



Reg. No: 200721064R
IPC Status: IPC000634

ABOUT US

Food from the Heart is a charity founded in February 2003 by then Singapore-based Austrian couple Henry and Christine Laimer. They were inspired to channel surplus food from bakeries to families in need after they read an article about bread wastage. Today, Food from the Heart is Singapore's foremost independent food charity with IPC status devoted to alleviating hunger through efficient distribution of food in a sustainable manner; and making a significant impact in food waste reduction.

Food from the Heart helps thousands of lives each year by garnering support from sponsors, donors and volunteers to alleviate hunger through its five core programmes: Bread Run, Community Food Pack, School Goodie Bag, Project Belanja! and Market Place.

Almost **1,700 volunteers** collect perfectly edible, unsold bread from their assigned bakeries or hotels each day regardless of rain or shine, and redistribute it to those who need them through its **BREAD RUN** programme. Each month, about **14,260 people receive bread** that would otherwise have been wasted. In 2023, volunteers collected an estimated **\$2 million worth of unsold bread** from 117 bakeries and hotels and delivered to 189 distribution points.

To reach struggling individuals and families in Singapore's heartlands, Food from the Heart works with grassroots organisations, family service centres, senior activity centres and NGOs islandwide to provide food assistance through its **COMMUNITY FOOD PACK** programme. Wholesome additions such as bread, fresh eggs, fruit, and fresh produce supplement the standard bundle of 12 non-perishable food items. Currently, FFTH distributes through its **105 distribution points**, providing monthly aid to almost **11,680 families**.

In one of its significant efforts to serve the needy better, Food from the Heart seeks to return the dignity of choice to the needy with the launch of its first **COMMUNITY SHOP** in February 2020. At the Shop, beneficiaries can choose **14 items** they require every month: 12 non-perishable food and two fresh local produce. Redemption is seamless via the QR code on their Food from the Heart cards. The Shop also encourages a kampung spirit within the neighbourhood as residents can help those in need by donating food at the Community Shop's 24/7 food drop.

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PROJECT BELANJA! is another food redemption programme aimed at giving beneficiaries more options to suit their needs. With their Food from the Heart card, beneficiaries can **redeem 15 cooked meals** at participating hawker stalls in their neighborhoods every month. This programme serves more than 430 beneficiaries, giving those who are unable to cook, due to physical disability, time constraints and lack of resources, a cooked food alternative.

With the intention of providing a level starting ground for students from disadvantaged backgrounds, Food from the Heart launched its **SCHOOL GOODIE BAG** programme in 2004. To provide underprivileged students better nourishment during their key developmental years, each monthly food pack consists of 21 food items. Working with **42 schools, 1,680 students** and their families are supported under this programme.

Maximising its unique position within the community as a food redistributor, Food from the Heart launched **MARKET PLACE**, in a collaborative effort with NTUC FairPrice. Supported by food suppliers and manufacturers, packaging-damaged and near-expiry food items are collected for redistribution. Perfectly edible food is given to those who need them instead of going to waste. Last year, the programme provided nourishment to **24 welfare homes** with **\$208,000 worth of food**.

With the support of donors, food industry partners and more than **10,000 volunteers**, Food from the Heart made a difference to the lives of more than **close to 60,000** people throughout Singapore, distributing **S\$7.4 million worth of food in 2023**.

For more information, please visit foodfromtheheart.sg.

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