

# Food from the Heart

## About Us



Food from the Heart is a charity founded in February 2003 by Singapore-based Austrian couple Henry and Christine Laimer, who 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 one of 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 fight hunger through its five core programmes: Bread Run, Community Food Pack, Project Belanja!, School Goodie Bag, and Market Place.

Almost 1,000 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, 22,880 people receive bread that would otherwise have been wasted. In 2020, volunteers collected an estimated \$2.4 million worth of unsold bread from 116 bakeries and hotels and delivered to 160 distribution points.

To reach struggling individuals and families in Singapore's heartlands, Food from the Heart works with grassroots organisations, family service centres and senior activity centres islandwide to provide food assistance through its **Community Food Pack** programme. Weekly bread rations and monthly food packs, as well as a monthly rotational distribution of fresh eggs, fruit and root vegetables, are distributed through its 83 community partners, providing aid to almost 8,000 families.

With the aim to provide more than just sustenance, Food from the Heart continually strives to increase the nutritional value of its food pack. Needy patients undergoing dialysis receive curated food packs suitable for their diets under the Community Food Pack programme. At the same time, wholesome additions such as oats, fresh eggs, fruit and root vegetables supplement the standard bundle of non-perishable food items.

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 the food items they require instead of receiving standard food packages and redeem them via the QR code on their beneficiary 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.

**Project Belanja!** is another food redemption programme aimed at giving beneficiaries more options to suit their needs. The programme allows its beneficiaries to redeem cooked meals at selected hawker stalls via the QR code on their

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beneficiary cards, giving those who are unable to cook or who have no time to do so a cooked food alternative. The programme currently serves about 300 beneficiaries.

With the intention of providing a level starting ground for students from underprivileged backgrounds, Food from the Heart launched its **School Goodie Bag** programme in 2004 to help provide better nourishment during developmental years. Currently, over 6,000 beneficiaries 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 to collect packaging-damaged, near-expiry food items for distribution. With the support of more than 100 FairPrice supermarkets, perfectly edible food is given to those who need them instead of going to waste.

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 **53,700** people throughout Singapore by distributing **S\$6.35 million** worth of food in 2020.

## Impacts of Covid-19

Food from the Heart has seen a substantial spike in the number of needy individuals and families asking for help since the pandemic. During Circuit Breaker, operations were quickly adapted to ensure the needy continue to receive the monthly food packs.

In 2020, Food from the Heart packed **1.4 million** food items, distributed **97,650** food packs, provided **36,767** hot meals, saved and redistributed **197,922 kg** of bread.

For more information, please visit [www.foodfromtheheart.sg](http://www.foodfromtheheart.sg).

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