

**F O O D**

**F R O M**

**T H E**

**H E A R T**

**ANNUAL REPORT 2016**

**FFTH 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 Business Model**  
Professionalism, Efficiency,  
Transparency, Self-sustainability

**Our Shared Purpose**  
Sharing Hope, Nourishing Lives

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# CHAIRMAN'S FOREWORD

In 2003, Henry and Christine Laimer started Food from the Heart to distribute unsold bread with the help of 120 volunteers. Fourteen years later, Food from the Heart reaches out to 33,000 beneficiaries each month. Moreover, we distributed S\$5.42million of food in 2016 with 2,000 active volunteers.

From the original bread programme, for which we are best known, FFTH now has six programmes. 2016 was a year in which we sought to broaden and deepen our reach. Aside from extending our support to more beneficiaries, we also grew our Self Collection Centres from 35 to 40 locations; thus increasing our Community Food Pack programme to impact 5,800 lives monthly.

The 2016 edition of the "Clean Plate Campaign" to mark World Food Day saw an unprecedented 36 schools participating. Thanks to FairPrice Foundation, we were able to spread the message of reducing food wastage to over 42,000 students. FFTH also partnered with NTUC FairPrice to collect unsold food items from 140 FairPrice outlets - the food is distributed to our Self Collection Centre, as well as to 40 charities.

We hosted over 2,700 children at our annual Toy Buffet with the help of 21 corporate and educational institutions and, with the support of Coutts & Co, we honoured 81 students for their achievements at the "I Can Awards". All these events enjoyed increased participation.

We welcomed the addition of two cold rooms in our warehouse in 2016. Courtesy of Goldbell Foundation, we also added two cold trucks to our distribution fleet. These equipment enabled us to embark on collection and

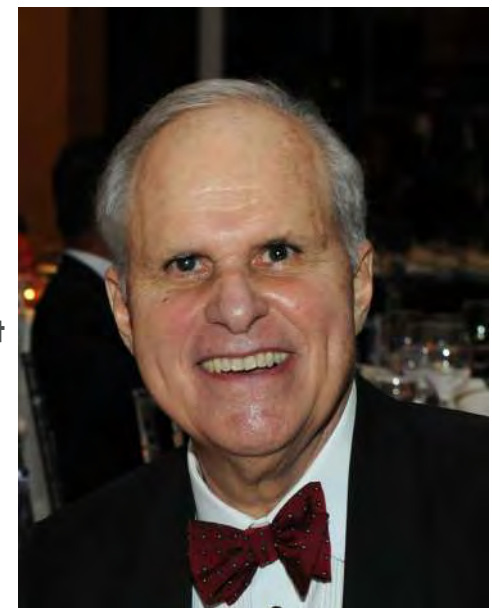
distribution of cold food items and, in September, we started distributing fruit. Accordingly, beneficiaries under our Community Food Pack programme now receive eggs, fruits, bread and essential food items.

Looking ahead, with the support of Images in Motion, we aim to add a further 30 Self Collection Centres over the next five years to better serve the North and West regions of Singapore. To grow our support to beneficiaries, we will increase our fundraising efforts and to that end, we will be launching our Charity Golf Tournament in 2017. Much like our Passion Ball which, thanks to Audemars Piguet, has become a staple in the fundraising calendar of Singapore, we hope that our Charity Golf Tournament will achieve the same status.

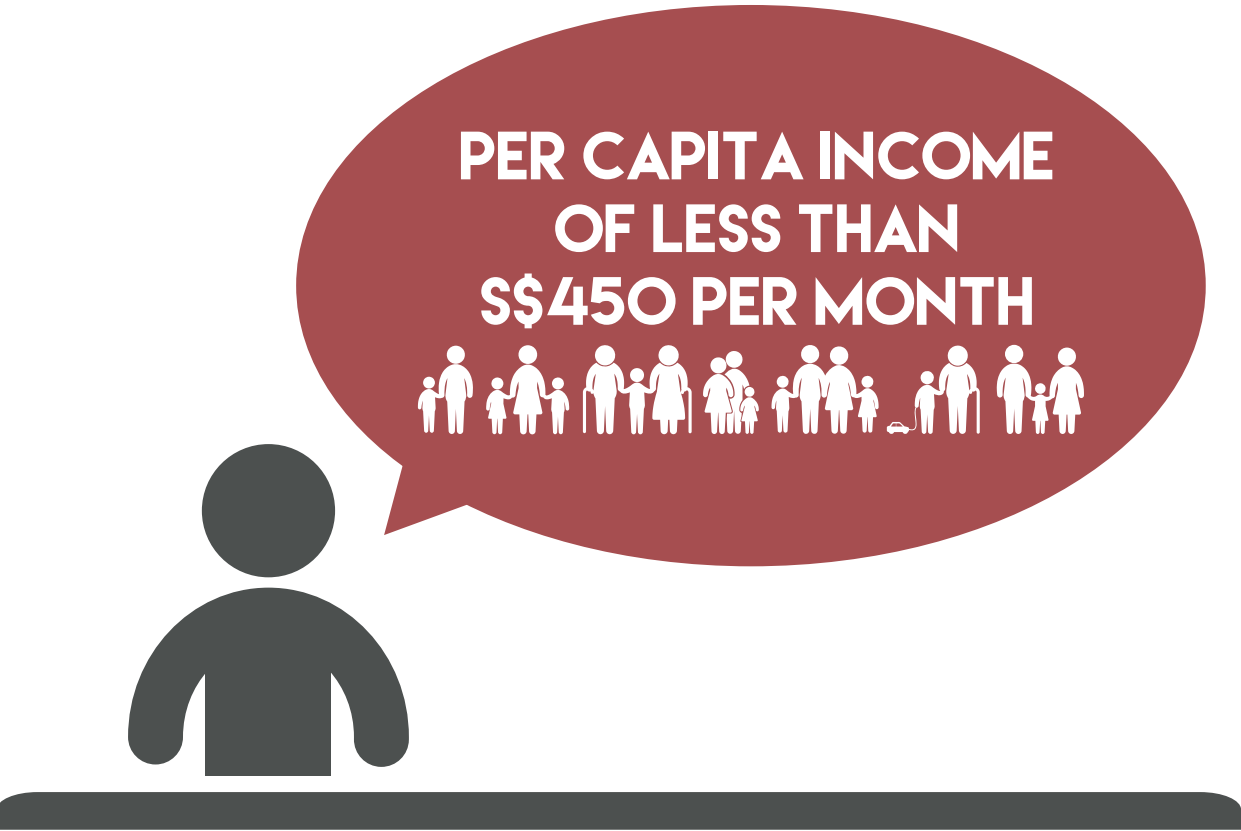
Food from the Heart would not exist without the generous contributions and tireless efforts of countless supporters. As we do not receive regular government funding, we are dependent on donations, both cash and in-kind, to sustain our programmes. I extend my heartfelt gratitude to our donors, sponsors and volunteers for their generosity and support, and my sincere thanks to our staff for their continued efforts and dedication on behalf of our beneficiaries.



**Ronald P. Stride**  
**Chairman**  
**Food from the Heart**



# HOW DO WE IDENTIFY OUR BENEFICIARIES?



Our beneficiaries include those in welfare homes as well as the needy living in HDB heartlands. Regardless of race, language and religion, we extend our support to households with a per capita income of \$450 per month. We work with partners from Residents' Committees, Family Service Centres, Senior Activity Centres and neighbourhood schools to help us identify those who require assistance. With our current programmes and partners, the majority of those whom we support range from families with young children, to elderly couples and those living on their own.

\*Based on a study commissioned by FFTH and conducted by Bain and Company, and National University of Singapore's Center for Culture-Centered Approach to Research and Evaluation (CARE)

# FOOD FROM THE HEART BY THE NUMBERS

230

food distribution points  
across Singapore

33,000

people benefitting  
from FFTH's core  
programmes



16,800  
trolleys  
of bread  
saved

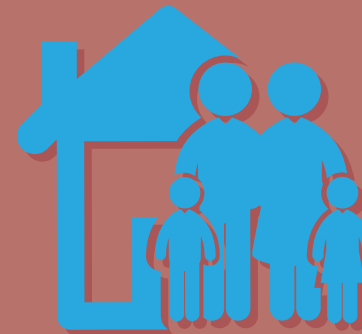


32,939  
bread runs

6



core programmes



155

food donation drives  
by corporate & schools



8,000  
toys collected & distributed

132

birthday parties held



  
S\$ 5,421,617  
worth of food distributed

S\$ 2.53

distributed in  
benefits for every  
dollar received



41,928

food packs distributed



# OUR DONORS & SPONSORS

The work that we do to improve the lives of the less privileged is made possible due to the commitment and generosity of all our donors, sponsors & partners. We are immensely grateful for their support and partnership to our cause. Thank you!

## Cash Sponsors \*

### Corporations

Applied Materials South East Asia Pte Ltd  
Audemars Piguet (Singapore) Pte Ltd  
Beiersdorf Singapore Pte Ltd  
Bloomberg L.P.  
Chew How Teck Foundation  
Credit Suisse AG  
DBS Bank Ltd  
Ermenegildo Zegna Far-East Pte Ltd  
Global Foundries

Ikano Pte Ltd  
Images In Motion Pte Ltd  
Kwan Im Thong Hood Cho Temple  
Lee Foundation  
Marina Bay Sands Pte Ltd  
NTUC FairPrice Foundation Limited  
OCBC Bank  
Pimp My Tuk Tuk  
PropertyGuru Pte Ltd

SIA Engineering Company Limited  
Starwood Asia Pacific Hotels & Resorts Pte Ltd  
The Community Foundation Of Singapore  
The Shaw Foundation Pte Ltd  
The Tudor Foundation  
UBS AG - UHNW Staff  
Vantage Shipbrokers Pte Ltd  
Visa Worldwide Pte Limited  
Wheelock Properties (Singapore) Limited

### Individuals

Anil Thadani  
Astrie Sunindar Kushapsari  
Christopher David Martin  
Kishin S/O Raj Kumar

Knut Unger  
Olivia Leong Findley  
Poh Seng Kui Mark  
Ronald P Stride

Steve Tay Soo Hoe  
Vivian P J Chandran  
Wong Hong Ching

## School Goodie Bag Sponsors

Ascendas-Singbridge Gives Foundation  
Bank of New York Mellon  
Booz Allen Hamilton Alumni  
Carl Johan Freer

Cru Asia Ltd  
Egalite Hawkins Investment Pte Ltd  
Geoconsult Asia Singapore Pte Ltd  
Koh Chan Guan & Family

SIA Engineering Company Limited  
Singapore American School Limited  
Singapore Post Limited  
Starwood Asia Pacific Hotels & Resorts Pte Ltd

## Donations In-Kind

### Bakeries & Restaurants

1 More Bread  
Ana Bakery  
Artisan Boulangerie Co. (7 outlets)  
And All Things Delicious  
Bake Inc  
Baker and Cook  
Bakery Cuisine  
Bakery Degree  
Bakerzin Singapore  
Bengawan Solo  
Bethel Confectionery  
Bread Cottage  
Breadfresh (2 outlets)  
BreadTalk (5 outlets)  
Bun Times  
C’rius Bake  
Delifrance (4 outlets)

Dohca Bakery  
Dough & Grains  
Four Leaves (16 outlets)  
Han’s Cafe (3 outlets)  
Joe & Dough  
Jollibean (11 outlets)  
Juz Bread  
Keng Bakehouse  
LeVeL 33  
Love Tea Cafe  
Marche Restaurant  
Mezza9  
MUNCH  
Nick Vina Artisan Bakery  
Odette  
Omzyn Cake  
OverEasy Fullerton

Pan De Marie  
Paraland Confectionery  
Prego Deli  
Prima Food Pte Ltd  
PrimaDeli (7 outlets)  
Q Bread  
RedMart  
RISE Restaurant  
Rotikek  
Sembawang Confectionery  
Sunshine  
Swissbake (6 outlets)  
The Bread Table  
The Sandwich Shop (5outlets)  
The Swiss Backer  
Wheat Bakery  
Yi Jia Bakery House Cafe

## Donations In-Kind (Continued)

### Hotels

Concorde Hotel Singapore  
Fairmont Singapore & Swissôtel The Stamford  
Four Seasons Hotel Singapore  
Grand Hyatt Singapore

Mandarin Oriental Singapore  
Marina Bay Sands Pte Ltd  
Regent Singapore  
Resorts World Sentosa

Shangri-La Hotel Singapore  
The Fullerton Hotel Singapore  
The Ritz-Carlton Millenia Singapore  
The St. Regis Singapore

### Schools

Anderson Primary School  
Anglo Chinese School (Independent)  
Anglo Chinese School (1985 Alumni)  
Beacon Primary School  
Bendemeer Primary School  
Canadian International School (Lakeside Campus)  
Changkat Primary School  
CHIJ St Nicholas Girls School  
Chong Fu School  
Chongzheng Primary School  
Chung Cheng High School (Main)  
Coral Primary School  
Dunman High School  
Dunman Secondary School  
East Coast Primary School  
East Spring Primary School  
East Spring Secondary School  
E-Bridge Pre-School  
Evergreen Primary School  
Fernvale Primary School

Gan Eng Seng Primary School  
Global Indian International School  
Greenridge Primary School  
Greenridge Secondary School  
Henry Park Primary School  
Holy Innocents’ Primary School  
Hwa Chong Institution  
Innova Primary School  
ITE College Central  
Jurong Junior College  
Kong Hwa School  
Maha Bodhi School  
Manjusri Secondary School  
Maris Stella High School (Primary)  
Maris Stella High School (Secondary)  
Mee Toh School  
Nan Chiau High School  
Nan Hua High School  
Nanyang Polytechnic  
NUS Students’ Community Service Club  
NUS Students’ Science Club

Overseas Family School  
Pei Hwa Secondary School  
Presbyterian High School  
River Valley High School  
School of Science and Technology, Singapore  
Sembawang Primary School  
Seng Kang Primary School  
Singapore American School  
Springdale Primary School  
St. Andrew’s Junior School  
St. Andrew’s Secondary School  
Tampines North Primary School  
Tanglin Trust School  
Teck Ghee Primary School  
Temasek Primary School  
Victoria Montessori School  
Victoria School  
Woodgrove Primary School  
Woodlands Ring Primary School  
Yio Chu Kang Primary School  
Yumin Primary School

### Corporations

American Express International Inc  
American Women’s Association Of Singapore  
Alfa Laval (S) Pte Ltd  
Areva Group Pte Ltd  
Arup Singapore Pte Ltd  
Asia Chiropractic House Service  
ASML Singapore Pte Ltd  
Axis Communication (S) Pte Ltd  
Blossom Discovery Centre  
Boustead Projects Limited  
BTFL Pte Ltd  
Buona Vista Constituency Office  
Cactus Corporation Pte Ltd  
Clean The World Asia Limited  
Chuan Kiat Demolition Works (S) Pte Ltd  
Civil Aviation Authority of Singapore  
Cognizant Technology Solution Asia Pacific Pte Ltd  
Corlison Pte Ltd  
Cru Asia Limited  
Defence Science and Technology Agency  
Dell Asia Pte Ltd  
Dr. WHO Waterworks Pte Ltd  
Dynamic Ocean Pte Ltd  
Eatobe Singapore

Elsevier  
Esri Singapore  
Gan Hup Lee International Foods Pte Ltd  
Giant Singapore  
Global Logistics Properties Ltd  
HOL - Hands-on Learning  
International Flavors & Fragrances (Asia Pacific) Pte Ltd  
Jitta Trading (Events & Exhibitions)  
J. P. Morgan Private Bank  
Kok Kock Leong Enterprise Pte Ltd  
KTC Civil Engineering & Construction Pte Ltd  
Lam Seng Hang Co. Pte Ltd  
Louis Dreyfus Commodities Asia Pte Ltd  
Maxus Singapore  
Medtronic Singapore Operations Pte Ltd (Customer Service Team)  
MUFG-The Bank of Tokyo-Mitsubishi UFJ  
myVillage-Chye Lee & Sons Ptd Ltd  
NEC Asia Pacific Pte Ltd  
Nishen Tropical Fruits Pte Ltd  
NIVEA Singapore  
NTUC Club  
NTUC Fairprice Co-operative Limited  
NYEC 2016  
OCBC Bank

Pan Pacific Exhibits International Pte Ltd  
Pearlie White  
Phoenix Marketing  
Punggol Community Club  
Remy Cointreau International Pte Ltd  
SAF Pers Hub  
Safran Landing Systems  
SATS Ltd  
Sejio Marketing & Trading  
Sentosa Cove Resort Management Pte Ltd  
Service Now  
Singapore Land Authority  
Singapore Post Limited  
Sitting In Pictures  
Sonnamera Pte Ltd  
S&P Global Platts  
Suntory Beverage & Food Asia Pte Ltd  
Suvida Pte Ltd  
Sweetyet Development Pte Ltd  
Symrise Asia Pacific Pte Ltd  
Tai Sun (Lim Kee) Food Industries Pte Ltd  
UBS Investment Bank  
Xilinx Asia Pacific Pte Ltd  
Yee Tee Community Club  
Yeo Hiap Seng Limited  
Yusen Logistics (S) Pte Ltd

\*Cash donations of S\$10,000 and above.



# AUDITED FINANCIAL STATEMENTS 2016

## Income & Expenditure Statement

Income	Note	2016 (SGD)	2015 (SGD)
Outright Donations	1	427,822	962,870
Fundraising Events	2	541,140	516,932
Charitable Events	3	147,260	114,245
Food Purchase Account	4	937,340	874,369
Grant		50,000	22,760
Other Income		33,040	34,526
<b>TOTAL INCOME</b>		<b>2,136,602</b>	<b>2,525,702</b>
<b>Non Operating Income</b>			
Utilisation of Funds		368,300	323,688
Amortisation of Deferred Funds		59,192	38,158
<b>TOTAL NON OPERATING INCOME</b>		<b>427,492</b>	<b>361,846</b>
<b>Expenditure</b>			
Fundraising Events		180,852	199,306
Charitable Events		139,567	131,661
Food Purchase Account		741,655	764,127
General & Administrative		1,240,324	901,842
<b>TOTAL EXPENDITURE</b>		<b>2,302,398</b>	<b>1,996,936</b>
<b>Surplus of Income over Expenditure</b>		<b>261,696</b>	<b>890,612</b>

## Annual Remuneration of Key Management Staff

	No. of Management Staff	
Annual Remuneration	2016	2015
Between S\$100,001 to S\$150,000*	2	1

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

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.

Food From The Heart is committed to the highest standards of openness, probity and accountability. The organisation has adopted a Whistleblowing policy to enable employees of the Company to raise concerns internally and at a high level and to disclose information which the individual believes shows malpractice or impropriety.

## Balance Sheet

Assets	2016 (SGD)	2015 (SGD)
Plant and Equipment	428,742	303,002
<b>Non-Current Assets</b>	<b>428,742</b>	<b>303,002</b>
Deposits, Prepayments and Other Receivables	71,919	97,059
Cash & Bank Balances		
- Operating	556,995	912,540
- Reserve	916,119	537,258
- Designated	2,625,363	2,840,594
Total Cash & Bank Balance	4,098,477	4,290,392
<b>Current Assets</b>	<b>4,170,396</b>	<b>4,387,451</b>
<b>TOTAL ASSETS</b>	<b>4,599,138</b>	<b>4,690,453</b>
<b>FUNDS</b>		
Accumulated Funds	3,374,012	3,374,012
Designated Funds	265,776	786,137
Deferred Funds	261,696	269,017
<b>TOTAL FUNDS</b>	<b>3,901,484</b>	<b>4,429,166</b>
<b>LIABILITIES</b>		
Other Payables & Accruals	104,036	72,638
Deferred Income	593,618	188,649
<b>TOTAL LIABILITIES</b>	<b>697,654</b>	<b>261,287</b>
<b>TOTAL FUNDS &amp; LIABILITIES</b>	<b>4,599,138</b>	<b>4,690,453</b>

## Distribution Report

TOTAL AMOUNT OF FOOD DISTRIBUTED	2016 (SGD)	2015 (SGD)
Bread Collection	3,562,926	3,379,812
Food Collection		
- Corporations	666,342	239,677
- Schools	156,492	164,873
NTUC Outlets Collection	295,610	210,514
Purchased Food	740,247	764,127
<b>Total Benefits Distributed</b>	<b>5,421,617</b>	<b>4,759,003</b>
<b>Total Funds Received</b>	<b>2,136,602</b>	<b>2,525,702</b>
For every dollar donated, we generated a return of	<b>2.538</b>	<b>1.884</b>
<b>BENEFITS DISTRIBUTED VS OPERATING EXPENDITURE</b>		
Total Benefits Distributed	5,421,617	4,759,003
Total Operating Expenditure	1,240,324	901,842
<b>Operating Expenditure vs Benefits Distributed %</b>	<b>22.88%</b>	<b>18.95%</b>

Notes to the Financial Information

1. Outright Donations	2016 (SGD)	2015 (SGD)
Asia Pacific Breweries (Singapore) Pte Ltd	-	10,000
Beiersdorf Singapore Pte Ltd	21,000	17,000
Bloomberg L.P.	10,430	-
Bloomberg L.P. HK	13,041	14,609
Chew How Teck Foundation	15,000	15,000
Cityview Place Holdings Pte Ltd - W Hotel	11,707	-
Credit Suisse AG	11,000	16,300
First State Investment Pte Ltd	-	21,035
Global Foundries	12,222	-
Grace, Shua and Jacob Ballas Charitable Trust	-	10,000
Kwan Im Thong Hood Cho Temple	20,000	-
Marina Bay Sands Pte Ltd	41,869	18,700
Ministry of Education Singapore - SG50 Giving Donations	-	207,920
MFS International Singapore Pte Ltd	-	25,000
PropertyGuru Pte Ltd	10,000	-
NTUC Fairprice Foundation Limited	-	150,000
Pepperl + Fuchs (Manufacturing) Pte Ltd	-	13,500
President's Challenge	-	50,000
The Tudor Foundation	40,805	-
SIA Engineering Company Limited	-	40,765
Vibrant Group Limited	-	25,000
Wheelock Properties (Singapore) Limited	10,000	-

2. Fundraising Events	2016 (SGD)	2015 (SGD)
Anguillia Development Pte Ltd	-	10,000
Audemars Piguet (Singapore) Pte Ltd	50,000	50,000
DBS Bank Ltd	10,000	-
Ermenegildo Zegna Far-East Pte Ltd	10,000	-
Geoconsult Asia Singapore Pte Ltd	10,000	20,000
Lee Foundation	10,000	10,000
Lombard Odier (Singapore) Ltd	-	10,000
Newway Advisory Pte Ltd	-	10,000
The Hongkong and Shanghai Banking Corporation Limited	-	10,000
The Shaw Foundation Pte Ltd	10,000	10,000
Van Cleef & Arpels (S) Pte Ltd	-	10,000

Donations shown are S\$10,000 and above. Food from the Heart would like to thank all donors, regardless of the amount contributed.

3. Charitable Events	2016 (SGD)	2015 (SGD)
Overseas-Chinese Banking Corporation Limited	25,000	20,000
Visa Worldwide Pte Limited	29,214	26,750

4. Food Purchase Account	2016 (SGD)	2015 (SGD)
Applied Materials South East Asia Pte Ltd	18,186	20,000
Ascendas-Singbridge Gives Foundation	33,000	-
Bank of New York Mellon	34,418	-
Booz Allen Hamilton Alumni	33,000	33,000
Cru Asia Limited	-	33,000
Geoconsult Asia Singapore Pte Ltd	10,000	20,000
Images In Motion Pte Ltd	200,000	-
Inner Wheel Club of Singapore West	-	10,000
Macquarie Group Foundation	-	35,000
SIA Engineering Company Limited	66,000	66,000
Singapore American School Limited	46,165	54,460
Singapore Post Limited	33,000	33,000
Starwood Asia Pacific Hotels & Resorts Pte Ltd	-	33,000
UBS AG - UHNW Staff	18,960	-
Vantage Shipbrokers Pte Ltd	14,400	-

5. Cash & Bank Balances - Operating	2016 (SGD)	2015 (SGD)
DBS Bank	11,757	28,606
Citibank - General Account	543,238	881,934
Petty Cash	2,000	2,000
Total	556,995	912,540

6. Cash & Bank Balances - Reserve	2016 (SGD)	2015 (SGD)
CIMB Fixed Deposits - 6 months	308,818	304,314
CIMB Fixed Deposits - 12 months	607,301	232,944
Total	916,119	537,258

7. Cash & Bank Balances - Designated (For Specific Use Only)	2016 (SGD)	2015 (SGD)
Citibank - Care & Share Account	794,137	1,407,016
Citibank - Food Purchase Account	1,114,560	725,360
Citibank Fixed Deposit - Food Purchase Account - 6 months	100,705	100,604
CIMB Fixed Deposits - Food Purchase Account - 6 months	308,818	304,315
CIMB Fixed Deposits - Food Purchase Account - 12 months	307,143	303,300
Total	2,625,363	2,840,594





# BREAD PROGRAMME

Our pioneer programme that started it all, the Bread Programme was launched in 2003 when our founders, Christine and Henry Laimer, came across an article on unsold bread being thrown away at the end of each day. Determined to make a difference, the Laimers gathered 120 volunteers and collected unsold, but perfectly edible baked goods from 37 bakeries and hotels to be redistributed to the underprivileged in Singapore.

Fast forward to today, we work with 1,700 active volunteers to collect unsold baked goods from various bakeries and hotels. Come rain or shine, volunteers collect about 28,000 kg of bread which amounts to 1,400 supermarket trolley-loads monthly, and these loaves and buns are then redistributed to our Self Collection Centres, Senior Activity Centres, welfare homes, and other needy families.

As the Bread Programme is totally dependent on our volunteers, we are extremely grateful to our bread runners for joining us on our mission to save food and feed the hungry. Equally vital are our partner bakeries and hotels whose generous contributions are at the heart of the programme. Thank you!

**117**  
PARTNERS

**21,000**  
BENEFICIARIES

**168**  
DISTRIBUTION  
POINTS





# COMMUNITY FOOD PACK

To reach needy individuals and families living within the heartlands, we work with Residents' Committees, Family Service Centres and Senior Activities Centres to identify those in need. Many of these families struggle to pay school fees, medical and utility bills, let alone putting a nutritious meal on the table. Our Community Food Pack programme go a long way in helping these families receive the nourishment they need. As of 2016, we have 40 Self Collection Centres located islandwide where we distribute weekly bread rations and monthly food packs of essential food items.

Since 2015, we have increased our efforts to provide food items of higher nutritional value. In addition to eggs, we embarked on distribution of fruits in 2016 to encourage healthy eating.

These food packs comprise of items from food donation drives by the public, corporations and schools. These partners play an important role in making sure that our beneficiaries receive basic necessities such as rice, cooking oil, canned food and condiments. We also rely greatly on dedicated volunteers who help to distribute these items weekly.

**40**  
SELF  
COLLECTION  
CENTRES

**5,800**  
BENEFICIARIES

**25,728**  
FOOD PACKS  
DISTRIBUTED



# SCHOOL GOODIE BAG

Breakfast is the most important meal of the day, but there are many children who are forced to forgo it as their families struggle to provide three meals a day. No child should grow up hungry, and those who do are more likely to fall ill and have a difficult time concentrating and performing in school. The School Goodie Bag programme reaches out to these students by keeping their tummies full through monthly food packs of non-perishable food items.

Working with 27 neighbourhood schools, these goodie bags help students under the financial assistance scheme and their families defray living expenses, as well as provide supplement through basic necessities such as rice, biscuits, premixed beverages and canned food. The School Goodie Bag is supported through our "Food Purchase Account", which is solely dedicated to purchasing food items for the programme. In a year, it takes \$33,000 to support 50 needy students from a school, and \$660 for a family of four.

**27**  
SCHOOLS

**5,600**  
BENEFICIARIES

**16,200**  
GOODIE BAGS  
DISTRIBUTED







# TOYS FROM THE HEART

We often take for granted the wonderful gifts we receive during special occasions. However, for many children, they might never experience the joy of receiving a nice gift. Toys not only provide plenty of happiness, but also help in essential childhood development to improve social, emotional and cognitive skills.

With the Toys from the Heart programme, we aim to deliver a message of hope and love, and ensure that underprivileged children are given the opportunity to experience the joy of receiving toys.

We operate a "Toy Bank", and encourage the donation of new or pre-loved toys in good condition to be distributed during our monthly birthday celebrations, as well as seasonal parties. In 2004, we also started "Toy Buffet", an annual event where we invite underprivileged children for a day of fun, games and sweet treats. At the end of the event, each child picks two toys to bring home.

**8,000**  
**TOYS COLLECTED**  
**& DISTRIBUTED**





# BIRTHDAYS FROM THE HEART

While many of us are able to celebrate our birthdays with cakes, presents and the company of family and friends, there are many who spend their special day alone, as if it were just any other day. In financially-challenged homes, birthday celebrations are especially rare.

Since 2004, Food from the Heart has been partnering with welfare homes to celebrate birthdays of disadvantaged children and the elderly on a monthly basis. Each month, volunteers visit welfare homes to host birthday parties and bring cheer to more than 1,120 elderly folks and children. This simple gesture is FFTH's way of touching the lives of those who hardly get the chance to mark their special day with family and friends.

**11**  
WELFARE  
HOMES

**1,120**  
BENEFICIARIES

**132**  
BIRTHDAY  
PARTIES





# MARKET PLACE

It is not unusual for most people to avoid buying food items with damaged packaging. Why choose items with torn wrappers, crushed boxes or dented cans when you can easily pick up another in perfect condition? As such, these items are often left unsold, and subsequently discarded even though the contents are still edible.

Through a collaborative effort with NTUC FairPrice, we collect packaging-damaged and near-expiry items from all 140 NTUC FairPrice supermarkets. Items range from non-perishable food products such as canned food, to household items like laundry detergent. These items are brought back to our warehouse where they are sorted and packed by our volunteers, and then redistributed to over 40 welfare homes and for those under Community Food Pack programme.

Rather than allowing these items to be discarded, we give these items a new lease of life by re-directing them to welfare homes and needy families who welcome the much-needed food supplies and necessities to help offset costs, thereby reducing their financial burden.

**40**  
**WELFARE**  
**HOMES**

**7,600**  
**BENEFICIARIES**



# THE HELPING HANDS



**KHOO CHEN SHIN**  
**WAREHOUSE VOLUNTEER**

Shin started out as a Bread Programme volunteer, and has eventually become a familiar face at the FFTH warehouse, coming in every Wednesday to help out with packing of food packs as well as sorting of food items that we receive through food drives. “It gives me great satisfaction to know that every goodie bag I pack will go towards helping someone in need. I also enjoy meeting fellow volunteers who wish to help FFTH in a similar manner!”



**YI JIA BAKERY HOUSE CAFE**  
**BAKERY PARTNER**

Chiew Hong, owner of Yi Jia Bakery House Café, was introduced to the work of Food from the Heart by a cousin’s friend. Moved by the plight of our beneficiaries, Chiew Hong commits to a regular amount of baked items each week, which is rare for an independent bakery and hopes to reach out to the underprivileged through her donations. “I have received feedback from beneficiaries saying that they enjoy our bread and that makes me very happy, knowing that our bread can bring them some joy.”

# THE HELPING HANDS



**MICHAEL CHOONG**  
**BREAD PROGRAMME VOLUNTEER**

Michael was motivated to join Food from the Heart as a volunteer after reading an article on surplus bread being thrown away in 2003. Since then he has consistently been collecting bread from various bakeries as one of our pioneer volunteers. After work, Michael travels diligently every week to an allocated bakery to collect the surplus bread before delivering it to a Self Collection Centre. “I hope to be able give back to the community through my volunteering work.”



**ONG AI KIW**  
**COMMUNITY FOOD PACK VOLUNTEER**

Ai Kiow has been a Community Food Pack volunteer since its inception in 2004. She helped to set up the Self Collection Centre at Balam and for the past 13 years, has been helping to distribute food packs weekly. Volunteering at a Self Collection Centre has allowed her to form friendships with our beneficiaries, and she often looks forward to meeting them. “It is always enjoyable to see the fellow aunties and uncles weekly, and it makes me happy knowing that they are appreciative of our help.”



# THE RECEIVING ARMS



**THE HIDING PLACE  
MARKET PLACE RECIPIENT**

“Food from the Heart really helps us tremendously by providing us with not only food items, but also essential household items. When we first came to receive the items under their Market Place programme, it was such a surprise to be able to pick and choose the items we need without worry, and in bulk! This allows us to reduce expenses quite substantially, and to focus on other areas to help our own beneficiaries. We really appreciate all that you do!”



**MDM LAM  
COMMUNITY FOOD PACK RECIPIENT**

“We used to only have one or two meals a day, which was very tough for us, especially for my children who were still very young. Now, my kids are able to enjoy a hot cup of Milo with their morning bread before school, thanks to Food from the Heart. My family and I are very grateful for the help we have received, and would like to thank FFTH for helping to ease our worries!”

# THE RECEIVING ARMS



**HENRY TNG  
SCHOOL GOODIE BAG RECIPIENT**

“I am really happy to have received the I Can Award, as I can make my parents proud! I really want to thank FFTH for the award. As part of the award prize, the Ezlink and Popular vouchers are really useful as I can use the vouchers to help defray my transportation and schooling expenses. This not only helps provide some relief for my parents, but also allows me to be able to study for my N Levels without worry. Thank you Food from the Heart!”



**NUR THAQESYA & FAMILY  
SCHOOL GOODIE BAG RECIPIENT**

“We have been receiving food packs under FFTH’s School Goodie Bag programme for six years now. I am really glad that the food packs provide my parents with the assurance of having food monthly to cook yummy meals! According to my mom, the rice, sugar and biscuits are the most useful. Thank you to all those who have supported us and FFTH!”



# I CAN AWARD



The "I CAN Award" was inaugurated in 2013 with the primary objective of encouraging students under our School Goodie Bag programme to have the "I can!" attitude despite challenges in life. We also hope to encourage and commend these students on their Improvement in Conduct, Attendance, and Non-academic performance.

Our 4th "I CAN Award" was held on Tuesday, 15 March, at Qihua Primary School. It was a red-carpet day for 81 students as they walked on stage to receive their trophies, beaming from ear-to-ear as their parents busily snapped photographs and applauded with pride and joy.

We owe the success of this year's "I CAN Award" to Coutts & Co for their generous sponsorship, and Qihua Primary School for the use of their premises for the ceremony and reception. Congratulations to all our recipients!







# GRAFFITI PASSION BALL

Our annual fundraising gala, Passion Ball, took place on 9 April at The Fullerton Hotel Singapore. Presented by Audemars Piguet, the 13th edition of Passion Ball embraced the theme of Graffiti. Under the capable hands of Passion Ball Chairlady Olga Iserlis, the Fullerton Hotel Ballroom was transformed with stunning larger-than-life graffiti wall art, complemented by gritty street art at the bar and foyer. The specially prepared gourmet dinner drew compliments from all, while the talented Puppini Sisters provided finger-snapping entertainment. With a record 11 charity auction items this year, the evening raised over S\$500,000 nett: a great feat that will go a long way to helping our beneficiaries.

A big shout-out too to all the volunteers for their hard work and help that evening. On behalf of our beneficiaries, thank you for your generous support of Passion Ball and Food from the Heart!

## Thank you to the following sponsors!

Audemars Piguet  
FairPrice Foundation  
Images in Motion

Air France  
Amansara  
Beatrice Chia-Richmond  
Blissfulhots  
CLOGTWO!  
Devin Otto Kimble  
Ermenegildo Zegna  
Ethan K  
The Fullerton Hotel Singapore  
Grand Vin Pte Ltd  
Ho Printing

Lotus Arts de Vivre  
Millenium Hotels & Resorts  
Moet Hennessy Diageo  
Nicola Hwang  
Print Lab  
RJ Paper  
Sara Taseer Fine Jewellery  
Singapore Tatler  
The Artling  
The Dhara Dhevi Chiang Mai  
Twise





## Key Events

# A FRUITFUL BEGINNING

We embarked on our inaugural distribution of fruits in September to provide a more nutritious and balanced selection of food to our beneficiaries. Now, they receive fruits in addition to the usual non-perishable food items, eggs and bread. We also added two cold rooms in our warehouse to safely store such perishable food products, which has additionally paved the way for us to accept a wider variety of donated food items on behalf of our beneficiaries.

We were also very excited to receive two super cool cold trucks that will enable us to collect and deliver fresh fruits and vegetables easily, as well as other cold food chain items.

Thank you to Goldbell Foundation for the hope on wheels!





# VOLUNTEER APPRECIATION



Our volunteers are like our backbone, without whom we would not be able to reach out to so many underprivileged individuals. Volunteers help us put our mission into action, from sorting and packing food, to hosting birthday parties and distributing food packs. Hence, it was with great pleasure that we were able to honour them at our Volunteer & Partner Appreciation Night: “The Good Old Days” on 21st October.

With over 300 volunteers and partners in attendance, we enjoyed a wonderful night of catchy tunes, sumptuous food and old-school fun. It was such a pleasure to finally put a face to the names of the passionate and kind-hearted people who have joined our cause of feeding the hungry. A big thank you to Concorde Hotel Singapore for generously hosting the event and our partners for making the evening possible.



## Thank you to the following sponsors!

Beautiful.Me  
Cat Ong and Friends  
Carlton City Hotel Singapore  
Concorde Hotel Singapore  
Fairmont Singapore  
Lotte Chilsung  
Orchard Hotel Singapore  
Pan Pacific Singapore

Paul Goh  
PrimaDeli  
The St. Regis Singapore  
Swissôtel Merchant Court  
Swissôtel The Stamford  
Victor Teow  
Vin Kiwi





# CLEAN PLATE CAMPAIGN

In 2015, Singapore produced more than 785 million kg of food waste that cost S\$61 million to dispose. There is an urgent need to educate Singaporeans about food wastage, especially when there are so many people struggling to put food on the table for their families.

Therefore, we initiated the Clean Plate Campaign in conjunction with World Food Day. Over three months, our volunteers ventured to 36 schools to educate over 42,000 students on the importance of reducing food wastage, encouraging them to “clean their plate” by finishing their meal. Ultimately, Maha Bodhi School turned out victorious with the highest clean plate percentage at 89.97%. Congratulations, and thank you to all the schools that participated!

The Clean Plate Campaign is made possible thanks to the generous support of Fairprice Foundation, pledging \$10 for every clean plate. Through their support, we succeeded not only in educating the next generation on food wastage but also raised \$150,000 to help our beneficiaries.

### Thank you to the following participating schools!

- |                                |                                  |  |
|--------------------------------|----------------------------------|--|
| Alexandra Primary School (4th) | Gan Eng Seng Primary School      | Sembawang Primary School               |
| Anglo-Chinese School (Primary) | Greenridge Primary School        | Stamford Primary School (3rd)          |
| Bukit Panjang Primary School   | Huamin Primary School            | St. Anthony's Canossian Primary School |
| Chua Chu Kang Primary School   | Jing Shan Primary School         | St. Anthony's Primary School           |
| Cedar Primary School           | Maha Bodhi School (1st)          | Tampines North Primary School          |
| CHIJ (Katong) Primary          | Marsiling Primary School         | Wellington Primary School              |
| Chongzheng Primary School      | Mee Toh School                   | West Grove Primary School              |
| Clementi Primary School        | North Vista Primary School (2nd) | Xinghua Primary School                 |
| Damai Primary School           | Poi Ching School                 | Xingnan Primary School                 |
| East Coast Primary School      | Punggol Primary School           | Xishan Primary School                  |
| East Spring Primary School     | Punggol Green Primary School     | Yio Chu Kang Primary School (5th)      |
| Eunos Primary School           | Seng Kang Primary School         |  |
| Evergreen Primary School       |                                  |  |





Key Events

# TOY BUFFET

Toy Buffet is an annual carnival offering games, food, and of course, toys for children from disadvantaged backgrounds. The theme for 2016 was “Toytopia”, encouraging children to dare to let their dreams take flight despite their plight. Held at Maris Stella High School (Primary), the 12th edition of Toy Buffet hosted over 2,700 children.

Ms Sim Ann, Senior Minister of State, Ministry of Culture, Community and Youth, & Ministry of Trade and Industry, graced the event as Guest-of-Honour. On top of that, 21 corporations and schools got together to set up toy booths filled with an assortment of toys ranging from board games to sports equipment. At the end of the event, every child went home with a smile and two toys of their choice; excited to share their gifts with their siblings and friends.

Thank you to the following in-kind sponsors & participants!

**In-Kind Sponsors**

- Camel Nuts
- DKSH Singapore Pte Ltd
- Dr. WHO Waterworks Pte Ltd
- F&N MAGNOLIA Singapore
- Gardenia Foods (S) Pte Ltd
- LOTTE Confectionery (S.E.A.) Pte Ltd
- NOM Bistro & Bakery Cafe
- NTUC FairPrice Co-Operative Ltd
- Oreo (Mondelez Singapore Pte Ltd)
- Unilever Singapore

**Corporations**

- NTUC FairPrice Co-operative Ltd
- SIA Engineering Company Ltd
- Coutts & Co Ltd
- Fuji Xerox Singapore Pte Ltd
- First State Investments (Singapore)
- Singapore Post Limited
- Athrow Pte Ltd
- Ascendas-Singbridge Pte Ltd
- Khind Systems (Singapore) Pte Ltd
- Ministry of Trade & Industry
- Dell Singapore

**Schools**

- Global Indian International School
- Singapore American School
- Maris Stella High School (Primary)
- Ngee Ann Primary School
- Temasek Polytechnic (Student Union)
- Seng Kang Primary School
- Anglo-Chinese School (Primary)
- CHIJ Katong (Primary)
- Northoaks Primary School



# YEAR IN REVIEW



**Lunar New Year Giant Supermarket Food Drive** Starting off January with a bang, we teamed up with **Giant Supermarket** for a Lunar New Year Food donation drive at Tampines and IMM Giant Hypermarket.



**Lunar New Year Celebrations** There's no better way to celebrate than with a hearty meal with your loved ones. Thanks to our sponsors **BreadTalk & Concorde Hotel Singapore**, our beneficiaries did just that with sumptuous festive lunches.



**The Local People Express Art Market** Alongside booths of sweet treats and handcrafted accessories, we held a food drive at the Express Art Market by **The Local People** at Tanjong Pagar Railway Station with an overwhelming amount of donated food.



**Rosalynn Tay Photo Exhibition** Singapore Tatler Hall of Fame inductee **Rosalynn Tay** launched her first solo photo exhibition and pictorial book "Ethiopia", sharing the captivating photos she took during her exploration of Ethiopia. All proceeds raised from sales of the book and prints were generously donated to FFTH.

# YEAR IN REVIEW



**Trolley Full of Goodies** 35 volunteers from **Vantage Shipbrokers** gathered early at Kolam Ayer SCC to pack and distribute trolleys full of daily essential items, on top of the usual non-perishable food items. What an upsize!



**Door-to-Door Food Drive at Sengkang** Over 180 volunteers from FFTH and **The Bank of Tokyo-MUFG** joined us for an epic food drive in Sengkang, knocking on doors to collect donated food culminating in almost \$8,000 worth of food items!



**Shopping with Beneficiaries, for Beneficiaries** Many of our beneficiaries have to think twice, or even forgo essentials when buying groceries due to their financial situation. Thanks to **Visa Worldwide, OCBC Bank, NTUC Link & NTUC FairPrice Co-operative**, some of our beneficiaries enjoyed a worry-free grocery shopping spree.



**Mid-Autumn Festival** We received an assortment of yummy mooncakes which our beneficiaries enjoyed just in time for Mid-Autumn Festival! Thank you to **Classique Kreationz, NTUC FairPrice, Old Chang Kee Singapore, Prima Food, The St. Regis Singapore** and **Swee Heng Bakery**.



# YEAR IN REVIEW



SEP

### First Batch of Fruits

Thanks to **Lim Chin Aik Fruits Trading** and **Nishen Tropical Fruits**, we embarked on our first fruit distribution with apples, plums and pomelos, which were gratefully received by our beneficiaries.



SEP  
3

### NUS Day of Service

180 volunteers from **National University of Singapore Office of Alumni Relations** joined us for a large-scale distribution at six of our Self Collection Centres, helping to pack and distribute Community Food Packs for 555 families.



SEP  
8

### PropertyGuru Party

**PropertyGuru Singapore** brought great fun and joy to our beneficiary children with delicious sweet treats and funfair activities, ranging from carnival games to a magic show at Bishan Community Centre.



SEP  
23

### Timberland Zoo Outing

**Timberland Singapore** hosted an outing to the Singapore Zoo for 45 children from Beyond Social Services. It was an amazing day for the children with delicious treats and fun animal shows.

# YEAR IN REVIEW



NOV  
12

### SIAEC Run for Food

We welcomed back **SIA Engineering Company: Run for Food**, a charity run benefitting FFTH. This year it was held at the Singapore Zoo where we also hosted 120 beneficiaries from schools and Self Collection Centres supported by SIAEC to an outing.



NOV  
26

### Asiatique Christmas Fundraiser

**Asiatique Collections** held a Christmas fundraising bazaar featuring delightful gift items as well as luxurious furnishings and household items, with all proceeds donated to FFTH.



DEC

### Chefs for a Cause

**The Fullerton Hotel Singapore** warmed tummies and hearts with their Chefs for a Cause movement, while also selling special Christmas edition Fullerton Hotel teddy bears with some of the proceeds donated to FFTH.



DEC

### Christmas Parties

We were delighted to have the **National University of Singapore Development Office (NUS DVO)**, **Nivea Singapore** and **T-touch** on board during this season of giving to spread more joy and laughter to our beneficiaries with various festive celebrations.

# BOARD OF DIRECTORS

**Founders**  
Christine & Henry Laimer

**Chairman**  
Ronald P. Stride

**Treasurer**  
Khushroo Dastur

**Secretary**  
Knut Unger

**Board Members**  
Alex Chua *(from Jan 2017)*, Cheryl Lee, Chin Bottinelli,  
Eugene Yang *(Treasurer 2014-2016)*, Linda Soo-Tan,  
Susan Peh, Vivian P J Chandran

**Advisor**  
Christopher Martin

Board of Directors Meetings Attendance in 2016

Board Member	Date of Appointment	Attendance Percentage
Knut Unger	13 Nov 2007	71%
Ronald P. Stride	24 Aug 2009	100%
Linda Soo-Tan	01 Dec 2009	86%
Chin Bottinelli	30 May 2013	86%
Eugene Yang	15 Nov 2013	86%
Dastur Khushroo	13 Jan 2015	71%
Vivian Chandran	13 Jan 2015	29%
Cheryl Lee	12 May 2015	43%
Susan Peh	7 Sep 2015	86%

# STAFF & MANAGEMENT

**Executive Director**  
Anson Quek

**Communications & Development**  
Carolyn Tay, Tara Tan, Erin Tan

**Programmes**  
Shahira Maya Sahar, Fion Yong, Jeslyn Wee,  
Katherine Chin

**Logistics**  
Mohamad Zuraimi Muchi, Mohmad Othman, Shari  
Bin Raman, Toh Bock Heng

**Outreach & Corporate Social Responsibility**  
Jeneve Lim

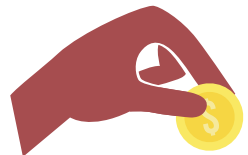
**Finance & Accounting**  
Geraldine Yong

**HR & Administration**  
Jaslin Koh

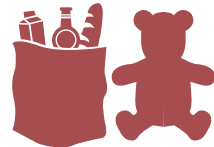


# HOW CAN YOU HELP?

## Make a donation



**Cash**  
For online donations, please visit [www.foodheart.org/donate](http://www.foodheart.org/donate)  
All cash donations made in 2017 are eligible for a 250% tax deduction



**In-kind**  
Make a donation of non-perishable food items such as rice or canned food, toiletries, and new or preloved toys in excellent condition



## Adopt a Family

Your support will see disadvantaged children and their families receive monthly food packs

**Adopt-a-Family**  
SGD660/year

**Adopt-a-School of 50 students and their families**  
SGD 33,000/year

## Sign up as a volunteer

**Bread Programme**  
Take up a bread route and help us rechannel surplus bread

**Community Food Pack Programme**  
Help distribute food packs at any of our Self Collection Centres island-wide

**Food sorting and packing**  
Sort and pack food rations at our warehouse

**Events and Roadshows**  
Be our ambassadors to spread the word about what we do or help us plan our fundraising events



## Sponsor/Host an Event



**Birthdays from the Heart**  
Plan and execute creative activities, and/or sponsor birthday cakes and presents

**Ad-hoc/Seasonal Events**  
Plan a day out to the zoo, host a Christmas party or help out with at our annual events such as our Toy Buffet



# THANK YOU!

## To our donors, sponsors, volunteers and friends



A movement supported by over 200 voluntary welfare organisations





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