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FOOD FROM THE HEART

Annual Report



11 YEARS OF SERVING THE COMMUNITY

OUR MISSION

To reach out to the less fortunate and
brighten their lives by alleviating hunger
through a food distribution programme and
bringing joy through the distribution of toys
and birthday celebrations.

OUR VALUES

Professionalism
Efficiency
Transparency
Self-sustainability

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Join us and make a difference today.

CHAIRMAN'S FOREWORD

Founded by Christine and Henry Laimer in 2003, Food from the Heart has grown into a major charity supporting needy families in Singapore.

Through our various programmes we nourish mind and body of over 24,600 beneficiaries in over 189 locations in Singapore each month:

- Daily collection and distribution of unsold bread from 109 bakeries and hotels with the help of 1,700 active volunteers on a daily basis. We distribute about 28,000 kg of bread to 158 welfare homes and needy families and individuals – reaching about 15,000 beneficiaries per month.
- To reach out to the needy staying in the HBD housing estates, self-collection centres have been established in collaboration with Resident Committees, Family Service Centres and Senior Activities Centres. These centres evaluate and recommend needy families for our weekly bread and monthly food rations. Currently, there are 31 centres established across Singapore. Rations handed out include unsold bread, collected non-perishable food items such as canned food, rice, oil, noodles, beverages, toiletries and household items.
- Monthly standardised food items provided by FFTH are given out by teachers to 50 of the neediest students and their families in our partnering neighbourhood schools. A standard food goodie bag contains 10 kg of rice, two liters of oil, canned food, and the like, valued at SGD55. Corporations and private donors are encouraged to adopt these schools under the “Adopt a School” scheme. There are currently 21 schools in this programme.
- Other programmes include collection and distribution of toys to 4,000 underprivileged children annually and birthday parties for over 900 children and elderly each month.

Overall, FFTH's financial performance in 2014 was exceptional. We ended the year with a surplus of about SGD600,000 which will be used to fund food distribution at six additional schools and five new self-collection centres. The market value of the food distributed by us during this year was over SGD3.8 million or, said differently, for every SGD1 in funds received we distributed SGD1.57 worth of food. Moreover, FFTH's strong financial position has allowed us to set up an operational reserve of SGD530,000 for future contingencies. This is in line with Charity Council guidelines.

Two other notable events occurred in 2014. In September, we moved to a combined office/warehouse facility after 11 years in separate locations. This new facility will give us more office and warehouse space for future growth. Secondly, we also received a grant of SGD950,000 from the Government's “Share and Care” programme for charities. These funds will be used to strengthen staff capabilities; build infrastructure; and expand our school programme.

Special thanks should be given to our donors and sponsors for their continued support. Also, thanks to our almost 2,000 volunteers without whom we could not exist. Finally, I express my deep appreciation to our staff for their continued dedication and hard work on behalf of our beneficiaries.



Ronald P. Stride
Chairman, Food from the Heart



**THANK YOU
ALL FOR HELPING
MAKE FOOD FROM
THE HEART A
CONTINUED
SUCCESS!**



BOARD OF DIRECTORS

FOUNDERS Christine & Henry Laimer

CHAIRMAN Ronald Stride

TREASURER Eugene Yang

SECRETARY Knut Unger

MEMBERS Chin Bottinelli • Christopher Martin • Clinton Ang
Khushroo Dastur • Linda Soo-Tan • Raj Rajkumar • Vivian P J Chandran

TEAMWORK
makes it all possible

MANAGEMENT & STAFF

EXECUTIVE DIRECTOR Anson Quek

MANAGER Jeneve Lim

CORPORATE OFFICE Fion Yong • Geraldine Yong • Jeslyn Wee • Serlina Huang
Shahira Maya Sahar • Wang Xiaojia

LOGISTICS OFFICE Eric Lum • Mohmad Othman • Mohamad Zuraimi Muchi

*Information accurate as at time of print.



Who can survive on a diet of **hope?**

It is a sad fact that many needy in our community are never sure where their next meal is coming from.

But **NOW YOU CAN** help change that.

FFTH BY THE NUMBERS



Number of volunteers for Bread Programme **1,700**



\$3,826,177
value of food distributed in 2014



16,800
supermarket trolleys of bread otherwise DISCARDED in a year



81
birthday parties held in 2014



\$33,000
to support 50 families from a school for a year



8,000
toys collected and distributed annually



28,000kg
of bread distributed per month



24,600 Number of people benefitting from FFTH's five community programmes

BREAD DISTRIBUTION PROGRAMME

It all started with a local newspaper reporting about bakeries that dumped large quantities of unsold bread at closing time. Prompted by the report, Mrs Christine Laimer and her husband Henry, co-founded Food from the Heart in 2003, a movement to collect unsold bread for the needy in Singapore.

United under a common belief that good food should not go to waste, 120 volunteers started fanning out across the island on a bread run, a daily mission to save a mountain of bread and buns from ending up on the rubbish heap. Using their cars, motorbikes, vans and public transportation and even on foot, the volunteers take turns to ensure that the bread programme reach as many underprivileged individuals as possible.

It is a concerted effort between volunteers and the generous donations from bakery owners. What started as 37 bakeries has grown to over 100 bakeries and major hotels. Today, over 1,700 volunteers with assigned routes collect bread from bakeries spanning all over Singapore and distribute them to over 15,000 beneficiaries from more than 150 welfare homes, senior activity centres, self collection centres and other needy families island-wide.

The volunteers are a mix of local and expatriate professionals, students, housewives, retirees and blue-collar workers – including more than 50 City Cab drivers who use their spare time after work. The entire process is a true relay of love.



FOOD BELONGS ON THE
TABLE
NOT IN A
LANDFILL



SELF COLLECTION CENTRES

Even in today's affluent society, there are thousands of needy families who need help for basic necessities that many of us take for granted. For more than 12 years, Food from the Heart has been helping needy Singaporeans by distributing food rations monthly to the elderly and families with financial difficulties. This service is offered to those in need, regardless of race and religion.

To reach out to the heartlands, Food from the Heart works with residents' committees and family service centres to identify and supply essential food items and other rations on a regular basis.

Food donation drives are a vital resource for our neighbours facing hunger, and definitely appreciated all year round. To meet these needs, Food from the Heart collaborates with corporations, organizations and schools to organize food donation drives. We also encourage manufacturers, wholesalers, importers and retailers to donate non-perishable food items that are earmarked for disposal by their standard quality guidelines but are still safe for consumption. These are the most important and tangible way to have an impact on getting food to those who need it.

THE MONTHLY FOOD RATIONS MAKE A **GREAT DEAL** TO FAMILIES WHO ARE STRUGGLING TO MAKE ENDS MEET AND OFTEN HAVE TO DECIDE BETWEEN PAYING THEIR RENT, UTILITY BILL, OR UNFORESEEN MEDICAL BILL AND BUYING FOOD.





FOOD GOODIE BAG PROGRAMME

No child should grow up hungry, but there are many children in Singapore who are at risk of hunger. These children struggle with getting enough nutritious food and are sick more often and have a harder time concentrating and performing well in school. Food from the Heart's Food Goodie Bag programme is committed to provide relief to needy school children and their families in the form of food rations.

Working with 21 schools, Food from the Heart supplies monthly non-perishable food items to over 4,200 school children and families, supplementing their livelihood with basic food necessities such as rice, cooking oil, biscuits, beverages and canned food.

Companies and private donors are encouraged to contribute to this programme under the 'Adopt a School' and 'Adopt a Needy Family' initiatives, through which they can regularly support 50 school children recommended by a particular school or a needy family through the provision of food goodie bags.

To motivate the school children further, Food from the Heart inaugurated the I CAN Award in 2013 with a primary objective to encourage and motivate students to have the "I CAN" attitude even when encountering all kinds of obstacles in life, and to seek their highest potential.

WE ARE THE DIFFERENCE
BETWEEN HUNGER AND
HOPE



TOYS FROM THE HEART

Do you remember your childhood excitement of opening gifts on your birthday and holidays?

The aim of Toys from the Heart is to deliver a message of hope and love, and to ensure that the needy children of Singapore are given the opportunity to have those joyful experiences, by distributing pre-loved toys, games, dolls at monthly birthday or holiday parties, events and at the annual Toys Buffet, a carnival filled with games, food and plenty of toys for selection.

Every year, corporations, schools and individuals pitch in by holding toy donation drives, assisting at special events and helping with gift preparations and distributions. In 2014, Food from the Heart collected over 8,000 toys that went to new homes, staying out of landfills and bringing smiles to young faces.

While Food from the Heart organizes, coordinates and manages the Toys Buffet, the ultimate success depends on the support of the local community and the generosity of corporations, schools and individuals who donated the toys.



**A SIMPLE ACT OF LOVE
AND COMPASSION
LIKE GIVING A CHILD A TOY,
CAN BRING JOY AND
HOPE TO A LITTLE ONE
WHERE HOPE SEEMS LOST.**



BIRTHDAYS FROM THE HEART

Perhaps nothing symbolizes a birthday more than a cake adorned with candles. Yet while many of us take having a birthday cake for granted, there are people who miss out on receiving this simple, yet special pleasure on their big day.

In financially challenged homes, birthday celebrations and cakes are unaffordable luxuries. As a result, many underprivileged do not have birthday parties to celebrate their life. Compounded with other struggles they face, these people may come to believe that their life is unimportant, which can lead to a victim mentality, apathy, or countless other negative responses to low self-esteem.

Birthdays from the Heart was inceptioned in December 2004 with this intention to bring joy to the less privileged children and elderly by celebrating their birthdays at monthly birthday parties.

Working with corporations, donors and volunteers, we help put smiles on faces of children and the elderly from ten welfare homes, letting them know that they are loved, cherished and celebrated.

**BRINGING
JOY**

A CUPCAKE SWEETENS
SOMEONE'S LIFE.
BUT PEOPLE WHO CARE
CHANGE LIVES.



Our Donors & Sponsors

The work we do to improve the lives of the less privileged is made possible in large part thanks to the commitment and generosity of our donors, sponsors and partners. We are immensely grateful for their support and partnership in our work. We would also like to express our heartfelt thanks to all private and individual donors.

SPONSORS

Advance Combination System Pte Ltd
 Athrow Pte Ltd
 Audemars Piguet (Singapore) Pte Ltd
 Chew How Teck Foundation
 China Sonangol
 Concord Energy Pte Ltd
 Crossinvest (Asia) Pte Ltd
 Deutsche Bank
 Egalite Hawkins Investments Pte Ltd
 First State Investment Pte Ltd
 Grace, Shua and Jacob Ballas
 Charitable Trust
 Ikano Pte Ltd
 Lee Foundation
 Luther LLP
 Macquarie Group Foundation
 Marina Bay Sands Pte Ltd
 Mendis Aesthetics Pte Ltd
 MFS International Singapore Pte Ltd
 NTUC Fairprice Co-operative Limited
 NTUC Fairprice Foundation Limited
 President's Challenge
 Richemont Luxury (Singapore) Pte Ltd
 Sembcorp Industries Ltd
 SIA Engineering Company Limited

FOOD GOODIE BAG SPONSORS

Booz Allen Hamilton Alumni
 Credit Suisse AG
 Cru Asia Ltd
 Egalite Hawkins Investments
 ICAP AP Singapore Pte Ltd
 Inner Wheel Club of Singapore West
 Marina Bay Sands Pte Ltd
 Northwest Resources Pte Ltd
 Parents Association of Avondale
 Grammar School
 SAF Officers' Wives Club
 SIA Engineering Company Ltd
 Singapore American School Ltd
 Singapore Post Limited
 Staff of MTI
 Starwood Asia Pacific Hotels & Resorts Pte Ltd

DONATIONS IN-KIND

CORPORATIONS

Abacus International Pte Ltd
 Abacus Travel Systems Pte Ltd
 Advanced Pain Centres Pte Ltd
 Amoy Canning Corp (S) Pte Ltd
 Australian Fruit Juice (S) Pte Ltd
 Balmoral Chiropractic Centre
 BCD Travel
 Boeing Singapore Training And Flight Services Pte Ltd
 Boisson Singapore Pte Ltd
 Broadcom Singapore Pte Ltd
 Chevalier Singapore Holdings Pte Ltd
 Chip Seng Impex (Singapore) Pte Ltd
 Chye Choon Marketing & Distribution Pte Ltd
 Cloute Trading Pte Ltd
 CNEC International Ltd
 Coutts & Co Ltd
 Credit Suisse
 Davis Langdon KPK (Singapore) Pte Ltd
 Havelock International (Pte) Ltd
 Hi-tec Construction Pte Ltd
 Hic'Juice
 International Flavors & Fragrances (Asia Pacific) Pte Ltd
 International Flavors & Fragrances (Greater Asia) Pte Ltd
 Macquarie Group Singapore
 Manpower Staffing Services (S) Pte Ltd
 Marina Bay Sands Pte Ltd
 Monsanto Singapore Co Pte Ltd
 NTUC Fairprice Co-operative Limited
 OCBC Bank
 Phm Pte Ltd
 Precizion Ave Pte Ltd
 QBE Insurance (International) Ltd
 Sabre Hospitality
 SATS
 Shri Swarna Kameshwari Seva Sangh Singapore
 Siemens Pte Ltd
 Sigma-Aldrich Pte Ltd
 Sri Swarna Kameshwari Seva Sangh

Syngenta Asia Pacific Pte Ltd
 Tampines East Community Centre
 The Bank of Tokyo-Mitsubishi UFJ
 VF Brands Pte Ltd
 Xilinx Asia Pacific Pte Ltd

BAKERIES

1 More Bread
 Ananas
 Artisan Boulangerie Co. (3 Outlets)
 Bake Inc (2 Outlets)
 Bagel Factory
 Bakery Degree
 Bakerzin Singapore
 Bengawan Solo Pte Ltd
 Bethel Confectionery
 Bread Fresh (2 Outlets)
 Délifrance Asia Ltd (5 Outlets)
 Dohca
 Four Leaves Pte Ltd (17 Outlets)
 Han's Cafe & Cake House Pte Ltd
 iBake (2 Outlets)
 Joe & Dough Singapore
 Jollibean Foods Pte Ltd (12 Outlets)
 Juz Bread
 Keng Bakehouse
 Kisses Bakery
 Love Tea Cafe
 Marché VivoCity
 MUNCH
 Nick Vina Artisan Bakery
 Omzyn Cake
 Pan De Marie
 Pan Q
 Paraland Confectionery
 Prima Food Pte Ltd
 PrimaDéli (7 Outlets)
 Q Bread
 RedMart
 Sembawang Confectionery
 Sunshine Bakeries
 Swissbake (12 Outlets)
 The Sandwich Shop (5 Outlets)
 The Swiss Bäcker
 Twelve Cupcakes
 Yi Jia Bakery House Cafe

DONATIONS IN-KIND continued

HOTELS

Four Seasons Hotel Singapore
Grand Hyatt Singapore
InterContinental Singapore
Mandarin Oriental, Singapore
Marina Bay Sands Pte Ltd
Pan Pacific Singapore
Regent Singapore
Resorts World Sentosa
Shangri-La Hotel, Singapore
Swissôtel The Stamford
The Fullerton Singapore
The Ritz-Carlton, Millenia Singapore
The St. Regis Hotel

SCHOOLS

Ahmad Ibrahim Secondary School
Anderson Primary School
Ang Mo Kio Primary School
Ang Mo Kio Secondary School
Avondale Grammar School
Beacon Primary School
Bedok Green Primary School
Bedok Green Secondary School
Bendemeer Secondary School
Boon Lay Garden Primary School
Canberra Primary School
Catholic Junior College
Cedar Girls' Secondary School
Child at Street 11
ChildFirst @ Dunearn
ChildFirst @ Mountbatten
ChildFirst @ Tampines
Chongzheng Primary School
Chongfu School
Christ Church Secondary School
East Coast Primary School
East Spring Primary School
East Spring Secondary School
East View Secondary School
Evergreen Primary School
Fernvale Primary School

Gan Eng Seng Primary School
Greenridge Primary School
Greenridge Secondary School
Holy Innocents Primary School
Hwa Chong Institution
Innova Primary School
ISS International School
ITE College Central
JHS Montessori Kindergarten
Junyuan Primary School
Kong Hwa School
Maha Bodhi School
Manjusri Secondary School
Maris Stella High School (Primary)
Marsiling Primary School
Mayflower Primary School
National Junior College
Ngee Ann Polytechnic
Overseas Family School
Pei Hwa Presbyterian Primary School
Pei Hwa Secondary School
Qihua Primary School
Raffles Girls' School
Raffles Institution (Red Cross)
River Valley Primary School
St. Gabriel's Secondary School
School of Science and Technology, Singapore
Seng Kang Primary School
Siglap South CC Youth Executive Committee
Singapore Polytechnic
St Andrew's Junior School
St Andrew's Secondary School
Tampines North Primary School
Tanglin Trust School
Teck Ghee Primary School
Temasek Primary School
Temasek Secondary School
The Writer's Place
West Spring Secondary School
Woodgrove Primary School
Woodlands Ring Secondary School
Yio Chu Kang Primary School
Yu Neng Primary School



VOICES OF VOLUNTEERS

Volunteers are the backbone of our organization. We rely on thousands of volunteers to sort, pack, and distribute food as well as celebrate birthdays with our recipients every month. Get to know us through the words of our friends!

CECILIA YAP

Volunteer, Birthday Programme

“Started working with Food from the Heart in 2014 as part of our corporate social responsibility direction in enabling and empowering the youth, our staffs are engaged with the boys at Boys’

Town monthly to celebrate their birthdays and have some activities with them. It was an enriching and fruitful afternoon with both the boys and our staffs. To be able to have fun with the boys and knowing them makes it a worthwhile experience. We definitely enjoyed ourselves!”



BERNADETTE LIM

Volunteer at Pasir Ris Self Collection Centre

“It has been a fulfilling & enriching experience volunteering in Food from the Heart’s varied programmes. Through their platform, I’ve been able to give my time to help others who are less fortunate, and at the same time meet people from all walks of life.”



CHEN SHAOCHUN

Bread Programme Volunteer, Donor

“Food from the Heart’s mission of alleviating hunger is something Dennis and I feel strongly for, and we have been volunteers since 2010. Food from the Heart’s arrangement of collecting unsold bread at night also allows us to help reduce food wastage and contribute while balancing our daytime work commitments. Our close friends know of our passion, and they showed their support by raising funds for us to purchase canned food for Food from the Heart’s food drive in October 2014.”

YEO XUEPING

Volunteer, Events

“I volunteer as I want to do something that interest me and help others at the same time. After volunteering with Food from the Heart, I realised that there are many other volunteers who are more than willing to go the extra mile just to make someone’s day without expecting anything in return. Through volunteering, it opens up my perspective in life, that doing a small and simple gesture can be easy to us but it may have a great impact on another.”



VOICES OF RECIPIENTS

At Food from the Heart, we are helping transform our neighbours' hunger into hope. We nourish our community with essential programmes that put food on the table for children, families and seniors.

REBECCA

Student at Beyond Social Service

"I like the birthday celebrations because I love to eat cakes. I see chocolate cakes with candles and Minion pictures. The cream is very nice."

PHUA ROSANNE

Recipient at Pasir Ris Self Collection Centre

"I am very thankful to Food from the Heart and the volunteers for providing me with bread and the monthly food rations, which helps to cover some of my expenses."

JALIMAH BTE MODH RASHID

Recipient at Taman Jurong Community Club

"The programme is good, children & grandchildren can enjoy bread for breakfast."

TAN MOK LI

Recipient at Taman Jurong Community Club

"The bread is very good and enough to last me for two days."

CHEN OI KEW

Senior Constituency Manager, Taman Jurong Community Club

"Bread from Food from the Heart has benefitted 42 needy families in Taman Jurong since August 2014. The variety of bread especially from Four Leaves and Prima Deli bakeries provide a real treat, and recipients look forward to every Tuesday for their collection. Big thanks to Food from the Heart and their dedicated team of volunteers for their commitment."

RAGIS BIN ISMAIL

Recipient at Kelantan Self Collection Centre

"The weekly bread we received has helped me save a day's expenses. The buns, pastries and donuts we get are suitable for my children and they like it a lot. Being a big & poor family, the monthly food goodie bag comes in handy for us. We use the items to cook nutritious and healthy meals for our loved ones. As a big family, the food pack helped to save at least 5 to 6 days of our usual expenses. I would like to thank the weekly volunteers for serving, helping and caring for us. They have been very friendly, committed and helpful."

SENG CHAY HUA

Recipient at Kelantan Self Collection Centre

"Being unemployed due to health reasons, the weekly bread has benefitted me most. I'm unable to walk much, and it is a difficulty for me to go downstairs and buy food. With the bread that has been given, I can consume it comfortably at my humble home. The monthly food goodie bag has helped me tremendously in my daily meals. I can cook whatever that was given to me, especially rice, oil, canned food, biscuit and beverages, which are my basic necessities. I feel very thankful, grateful and I appreciate what Food from the Heart has done to help us with our basic welfare needs in our daily lives. From the bottom of my heart, thank you very much for helping the poor and needy families."



Joy of **SPRING**

While most of us enjoy an abundance of food this Lunar New Year, there are still many among us who struggle to put food on the table. Partnering Marine Parade Community Club, Food from the Heart brought warmth and love to this group of needy during the Lunar New Year holidays on 24 January. The event saw over 300 recipients in attendance, with Mr Tan Chuan-Jin, Minister for Manpower gracing the dinner as the Guest of Honor.

In line with the season's sharing and togetherness theme, all the guests were presented mandarin oranges and a goodie bag each. They were also treated to a scrumptious buffet dinner which included the tossing of traditional yee sang which symbolizes abundance and well-being.



Whilst the dinner party was in full swing, staff volunteers from SIAEC were busy packing food goodie bags that were meant for the recipients.

The Lunar New Year is an auspicious occasion for the Chinese community and Food from the Heart was glad that all guests, both young and old, and volunteers shared in the joy through this gathering.

a meaningful celebration

It is not an uncommon sight to see people throw lavish parties for their birthdays. For such occasions, big hotels, parks and restaurants are booked. But for staff from IKEA, birthdays could be good opportunities to give back to the society. This is especially through impacting positively in the lives of the less privileged in the society.

The group of staff volunteers from IKEA, who dared to be different, helped put smiles on the faces of little children from Child at Street 11 with their presence. There was also lots of fun, music, games and more on hand to spice up the day. The highlight of the day was the distribution of plush toys to every single child present.

Thank you IKEA for bringing joy and laughter this January.

“ Thank you IKEA for joining hands with us to spread cheer to the children, making their birthday a memorable one. ”



Volunteers Appreciation at Kranji Countryside

"This trip evoked many pleasant memories of my growing up years, watching the goatberd milking the goats, catching lots of frogs in the flooded school field which turned out to be toads."

- Frederick Tan, Bread programme volunteer



TO SHOW OUR APPRECIATION FOR all the support our "golden" volunteers have given us, Food from the Heart organised a day trip to the beautiful Kranji Countryside which included Hay Dairies, Bollywood Veggies and Jurong Frog Farm on 15 February for 40 senior volunteers and their family members. The trip evoked many fond memories of volunteers who grew up and lived in kampongs previously. At Hay Dairies, Singapore's only goat farm, everyone took in the sights and sounds of goats in various life stages and had a chance to savor some chocolate goat milk goodness!

The second stop was at Bollywood Veggies, a hidden sanctuary away from the hustle and bustle of life. Walking into the lush greenery, one will learn how the vegetables look like in their natural state, inhale the fresh air and be lost in nature with the splendorous greens. Lunch at the Poison Ivy bistro was a "taste of home" affair, poignantly healthy and beyond comforting.

Right after lunch, everyone hopped over to Jurong Frog farm and experienced being surrounded by thousands of fat, gleaming American bull-frogs croaking a melody from their water-fountained vats.

It was a great opportunity for all to unwind and see a fresh side of the island and be reminded of life's simplicity in the purest way and not forgetting knowing each other in a different capacity.

Spreading the festive cheer

STAFF FROM SINGPOST WELCOMED THE AUSPICIOUS YEAR OF THE HORSE WITH MUCH ENTHUSIASM, POMP AND STYLE. In the weeks leading up to the annual Lunar New Year dinner celebration on 17 February, SingPost staff purchased and packed festive food goodie bags for the needy senior citizens of Kolam Ayer.

Evergreen choir presented some familiar Chinese New Year classics, much to the delight of the audience. Before the dinner ended, Minister for Communications and Information and Minister-in-charge of Muslim Affairs Assoc Prof Dr Yaacob Ibrahim handed out the angbaos and goodie bags to the elderly residents.

Since 2008, SingPost has been partnering with Food from the Heart to reach out to the needy senior citizens staying in one-room flats in Kolam Ayer through the Food Goodie Bag Programme. As an extension of its support for FFTH, SingPost has adopted 50 needy students from



Evergreen Primary School since June 2009 and is continuing to support year after year. That aside, SingPost also contributes to the Bread Programme by deploying fleet of vehicles to collect unsold bread from bakeries island wide and deliver them to FFTH's self collection centers three days a week on six routes.



With your faithful contributions over the years, you've demonstrated your deep commitment to our work of feeding the less privileged and bringing them hope and joy.

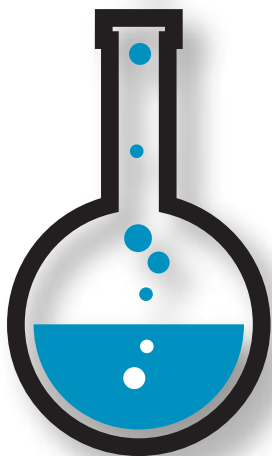
Marching with happiness

Children beneficiaries from Marine Terrace and Teck Ghee Self Collection Centres (SCC) soaked up tons of fun on 15 March at The Juban Stand restaurant and Marina Barrage respectively. As part of their corporate volunteering programme, Credit Suisse had kindly sponsored the two outings so that our children beneficiaries get to enjoy a day out in the sun during the term break.

The children from Teck Ghee SCC played games on water and energy at various stations scattered around Marina Barrage. At the BASF Kids' Lab workshop, they learnt through interactive, hands-on experiments how chemistry contributes to our everyday life.

Magic treats and face painting were the highlights of the day over at The Juban Stand for the children from Marine Terrace SCC, where they tucked into hearty western fare.

These excursions helped to enrich the children's lives with fun, entertainment, excitement, enabling them to learn new things about the world they live in - bringing them closer to a better future, and have fun at the same time. On behalf of our children beneficiaries, thank you Credit Suisse for the great times this March!





TOY SWOP FOR GOOD

TOYS PUT A SMILE ON EVERY CHILD'S FACE. Partnering Food from the Heart, Parkway Parade organized a 'Toy Swop for Good' campaign in a bid to encourage shoppers to donate their pre-loved or new toys to give to the less privileged.

100 exclusively eco bags uniquely hand designed by students from Springfield Secondary School were also on sale at the event. All the bags were sold during the one week event, where proceeds were channeled to Food from the Heart. Close to 3,000 toys were amassed from the campaign, which will then be redistributed at FFTH's annual Toys Buffet, holiday parties and birthday celebrations.

PRESIDENT'S CHALLENGE 2014 LAUNCH

The launch of President's Challenge 2014 was held at Changi City Point on 25 March, in the form of a charity carnival that involved about 3,000 participants from voluntary welfare organisations including Food from the Heart, members of the public and corporate sponsors.

Credit Suisse teamed up with FFTH to man the bowling booth that proved to be a ball of fun with both young and old. Beneficiaries from Kolam Ayer Self Collection Centre were also invited to join in the festivity. FFTH is thankful to be selected by the President's Office as one of the beneficiaries of President's Challenge 2014, and appreciate all the support given moving forward.





Honouring **students** who **SHINE**

The second edition of I CAN Award Ceremony took place on 5 April at MacPherson Primary School. Organized by Food from the Heart, the award giving ceremony was inaugurated with the primary purpose of encouraging and motivating students to have the 'I Can' attitude and seek their highest potential even when encountering all kinds of obstacles in life. It was a very humbling experience to see what determined kids could accomplish with their 'I Can' attitudes.

Through this platform, Food from the Heart hopes to give recognition to the significant improvements made by students in areas such as school attendance, conduct and behavior, non-academic activities, involvement in community work, sports, arts, music or dance as well as academic performance.

Close to 40 students were conferred with the awards and presented with a trophy courtesy of Yoonly Enterprise and SGD100 Popular vouchers kindly sponsored by Chou Sing Chu Foundation.





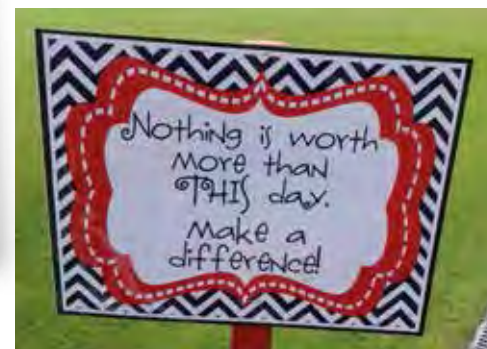
Small steps **big impacts**

2014 marks the fourth year of Food from the Heart's partnership with Singapore American School (SAS), in a continuous effort of supporting the community.

On 17 April, SAS conducted a fundraising walkathon. 286 second graders discovered their superpowers; the ultimate proof was their determination to make a positive change in the community. These students walked or ran at the annual Second Grade Walkathon, a charity event initiated and organized by the school in collaboration with Food from the Heart with the aim to help the less privileged.

In preparation for the walkathon, the second graders wrote persuasive letters using everything they learned about service learning to solicit sponsors. Seng Kang Primary School's students benefiting from Food from the Heart's Food Goodie Bag programme also put their best foot forward and strode for a good cause. Having their participation was a culmination of SAS's year of service learning.

Thank you kids for going beyond and above time and again!



*Children are love made visible.
Join us in planting a smile on a
child's face today.*

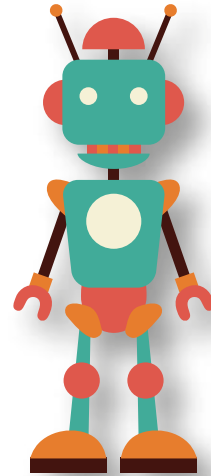
For more information on Toys from the Heart,
visit www.foodheart.org.



SHARING **TOYS** WITH ALL



Some 22 students from the Welfare Services Club of Nanyang Technological University embarked on a journey to rural villages in poverty-stricken Philippines, taking with them pre-loved toys, injecting some cheer and bringing smiles to children who otherwise don't have access to play materials. The pre-loved toys were previously collected by Food from the Heart, through donations from generous individuals.



During the educational tour, students were better able to understand the relevance and importance of their mission in Philippines, thereby furthering their motivation to offer assistance to these impoverished people.



Thanks to all our friends who have given from their hearts, this simple act of love and compassion helped bring joy and hope to little ones where hope seems lost.

“ Because of your support, lives are being changed every day - the lives of countless struggling people. ”







Passion Ball 2014

The major fund raising event for Food from the Heart - Passion Ball took place on 7 June this year. With each year, the appreciation for the generous support grows, and we at Food from the Heart are truly moved and encouraged by our sponsors and volunteers who give again and again. The Passion Ball was anchored by Audemars Piguet as the presenting sponsor, along with China Sonangol and Egalite Hawkins Investments as co-presenting sponsors.

Attended by over 360 luminaries, the event's dreamlike theme of "Illusions" dazzled senses with a multi-dimensional extravaganza, which featured the Via Romen trio and illusionists Duo Minasov who charmed the audience with their eccentric comic acrobatic act and intricate Flamenco melodies.

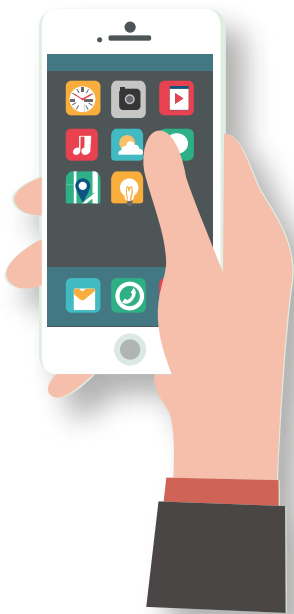
Encapsulating the good spirits and generosity of the guests was the auction of exquisite items kindly sponsored by Audemars Piguet, Van Cleef & Arpels, Partners & Mucciaccia, The Sanchaya, Kumari Nahappan and UOMO Group. We were glad that the Gift of Love and Hope where guests donated to help needy families put food on the table were able to share the attention among all the auction items.

The annual gala is a great opportunity to raise money for the less privileged, while enjoying an evening of good food and entertainment, inspiring stories, and the chance to socialize with like-minded community members. Over SGD650,000 was raised to fund Food from the Heart's core community programmes.

New app = replacement woes **no more**

A group of five friends developed an app to help Food from the Heart allocate last minute replacement delivery routes to volunteers. They were one of eight winners at the GeoHackathon - a competition in which

people had to use geospatial technology to create websites or apps to address problems in society organised by Singapore Land Authority. Food from the Heart is already looking forward to having the new app which will help alert volunteers to find last-minute replacements and allow available volunteers to ‘claim’ jobs based on their locations, coming in useful during crunch time.



Food from the Heart is lucky to be selected as one of the beneficiaries that benefits from the donations that Siemens raised at the President’s Challenge 2014. In addition to raising funds, Siemens employees also organized a food donation drive for Food from the Heart.

FOOD DONATION DRIVE

Food from the Heart relies on food drives to bring in much needed non-perishable food items to support the many individuals and families from our self collection centres. The people who rely in this programme often struggle to feed themselves or their family. And so a big thank you goes to Siemens for their commitment to help drive hunger from our communities!



BIRTHDAYS take to the SKIES

READY, SET, BLOW!

The Abacus office burst to life on a quiet Thursday morning when over 30 excited little faces made their way into the conference room that had balloons twisted in shapes of ships, aeroplanes, cars dangling from the ceiling. The entire room was decorated in a theme befitting to the travel systems firm. Besides being treated to perennial favorite McDonalds, a slew of activities which included a craft session and track race was in place to ensure the kids had a superb time! The event ended with the cake cutting celebration for the July babies and a gift presentation by Abacus's President & CEO Mr Robert Bailey.

Thank you ABACUS for creating such a special celebration, bringing much smiles and memories for our little friends from Beyond Social Services!





New welfare home onboard BIRTHDAY PROGRAMME

Pertapis Children's Home came onboard Food from the Heart's Birthday Programme and we are glad to be able to spread some cheer and love to yet more children. Our guests from Second Harvest Japan also joined us for the celebration and handed out plush toys to the kids who were squealing with delight.

Special thanks to our sponsors for their big hearts and for being such a great inspiration, making these parties possible with their generous donations.



eat cake and be merry

Big HEARTS big gifts

With the rising costs of living, there are many families who often have to make difficult and painful decisions such as choosing between paying their utilities bills or buying food for the family.

Recognizing this issue, staff of MTI has joined hands with Food from the Heart in providing food rations to 50 such students from Loyang Primary School under the Food Goodie Bag programme. The launch of the programme marks the new partnership that caters to the needs of the less privileged, which encourages community spirit and giving back to the community.

The provision of monthly food rations will enable the students and their families to reduce a significant amount from their cost of living, at the same time alleviating their financial burdens. Children from these families can now divert their attention to studies with a more stable home environment. Kudos to the staff for coming onboard with their financial support, time and goodwill.





RUN FOR FOOD

SIA Engineering Company (SIAEC) staff and their families dust off their running shoes for SIAEC's flagship event 'Run for Food' that inaugurated in 2012. Approximately 1,800 staff and their families contributed to the resounding success of the event, which took place at Gardens by the Bay (East) on 23 August.

The event was aimed to raise public awareness on underprivileged families in Singapore. All funds raised by participants were matched dollar for dollar by SIAEC and will go help put food on the table for these families.

Students from East Coast Primary School and Wellington Primary School, both adopted by SIAEC under Food from the Heart's Food Goodie Bag programme were invited to join in the carnival, where they participated in the 400m and 800m kids dash. An invitation was also extended to our recipients from Marine Terrace and Balam Self Collection Centres.

Thank you SIAEC for continuing your efforts to eradicate hunger and provide for the needy.



a reason to **SMILE**

Most children have fond memories from their school holidays – of adventure holidays and outings to theme parks and museums. Some are not so lucky: confined within the four walls of their home, they can only dream of a day out to the zoo.

Recognizing this issue, our donor Alex Longman gave our children beneficiaries from Marine Terrace Self Collection a special treat during the September holidays. The kids got to cruise down the Singapore River on the bumboat and indulge in a scrummy lunch at The Juban Stand, which included an art and craft session and face painting!

Many thanks to the kind sponsors for making the event a fun and memorable one for the young ones.





Moonlight Serenade

It was perfect weather with clear sky and bright moon shining at the park. Food from the Heart's recipients from Nee Soon Zones B, C and D gathered to celebrate the mid-autumn festival, a significant day to remember the completeness and unity of family and togetherness.

A wide range of intriguing activities, all focused on the moon was prepared. The kids got to decorate lanterns with cut outs and a variety of performances was staged to keep everyone entertained. The residents took part enthusiastically in the decoration of lanterns and peeling of pomelo skins, which had the audience in stitches while they

watch the contestants grit their teeth and use all their might to peel off the thick pomelo skins.

As the full moon peeked out from the trees, the children lit up their little paper lanterns for a lantern walkabout around the estate together with Guest of Honour Er Dr Lee Bee Wah. It was a fun evening and residents enjoyed sharing the spirit of mid autumn festival with each other.

Our heartfelt thanks go out to our wonderful volunteers for all their hard work and patience in making this an unforgettable festival celebration for the all the participants.



WORLD FOOD DAY 2014

Reducing FOODPRINTS

Close to 10,000 primary school students from 10 schools participated in Food from the Heart's Clean Plate Challenge 2014 in a bid to reduce food wastage. The total participations doubled in comparison to last year. Students from Chongzheng Primary School also drew a series of posters centered on the theme of reducing food wastage and sharing the excess with those in need.

The winners of the challenge were announced at Toys Buffet 2014. Chongzheng Primary School emerged as champion with a clean plate count of 74%. We would like to express our heartfelt thanks to all 10 schools for their participation in support of our cause. We hope that all students have had a meaningful experience and continue to remain vigilant of the environmental and social impacts of food waste issues.

WINNERS

- 1st - Chongzheng Primary School
- 2nd - Tampines Primary School
- 3rd - Damai Primary School

PARTICIPATING SCHOOLS

- Anderson Primary School
- Da Qiao Primary School
- Gan Eng Seng Primary School
- Loyang Primary School
- Qihua Primary School
- Sengkang Primary School
- White Sands Primary School



ONE CAN

make a difference

This year, Food from the Heart together with our sponsor NTUC FairPrice led the way to encourage the public to reduce food wastage and share the surplus through a series of initiatives, paving the way for World Food Day. With can to can matching by NTUC FairPrice, Food from the Heart successfully raised over 55,000 cans of canned food to which will go towards the needy families from our self collection centres.

For a start, NTUC FairPrice's staff together with FFTH constructed two canned sculptures that were on display at NTUC FairPrice X'tra Nex and Changi Business Hub during 14 to 17 October. Corporations including Macquarie, OCBC and other individuals also pledged to raise food through food donations drive and constructing canned food sculptures in support of World Food Day.



Baking Marathon - Giving back **deliciously**



*"Not a movie
marathon nor running
marathon but
BAKE-A-THON! First kickstart
of this unique & fun marathon that
provides a different platform to spread
our love and care for the less
fortunate in Singapore."
24 year old Jadehyn Teo*

A perfect chance to do good and bake up a storm. Uniting these two great causes, Electrolux hosted a bake-a-thon at its kitchen at Sweetest Moments, where all goodies baked were distributed to needy families and individuals from Food from the Heart.

Electrolux gave the nation's budding bakers and competent cooks the chance to don their aprons and get whisking, mixing and decorating for a good cause at Singapore's first charity bake-a-thon. A total of 5,000 cookies, scones and cupcakes were churned out over 72 hours of non-stop baking, as teams of volunteers tirelessly bake night and day to show their support for the less privileged. The baked goodies were then distributed to over 1,000 needy families and individuals through Food from the Heart's network, making a significant difference within our immediate community.



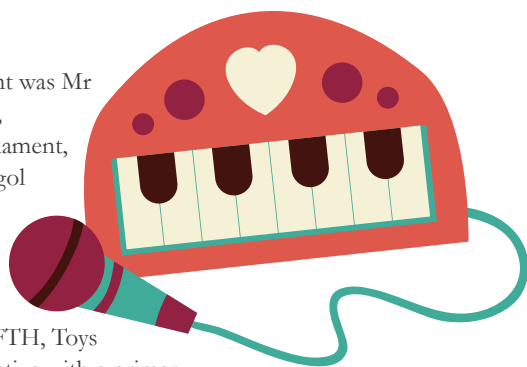
Paying it forward at TOYS BUFFET 2014



Do you remember your childhood excitement of opening gifts on your birthday and on holidays? The aim of Toys Buffet is to deliver a message of hope and love, and to ensure that the needy children of Singapore are given the opportunity to have those joyful experiences as well. For this very reason, FFTH teamed up with corporations, schools and many individuals to bring special gifts to close to 2,000 primary school students from 37 schools and welfare homes who participated in Toys Buffet 2014 on 7 November at Punggol Primary School.

Gracing the event was Mr Gan Thiam Poh, Member of Parliament, Pasir Ris - Punggol GRC and Vice Chairman, North East CDC.

Organized by FFTH, Toys Buffet is an initiative with a primary objective to bring smiles to needy children and at the same time give pre-loved toys a new lease of life. Through this event, FFTH also aims to instill values of sharing and community involvement in our younger generation.



FUNDRAISE

the **FUN** way

FOR THREE YEARS SINCE 2012, FOOD FROM the heart had organized the charity carnival Fun from d'Heart that not only raises money, but also provides a fun environment for families to take their kids to and for volunteers to bond over. Another objective of the carnival is to infuse a sense of togetherness as a community of volunteers serving the less privileged, to promote sharing and learning among volunteers and beneficiaries alike. To fulfill this objective, Food from the Heart invited our beneficiaries from the Nee Soon Self Collection Centre to join in the festivity.

The third Fun from d'Heart was held on Saturday, 15 November. The air was filled with sounds of laughter and chatter as the venue was abuzz with

activities – music performances, photo booth and the roving cosplay characters. Both young and old enjoyed themselves at the games and handicrafts booths, and indulged in mouth-watering snacks. It was a wonderful time of celebration as families and neighbours from the community came together as one.

What a neat way to help out Food from the Heart and bring the community closer together! Once again the carnival showed the giving spirit of the Food from the Heart community, and we could not do it without the thoughtful gifts from our sponsors and donors, not forgetting our volunteers who gave their precious time to make this event a success.



a December to Remember



The Christmas season is a good time to start thinking about helping other people. This includes providing food and toys for families to enable them to experience the festival's joy. Giving warmth, love and hope. That's what Christmas should be all about. A time to share what we have with our neighbours in need who are in our community.

This season of love was truly reflected at Food from the Heart, where three Christmas parties were held at our self collection centres.

As with every year, a plethora of activities complete with food, beverages and a special visit from Santa were in place to make sure both young and old had fun.

The annual Christmas parties organized are a way of extending the joy and Christmas cheer to those among us who are less privileged. We want to shout a big thank you to our sponsors Desmond, Philip, their friends and T-Touch for their kindness and generosity. Not forgetting our most valuable volunteers whose efforts made the parties splendid for all involved.



IT'S A WRAP! Wrapping gifts with love from the heart.

In the month of December, Food from the Heart partnered LoveFAD, a youth-led volunteerism project that provides gift wrapping service during the Christmas season from 12-24 December. A total of \$24,000 was raised from the project, of which \$13,000 were from the malls allocated to Food from the Heart. Our heartfelt thanks goes to the organisers for this great initiative, and of course the volunteers who contributed their precious time and skills for a meaningful event.





A **Santa** to a **Senior**

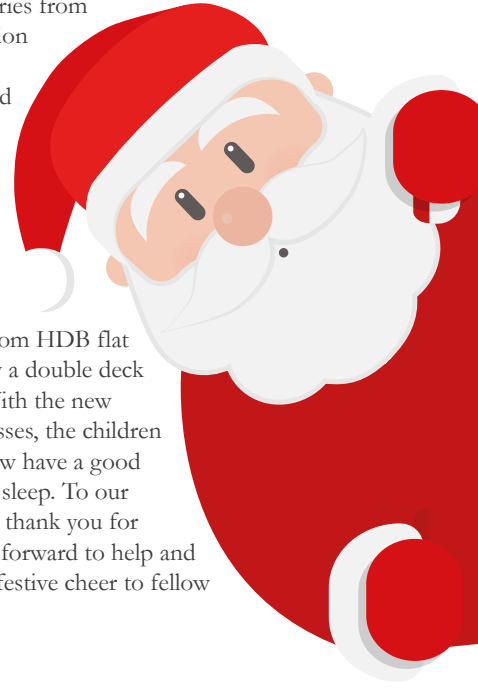
What's a better way to celebrate Christmas than to share the joy of the festive with residents? Instead of buying presents for each other, staff of Hermes Epitek decided to pool in a sum of money to bless 10 Food from the Heart beneficiaries from Kolam Ayer Self Collection Centre with electrical appliances, mattresses and pillows that they require.

One of the recipients, Mdm Salim was thankful for the mattresses and pillows. Her family of six stays in a

rented 1-room HDB flat with only a double deck bed. With the new mattresses, the children can now have a good night's sleep. To our donors, thank you for stepping forward to help and spread the festive cheer to fellow Singaporeans.

"Only by giving
are you able to
receive more than
you already have."

- Jim Rohn



Christmas stories **from the HEART**

Around 200 adults and children listened to tales of thieving foxes and angry owls earlier this month at IKEA's first Christmas storytelling event. Local DJs including Rosalyn Lee, Glenn Ong, Melody Chen and The Flying Dutchman turned the IKEA soft toys into main characters in original tales. Ikea donated \$2,000 on behalf of those judged to be the best storytellers at the event.

That aside, together with the public, IKEA Singapore hopes to raise enough soft toys to support Food from the Heart's programmes and beneficiaries throughout the next year. For every IKEA soft toy donated into the 'Give Twice' box, IKEA Singapore will match and give another to double the donation. Thank you IKEA for spreading cheer all-year-long!

AUDITED FINANCIAL INFORMATION 2014

INCOME & EXPENDITURE STATEMENT

INCOME	NOTE	2014 (SGD)	2013 (SGD)
Outright Donations	1	708,146	712,498
Fund Raising Events	2	656,810	845,757
Charitable Events	3	42,968	21,867
Food Purchase Account	4	939,292	1,052,565
Grant Received		70,000	40,000
Other Income		14,163	3,675
TOTAL INCOME		2,431,379	2,676,362
		2014 (SGD)	2013 (SGD)
EXPENDITURE			
Fund Raising Events		216,454	262,404
Charitable Events		62,088	46,521
Food Purchase Account		715,765	650,518
General and Administrative		861,398	800,208
TOTAL EXPENDITURE		1,855,705	1,759,651
Surplus of Income over Expenditure		575,674	916,711

ANNUAL REMUNERATION OF KEY MANAGEMENT STAFF

	No. of Management Staff	
ANNUAL REMUNERATION	2014	2013
Between S\$100,001 to S\$150,000*	1	1

*Includes basic salary, annual wage supplement, allowances and the employer's contributions to Central Provident Fund.

Food from the Heart is governed by the Board of Directors which is the final authority and has overall responsibility for policy making and governance. Board members are volunteers and receive no monetary remuneration for their contribution.

Food from the Heart has in place a Conflict of Interest and Confidentiality Policy Statement. Members of the Board of Directors must declare if they have a conflict of interest regarding any business before the Board.

BALANCE SHEET

	2014 SGD	2013 SGD
ASSETS		
Property, Plant and Equipment	277,079	147,602
Non-Current Assets	277,079	147,602
Deposits, Prepayments and Other Receivables	87,678	46,313
Cash & Bank Balances	2,770,412	2,085,784
Current Assets	2,858,090	2,132,097
TOTAL ASSETS	3,135,169	2,279,699
FUNDS AND RESERVES		
Accumulated Fund	2,483,400	1,908,726
TOTAL FUNDS AND RESERVES	2,483,400	1,908,726
LIABILITIES		
Other Payables and Accruals	61,911	104,033
Deferred Income	589,858	266,940
TOTAL LIABILITIES	651,769	370,973
TOTAL FUNDS, RESERVES AND LIABILITIES	3,135,169	2,279,699

DISTRIBUTION REPORT

	2014 SGD	2013 SGD
TOTAL AMOUNT OF FOOD DISTRIBUTED		
Bread Collection	2,814,866	2,094,687
Food Collection		
- Schools	119,623	190,366
- Corporations	175,923	390,120
Purchased Food	715,765	650,518
Total Benefits Distributed	3,826,177	3,325,690
Total Funds Received	2,431,379	2,676,362
For every dollar donated, we generated a return of	1.574	1.243
INCOME vs EXPENDITURE		
Total Income	3,826,177	3,325,690
Total Expenditure	861,398	800,208
Expenditure vs Income %	22.51%	24.06%

NOTES TO THE FINANCIAL INFORMATION

1. OUTRIGHT DONATIONS

	2014 (SGD)	2013 (SGD)
Advance Combination System Pte Ltd	11,500	-
Athrow Pte Ltd	21,000	-
Black Albatros	-	15,000
Chew How Teck Foundation	15,000	15,000
First State Investment Pte Ltd	23,300	21,142
Grace, Shua and Jacob Ballas Charitable Trust	15,000	15,000
Hock Tong Bee Pte Ltd	-	13,889
Ikano Pte Ltd	13,389	-
International Financial Services (S) Pte Ltd	-	14,123
Macquarie Group Foundation	10,312	-
Marina Bay Sands Pte Ltd	14,743	34,439
MFS International Singapore Pte Ltd	25,000	-
NTUC Fairprice Co-operative Limited	10,000	-
NTUC Fairprice Foundation Limited	150,000	314,561
PMI	-	50,975
President's Challenge	100,000	-
Sembcorp Industries Ltd	20,000	-
SIA Engineering Company Limited	40,796	-
Zana Capital Pte Ltd	-	18,000

Food from the Heart would like to thank all anonymous donors.

2. FUNDRAISING EVENTS

	2014 (SGD)	2013 (SGD)
AL Wealth Partners Pte Ltd	-	10,000
Audemars Piguet (Singapore) Private Limited	50,000	50,000
Audi Singapore Pte Ltd	-	10,000
China Sonangol	60,000	60,000
Club 21 Pte Ltd	-	10,000
Concord Energy Pte Ltd	10,000	-
Crossinvest (Asia) Pte Ltd	10,000	10,000
Deutsche Bank	10,000	-
Egalite Hawkins Investments Pte Ltd	50,000	-
First State Investment Pte Ltd	-	11,383
Geoconsult Asia Singapore Pte Ltd	-	32,000
Jerrytan Residential Pte Ltd	-	10,000
Lee Foundation	10,000	10,000
Luther LLP	10,000	-
Marina Bay Sands Pte Ltd	10,000	23,200
Mendis Aesthetics Pte Ltd	10,000	-
Northwest Resources Pte Ltd	-	123,000
Oclaner Asset Management Pte Ltd	-	10,000
Richemont Luxury (Singapore) Pte Ltd	10,000	-
Societe Generale Bank and Trust	-	10,000

3. CHARITABLE EVENTS

-

2014 (SGD)

-

2013 (SGD)

-

4. FOOD PURCHASE ACCOUNT

	2014 (SGD)	2013 (SGD)
AL Wealth Partners Pte Ltd	33,000	-
Booz Allen Hamilton Alumni	33,000	33,000
Bank of New York Mellon	32,955	-
Cru Asia Limited	33,000	33,000
Credit Suisse AG	99,415	99,000
ICAP AP Singapore Pte Ltd	-	165,000
Inner Wheel Club of Singapore West	16,500	-
Macquarie Group Foundation	35,000	35,000
Parents Association of Avondale Grammar School	16,500	-
PMI	37,806	-
SAF Officers' Wives Club*	33,000	33,000
SIA Engineering Company Limited	66,000	129,140
Singapore American School Limited	51,880	50,012
Singapore Post Limited	33,000	33,000
Staff of MTI	50,010	-
Starwood Asia Pacific Hotels & Resorts Pte Ltd	33,000	18,165

*Sponsorship \$99,000 for years 2013, 2014 & 2015 - received in 2012.

Getting Involved

We are grateful for your help, in whatever form it comes.

1

SIGN UP AS A VOLUNTEER

Sign up as a volunteer at www.foodheart.org for the following programmes:

- Bread Programme – Rechanneling surplus bread from bakeries to homes.
- Birthday Programme – Planning and executing games and creative activities.
- Food sorting and packing at warehouse.

MAKE AN IN-KIND DONATION

2

Make an in-kind donation:

Food - non-perishable food items
Toiletries and **Toys** - new or pre-loved toys in excellent condition. For more information, please visit www.foodheart.org

ADOPT A NEEDY FAMILY

4

Your support will see a disadvantaged child and family receive monthly food pack which includes rice, cooking oil, instant noodles, biscuits, canned food, beverages and more.

Individual - Adopt a family for

SGD55/month or SGD660/year

Corporation - Adopt a school of 50

students & their families: SGD33,000/year

3

HOST AN OUTING

Sponsor or host events and outings for our recipients such as an excursion to the zoo or a baking session.

5

MAKE A CASH DONATION

For online donations, please visit www.sggives.org/ffth. All cash donations made in 2015 are eligible for a 300% tax deduction.



A movement supported by over 200 voluntary welfare organisations

Led by



Community Chest



Your donations to Food from the Heart from now to 31 March 2016 will be matched dollar-for-dollar, doubling the impact of your contribution. All donations given through the Care & Share Movement to Food from the Heart will also be eligible for 300% tax deduction. To contribute, please contact us at 6280-GIVE (4483).

Whether you are a corporation or an individual, you can contribute to the Care & Share movement in different ways. As part of the Singaporean community, you can play a part to care for the disadvantaged and to address their needs.



to our
donors,
sponsors
& volunteers

who
share
our

VISION

**Your support makes
BIG things possible.**

The generosity of our donors, sponsors,
volunteers and their shared commitment to
helping us create a community where no
one goes hungry - makes our work possible.
We give them our heartfelt thanks.



*Making a difference from the heart.
Every single day, in every possible way.*

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