



Reg. No: 200721064R
IPC Status: IPC000634

ABOUT US

Food from the Heart is an independent, homegrown food 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, with its IPC status, Food from the Heart is devoted to alleviating hunger by providing reliable, consistent and sustainable food support to the less-fortunate through food distribution programmes.

Food from the Heart helps thousands of lives each year by garnering support from sponsors, donors and volunteers for its four core food distribution programmes: Bread Run, Community Food Pack, School Goodie Bag 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 **13,600 people receive bread** that would otherwise have been wasted. In 2024, volunteers collected an estimated **\$2 million worth of surplus bread** from 119 bakeries and hotels and delivered it to 149 distribution points.

To reach lower-income individuals and families in Singapore's heartlands, Food from the Heart works with grassroots organisations, family service centres, senior activity centres and NGOs island-wide 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 10-12 non-perishable food items. Through its **115 self-collection centres**, Food from the Heart distributes monthly aid to **12,900 families**.

In one of its significant efforts to serve beneficiaries better, Food from the Heart seeks to return the dignity of choice to communities in need by launching 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. Residents can help those in need by donating food through the Community Shop's 24/7 food drop. Currently, there are **5 Community Shops** located in Mountbatten, Boon Lay, Lengkok Bahru, Punggol and Chong Pang.

T 6280 4483
E info@foodheart.org
W foodfromtheheart.sg

130 Joo Seng Road
#03-01 Singapore 368357



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 with essential nutrition during their key developmental years, each monthly food pack consists of 21 food items. Through its partnership with **84 schools, 2,104 students** and their families are nourished under this programme.

Maximising its unique position within the community as a food redistributor, Food from the Heart launched **MARKET PLACE**, in collaboration with NTUC FairPrice. Supported by food manufacturers and importers, 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 **29 welfare homes** with **\$209,000 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 **close to 64,000 people** throughout Singapore, distributing more than **\$8.5 million worth of food in 2024**.

For more information, please visit foodfromtheheart.sg.

Scan to visit our website



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