Society of Saint Vincent de Paul

GOOD SHEPHERD Catholic Parish

SSVP Community Impact: Parish Update

June 2025

Good Shepherd Conference of the Society of Saint Vincent de Paul (SSVP) grounds our work in love of neighbour, compassion, sharing and service. We serve vulnerable members of our community. Many live on their own and on very low incomes. After paying housing costs, have little left to spend on food.

Making a difference in the lives of those we serve.

"It's a struggle to keep up with the increasing costs at the grocery store. I am so grateful for your support. It really makes a difference. God Bless!"

Through your support, we provide individuals grocery store cards. Occasionally we also provide emergency assistance to help with heat, utilities, or transportation. In 2025, we are seeing increased need – **from January to May, we delivered $23,200 in support, a 36% increase over the same period in 2024.**

THE DIFFERENCE WE ARE MAKING IN 2025 (JAN 1-MAY 31)		
Home Visits	Grocery Cards	Weekly Support (Average)
449	$23,200	$1,070

We appreciate and welcome your support. Donations will help ensure we can continue to bring food and fellowship to those in need and build a stronger community for everyone. If you can donate financially, you can contribute with your regular collection and use the form below and/or contact the Parish office.

Good Shepherd Conference of SSVP Donation Form

DONATION TYPE	DONATION AMOUNT
☐ General ☐ In Memory of _____ ☐ In Honour of _____	$ _____ ☐ e-Transfer* ☐ Cheque ☐ Cash ☐ Online Canada Helps: SSVP Good Shepherd Parish *e-transfer to gspbooks@bellaliant.com – in the personal message box, include a note that you would like it directed to our SSVP Conference.
DONOR NAME	DONOR ADDRESS OR ENVELOPE NUMBER
TELEPHONE	EMAIL

Charitable Registration Number: 132410671 RR 0377

Understanding Food Insecurity

We all eat. But access to food isn't equal for everyone.

Household food security exists when all people, at all times, have physical and economic access to sufficient, safe, and nutritious food to meet their dietary needs and food preferences for an active and healthy life.

Household food insecurity is inadequate or insecure access to food, usually because of low income.

Nova Scotia has the highest rate of food insecurity among Canadian provinces, and Halifax has the one of the highest rates of food insecurity among Canadian municipalities.

- An estimated 30 per cent of households in the Halifax region struggle with food insecurity,
- Nearly two in five children in Nova Scotia are in families who sometimes struggle to afford the food they need.

Percentage of Individuals Living in Food Insecure Households*



References: Statistics Canada, Canadian Income Survey (CIS) 2018-2023 retrieved from JustFOOD Halifax.

Food Security Content: Feed Nova Scotia and Ecology Action Centre

Why people are food insecure?

People aren't food insecure because they don't have enough food; they're food insecure because they don't have enough income. And a variety of factors can contribute to this:

- Systemic racism and oppression
- Precarious work and low wages
- Lack of affordable housing
- Lack of affordable childcare
- Inadequate Income Assistance levels
- Inadequate disability support
- Mental and physical health challenges

If you can't feed a hundred people, then just feed one. – Mother Teresa

The impacts of food insecurity

Food insecurity can be devastating. People who are food insecure are more likely to experience poorer mental and physical health outcomes. They often experience social isolation and face barriers to employment. With limited income, they face tough choices every day that take an incredible toll on their daily life.

West End Food Bank

Thank you to everyone who supported our Lenten food drive. With your support we filled 16 grocery carts of food for the West End Community Food Bank.

