Our Mobile Markets put fresh food within reach of those who need it, but what grows up around them is a sense of community, dignity, and hope.



WHERE NEW FRIENDSHIPS FORM

One isolated senior began volunteering at our Market and, through this experience, connected with another volunteer about the same age. What started as volunteering side by side grew into a meaningful friendship between two single individuals who both live alone. Their connection has extended beyond the Market, and they now spend time together outside of volunteering—reducing isolation and strengthening social support.

WHERE CARE IS PERSONAL

At one of our Markets, a customer has been purchasing groceries and ready-made meals for a friend undergoing chemotherapy who is unable to leave home often. Along with other friends, they take turns visiting the Market to ensure she has access to nutritious food and prepared meals during her treatment, helping her stay nourished and supported when she needs it most.

WHERE BELONGING TAKES ROOT

At our Seniors Association Market, a father and son regularly attend together, creating a real sense of connection and belonging. The father, a 93-year-old who is sharp-witted and known for always having a joke to share. Over time, he has become a beloved part of the Market community. Everyone often gathers around when they see him, waiting to hear his stories and humour. Moments like these show how our Markets do more than provide access to healthy food, they create welcoming spaces where relationships are built, joy is shared, and older adults feel connected and valued within their community.

CARE PACKAGES, CONFIDENCE, AND CONNECTION



We are truly grateful for the generous support Lionhearts has provided to Newcomer Settlement Services at SLNRC. Your contributions have made a meaningful difference in our recent Mother's Day event and field trip to Fanshawe Conservation Area.

Specifically, your donations of hygiene and beauty products allowed us to celebrate over 70 newcomer moms, providing thoughtful care packages and making them feel valued and appreciated during a special occasion. These products addressed essential needs and helped boost confidence and well-being for the moms in our programs, as we usually don't have other resources to provide such packages.

Additionally, your donation of drinks and frozen yogurt has been integrated into our regular programs and field trip to Fanshawe Conservation Area, creating moments of joy and comfort for participants. These contributions helped us enrich our activities with a nourishing snack.

Lionhearts' support has directly strengthened our capacity in serving the community by filling certain gaps in resources and providing meaningful experiences that uplift both individuals and families. Your generosity truly embodies the spirit of community care and partnership, and we are deeply thankful for your commitment to our work.

We look forward to continuing this partnership and the positive impact it brings to those we serve.

With gratitude,

EMAN AHMAD

South London Neighbourhood Resource Centre

WHAT CAN ONE DOLLAR DO?

Every dollar you give creates at least \$15 of real community impact. Over a year, a \$100/month gift becomes \$18,000 of community impact, dignity, and hope.

JOIN THE PULSE

The Pulse is our monthly giving community — supporters whose recurring gifts keep our fleet on the road and our warehouse doors open. Their generosity fuels the engine behind our work, so we can rescue food and goods every week, restock frontline agencies, and reach families through the Student Food Box, Mobile Markets, and more.



Scan this code to join THE PULSE, or make a one-time gift

BECOME A COMMUNITY PARTNER

Businesses are vital to eradicating hunger and homelessness — through financial sponsorship, donating surplus food and goods, and employee engagement. Our Community Partnership Program helps companies make a lasting impact on the communities they call home.

EMAIL
PARTNERS@LIONHEARTS.CA

Their programs reach individuals who may otherwise fall through the cracks, including those experiencing poverty, housing insecurity, or social isolation. In every respect, Lionhearts is innovative, impactful, and rooted in compassion.

HELEN MABBERLY
Kingston Community Health Centres

POWERED BY PARTNERSHIP

Every week, generous businesses and organizations stand with us — funding programs, donating food and goods, and lending time and expertise. Their partnership makes it possible to care for our most vulnerable neighbours at scale.

FUNDING PARTNERS

Blue Sea Foundation
City of Kingston
Government of Canada
Kinsmen Club of Kingston
Ontario Trillium Foundation
Rotary Club of Kingston
United Way KFLA

We are incredibly grateful for the partnership and the care Lionhearts continues to show to organizations and individuals within the community. Thank you again for all that you do.

LISA ALEXANDER
London Program Coordinator
Karis Disability Services | South District

MAJOR DONOR PARTNERS

Britton Smith Foundation
Capital City Church
Cogeco Connexion
Community Foundation for Kingston & Area
Community Foundation for Lennox & Addington
Frontenac Rifle and Pistol Club
Gill Ratcliffe Foundation
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Little Caesars (Kingston franchise)
Queens University
Second Harvest
Shoppers Drug Mart
Slush Puppie Place (Kingston)
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**HELP US UNLOCK THE
NEXT \$1 MILLION IN
FOOD AND ESSENTIALS**

JOIN THE PULSE. GIVE A ONE-TIME
GIFT. PARTNER WITH US.

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