

F O O D

F R O M

T H E

H E A R T

ANNUAL REPORT 2016

TABLE OF CONTENTS

Chairman's Foreword

FFTH by the Numbers

Our Core Programmes

Voices of Volunteers and Beneficiaries

Our Donors & Sponsors

Key Events

Year in Review

Board of Directors

Staff & Management

Getting Involved

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

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

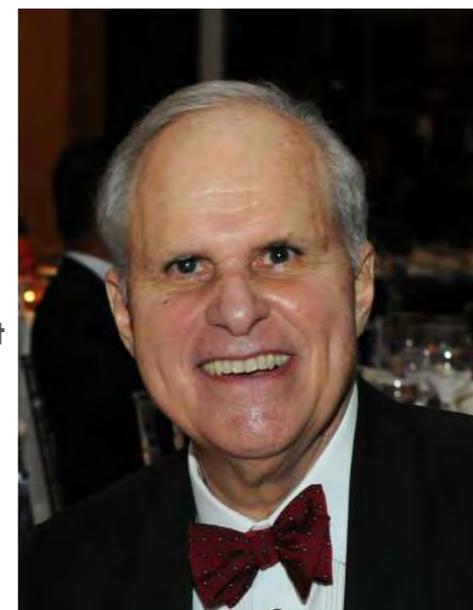
distribution of cold food items and, in September, we started distributing fruit. Accordingly, beneficiaries under our Community Food Pack programme now receive eggs, fruits, bread and essential food items.

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



FOOD FROM THE HEART BY THE NUMBERS

230

food distribution points
across Singapore



33,000

people benefitting
from FFTH's core
programmes




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

S\$ 2.53

distributed in
benefits for every
dollar received



16,800

trolleys
of bread
saved

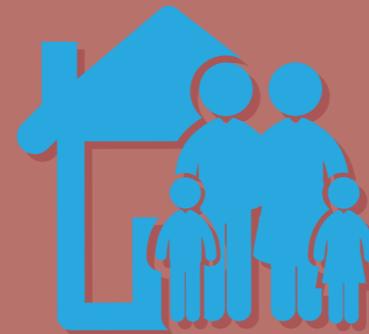


32,939
bread runs

6



core programmes



155

food donation drives
by corporate & schools



8,000

toys collected & distributed

132

birthday parties held



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
Sonamera 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
TOTAL INCOME		2,136,602	2,525,702
Non Operating Income			
Utilisation of Funds		368,300	323,688
Amortisation of Deferred Funds		59,192	38,158
TOTAL NON OPERATING INCOME		427,492	361,846
Expenditure			
		2016 (SGD)	2015 (SGD)
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
TOTAL EXPENDITURE		2,302,398	1,996,936
Surplus of Income over Expenditure		261,696	890,612

Annual Remuneration of Key Management Staff

Annual Remuneration	No. of Management Staff	
	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
Non-Current Assets	428,742	303,002
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
Current Assets	4,170,396	4,387,451
TOTAL ASSETS	4,599,138	4,690,453
FUNDS		
Accumulated Funds	3,374,012	3,374,012
Designated Funds	265,776	786,137
Deferred Funds	261,696	269,017
TOTAL FUNDS	3,901,484	4,429,166
LIABILITIES		
Other Payables & Accruals	104,036	72,638
Deferred Income	593,618	188,649
TOTAL LIABILITIES	697,654	261,287
TOTAL FUNDS & LIABILITIES	4,599,138	4,690,453

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
Total Benefits Distributed	5,421,617	4,759,003
Total Funds Received	2,136,602	2,525,702
For every dollar donated, we generated a return of	2.538	1.884
BENEFITS DISTRIBUTED VS OPERATING EXPENDITURE		
Total Benefits Distributed	5,421,617	4,759,003
Total Operating Expenditure	1,240,324	901,842
Operating Expenditure vs Benefits Distributed %	22.88%	18.95%

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	-
Ermeneildo 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



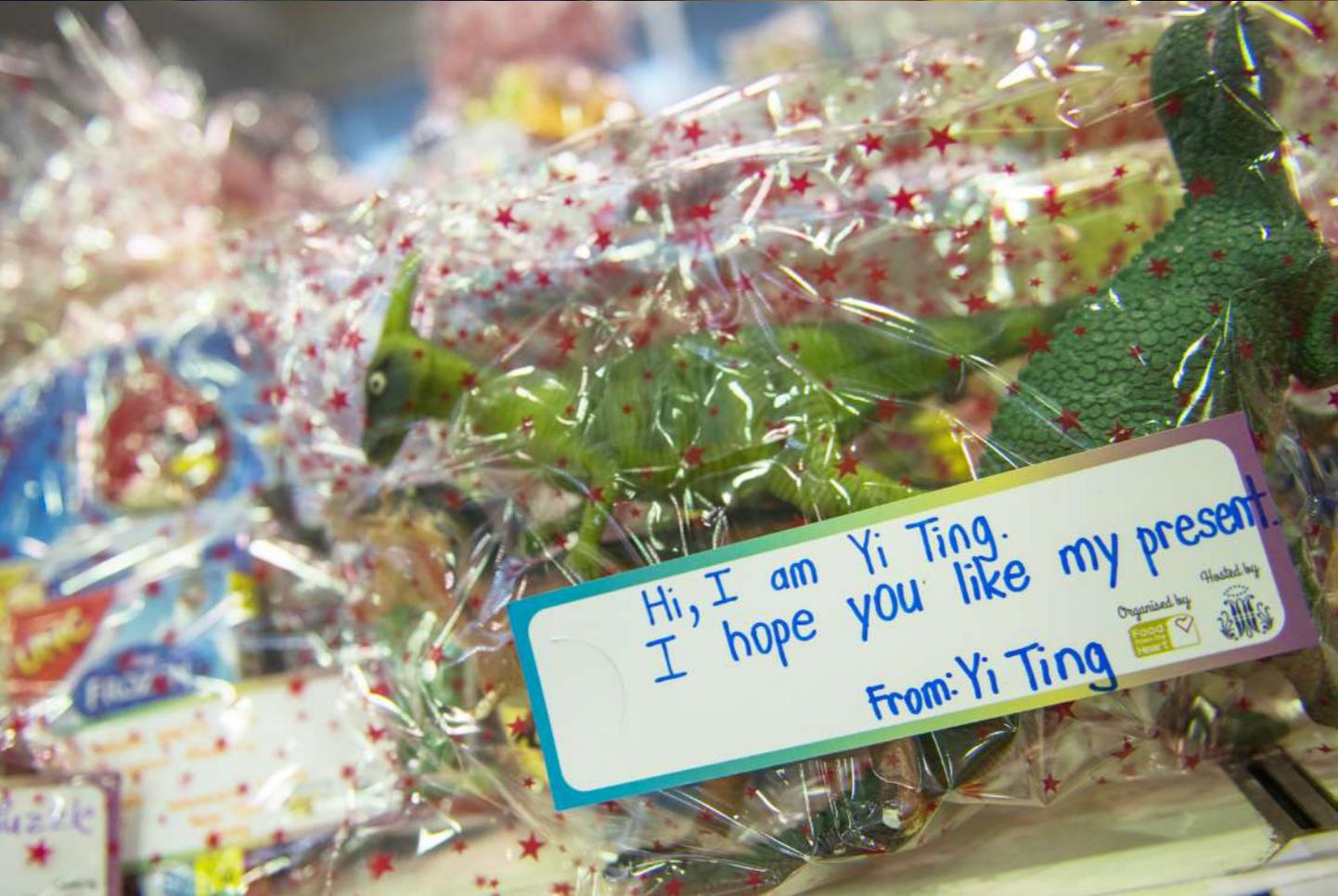
Breakfast is the most important meal of the day, but there are many children who are forced to forgo it as their families struggle to provide three meals a day. No child should grow up hungry, and those who do are more likely to fall ill and have a difficult time concentrating and performing in school. 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



Our Core Programmes

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!"

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."



**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."



**ONG AI KIOW
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!”

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!”



**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!”



**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 **C**onduct, **A**ttendance, and **N**on-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
 Kind 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



JAN

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 Hypermart.



FEB
21, 22

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.



MAR
25

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.



MAY
26

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



JUN
25

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!



JUL
16

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!



AUG
27

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.



AUG

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%

* Information accurate as of time of print (March 2017)

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

* Information accurate as of time of print (March 2017)

HOW CAN YOU HELP?

Make a donation



All cash donations made in 2017 are eligible for a 250% tax deduction

Cash

For online donations, please visit www.foodheart.org/donate

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





130 Joo Seng Road #03-01 Singapore 368357
6280-GIVE (4483) | info@foodheart.org | www.foodheart.org

