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RESEARCH NOTE

#PARG 2025-55RN

Food Banks Finances in Canada

An examination of charities in Manitoba

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Introduction

Poverty remains a serious problem for communities across Canada (National Advisory Council on Poverty, 2022). Typically, if the general population expects the federal, provincial and municipal governments to engage in welfare provisions and alleviate poverty, several solutions may be noted which fall outside of government initiatives. Food banks illustrate such an alternative strategy. They focus on one area connected to poverty, namely fighting food insecurity nationally. However, they are by no means a permanent solution to address hunger.

The purpose of this study is to examine the financial information of selected food banks registered charities in major Canadian cities, across Canadian provinces / territories, including their national / provincial associations. This is part of a mapping exercise to offer an overview of the situation and the ecosystem in the country (See Appendix A for a list of the research notes).

Overall, the study aims to better understand the philanthropic sector of food banks through the following research questions:

- 1) Who is the provincial food banks association in Manitoba?
- 2) What are the food banks in major cities in Manitoba?
- 3) How can we describe the food banks in major cities in Manitoba?
- 4) What are the finances of the provincial association and food banks in major cities in Manitoba?



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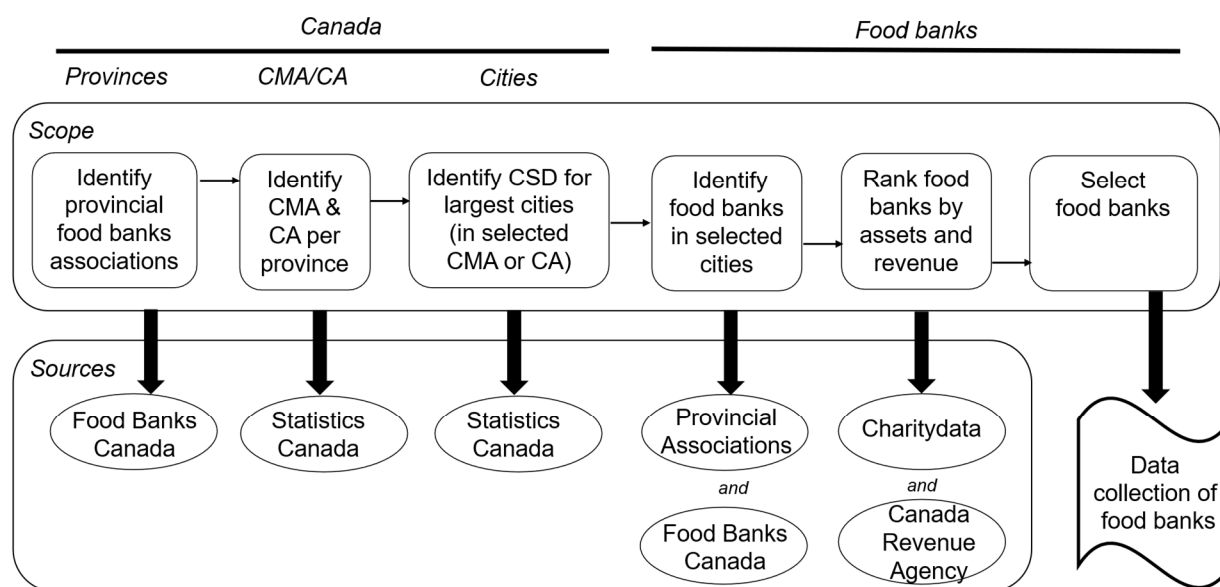
This research note summarizes some information regarding Manitoba. It presents a portion of the study such as a summary of the methodology, a description of Harvest Manitoba, which serves as the provincial association and the food bank in Manitoba and for the city of Winnipeg and a presentation of its finances.

Methodology

The methodology section summarizes the selection of Canadian food banks and the data collection. A data-driven method was used to identify and analyze the food banks serving Canada's largest urban areas in each of the provinces. More detailed information on the methodology is available in the Overview research note of the series (2025-50RN).

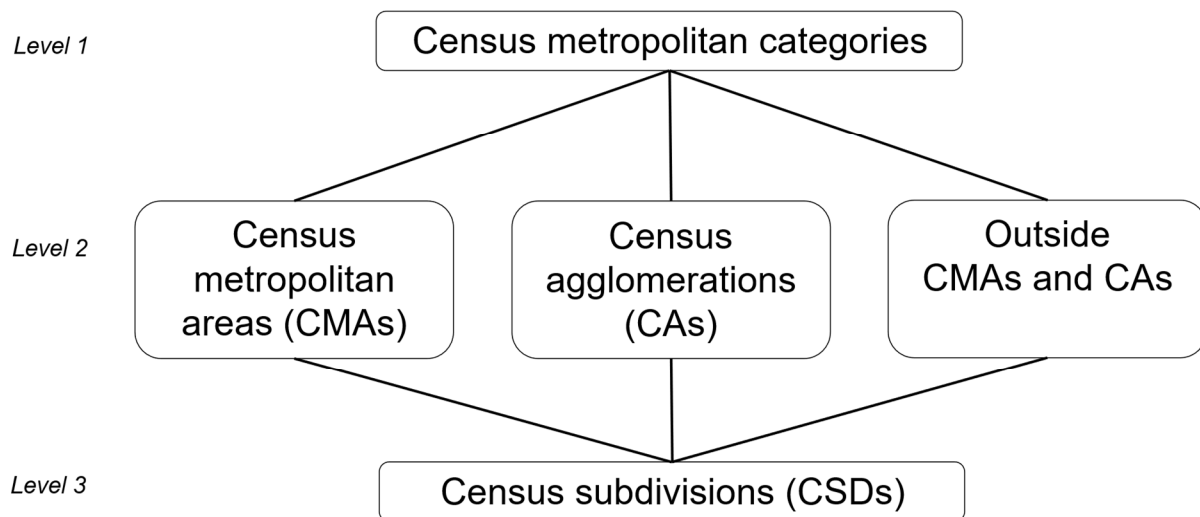
Three figures are presented to summarize the methodology of the study. Figure A illustrates the steps in the selection of Canadian food banks used in this research. Figure B illustrates the Standard Geographical Classification Hierarchy of concepts used by Statistics Canada. They are the Census Metropolitan Areas (CMA), the Census Agglomerations (CA) and the Census subdivisions (CSD). Figure C illustrates the data collection. The scope of the study is interested by information regarding provinces, cities, provincial associations and selected food banks. Information collected could be separated into three groups, namely contextual information on a province or a city, financial information and other information.

Figure A – Selection of Canadian Food Banks



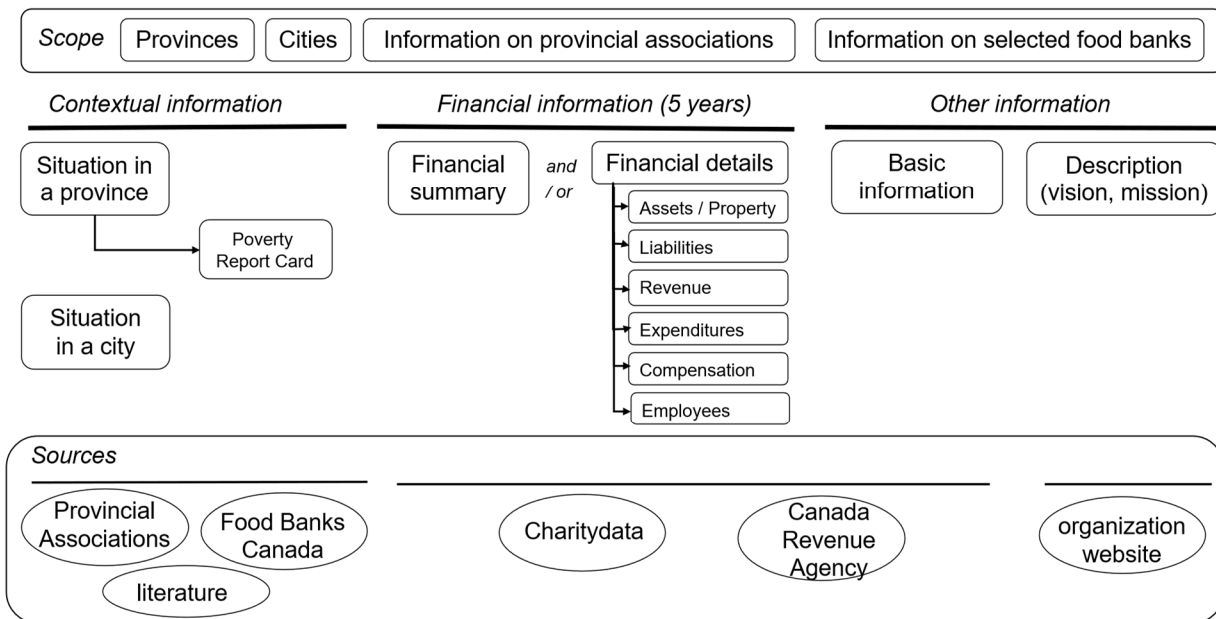
Note: CMA = Census metropolitan areas; CA = Census agglomerations; CSD = Census subdivisions

Figure B – Standard Geographical Classification Hierarchy



Source: Statistics Canada (2021)

Figure C – Data Collection Regarding Canadian Food Banks



Cities in Manitoba

Manitoba (province)

Table 1 shows CMA or CA in Manitoba.

Table 1 – CMA or CA in Manitoba

<i>CMA name</i>	<i>Population 2021</i>	<i>CA name</i>	<i>Population 2021</i>
Winnipeg	834,678	Brandon	54,268
		Winkler	32,655
		Steinbach	17,806
		Portage la Prairie	13,270
		Thompson	13,035

Source: Statistics Canada (2022a)

Winnipeg

Table 2 shows Census subdivisions in Winnipeg CMA. Table 3 shows the list of the main food banks in the Winnipeg CMA by assets and revenue.

Table 2 – Census subdivisions in the Winnipeg CMA

<i>Census subdivision (CSD) name</i>	<i>Population 2021</i>	<i>Census subdivision (CSD) name</i>	<i>Population 2021</i>
Winnipeg	749,607	West St. Paul	6,682
Springfield	16,142	Niverville	5,947
Taché	11,916	Headingley	4,331
St. Clements	11,586	St. François Xavier	1,449
East St. Paul	9,725	Rosser	1,270
Macdonald	8,120	Brokenhead 4	434
Ritchot	7,469		

Source: Statistics Canada (2022b)

Table 3 – Revenue and Asset comparison for Food banks in Winnipeg CMA

<i>Food bank</i>	<i>City</i>	<i>km</i>	<i>CRA #</i>	<i>Year</i>	<i>Total assets 4200</i>	<i>Total Revenue 4700</i>
-						

Source: Harvest Manitoba (T3010) and CharityData, 2025

Manitoba (province) and Winnipeg

Harvest Manitoba is the largest food bank in the province. It provides food support to more than 380 food banks and community organizations throughout Manitoba (Harvest Manitoba, 2025). In addition to being a primary provider of food assistance, Harvest Manitoba also serves as the provincial food bank association (Food Banks Canada, 2024b).

There are other charities in Manitoba that provide food assistance; however, they are not exclusively food banks. These charities are broader charitable or community-based entities, where food distribution is just one component of a wider range of services. Although they may operate food bank programs, their primary mission often includes other social, religious, or community-oriented activities.

For example:

Cornerstone Alliance Church Food Bank operates under a church, where food distribution is only one aspect of a broader religious mission.

Salvation Army – Brandon Helping Hands Food Bank is part of the Salvation Army, which provides a wide range of social services beyond food support.

Marlene Street Community Resource Centre is primarily a community hub that also offers a food program as part of its broader services.

These organizations are engaged in multiple activities; their financial information does not isolate food bank operations. Therefore, they are not included in this research.

To preserve the focus of our research notes, we limit our scope to food banks, where food distribution is the organization's core function.

Food Banks situation in Manitoba

“Over 14% of Manitobans, 60% of Northern residents living on-reserve and over 1 in 5 children across the province experience Household Food Insecurity (HFI) meaning they don’t have enough money to buy food.” (Food Matters Manitoba, 2025)

“Harvest Manitoba is Manitoba's food bank, and the need for our work has never been greater. Harvest Manitoba hit record-high numbers this past year, with over 50,000 people accessing our food banks each month somewhere in our province. We continue to share food through our 380+ agency food partners, a total of 13 million pounds of food this year.” (Harvest Manitoba, 2024)

“Harvest Manitoba is Manitoba's food bank. They support food security programs through 389 agency partners in 46 communities across the province. These programs help over 100,000 people every month through food banks, soup kitchens, school nutrition programs, daycares, resource centres and other organizations. The need for food banks in Manitoba has never been greater. Currently, over 50,000 people attend a food bank somewhere in the province of Manitoba every month, with nearly half being children.” (Harvest Manitoba, 2023a)

“Food bank usage in Manitoba has increased 150% since 2019, with a 30% increase in the past year.
Over 50% of first-time food bank clients in Winnipeg are displaced Ukrainians.
40% of Harvest Manitoba’s clients are employed, a 66% increase from last year.
68% of respondents are female.
43% of respondents have a disability.” (Harvest Manitoba, 2023a)

Four sections (experience of poverty, poverty measures, material deprivation, legislative progress) and 13 indicators are included in the Food Banks Canada Poverty Report Cards. Table 4 compares the poverty report cards’ overall scores in 2023 and 2024 for Manitoba.

Table 4 – Poverty Report Cards Scores in 2023 and 2024 for Manitoba

Manitoba		Score 2023	Score 2024	2023 vs 2024
Overall	MB	C-	D-	↓
Experience of poverty		C-	D+	↓
Poverty measures		D-	F	↓
Material deprivation		C	C-	↓
Legislative progress		C	F	↓

Source: Food Banks Canada (2023, 2024a, 2024b)

Provincial Association – Harvest Manitoba Inc. (Winnipeg CMA)

“In 1985 when we started, the name Winnipeg Harvest said everything you needed to know about us. We collected and shared food inside the city limits.



Over time we grew, and in our 35th year, Harvest officially amalgamated the Manitoba Association of Food Banks into our Harvest family. We joined forces and resources to become the 4th largest food distributor of its kind in Canada – and the best and only provincial food network Manitoba has ever had. And now, our new name, Harvest Manitoba, better reflects who we serve, where we serve, and the breadth of contributions we receive.

Thanks to our amazing community spirit, and generous hearts, Harvest collects and shares 13 million lbs of healthy and nutritious food to hungry Manitobans every year. With this food, we prepare Harvest Hampers in our Winnipeg Warehouse, which are then distributed to feed more than 100,000 Manitobans – hungry children, hardworking families and struggling adults – every month.” (Harvest Manitoba, 2025)

“Harvest is the first food bank in Canada to be approved as part of the Government of Canada Nutrition North Program to allow Harvest food bank support to receive transportation subsidies so we can serve remote First Nations in the Island Lake Tribal Council area.” (Harvest Manitoba, 2023b)

Vision

“Working together toward a healthier future for all where no Manitoban goes hungry.” (Harvest Manitoba, 2024)

Mission

“Collecting and distributing food
Providing client-centered long-term solutions
Advocating and informing” (Harvest Manitoba, 2024)

Table 5 presents some basic information.

Table 5 – Harvest Manitoba Inc. – Basic information

<i>Category</i>	<i>Information</i>
Registration no.:	131792616 RR0001
Status:	Registered
Effective date of status:	1985-04-01
Type of qualified donee:	Charity
Designation:	Charitable organization
Fiscal period end:	March 31
Website:	www.harvestmanitoba.ca

Source: Harvest Manitoba Inc. (T3010) and CharityData, 2025

Financial summary

Table 6 presents a financial summary with assets, liabilities, net assets (calculated by difference between assets and liabilities), revenue and expenditures.

Table 6 – Harvest Manitoba Inc. – Financial summary

Description	2024 \$	2023 \$	2022 \$	2021 \$	2020 \$
Total assets (4200)	16,134,309	17,126,675	14,433,587	14,196,283	7,623,535
Total liabilities (4350)	4,847,054	6,426,363	5,094,130	5,343,038	5,325,860
Total net assets	11,287,255	10,700,312	9,339,457	8,853,245	2,297,675
Total revenue (4700)	11,586,245	9,279,687	8,696,854	12,273,111	4,452,100
Total expenditures before gifts to qualified donees (4950)	10,512,571	7,918,832	8,210,642	5,717,541	4,470,696
Total amount of gifts made to all qualified donees (5050)	430,093	0	0	0	0
Total expenditures (5100)	10,999,302	7,918,832	8,210,642	5,717,541	4,470,696

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and Charitydata, 2025

Financial position

Table 7 presents assets. Table 8 presents property not used in charitable activities and Table 9 presents liabilities.

Table 7 – Harvest Manitoba Inc. – Assets

Description	Code	2024 \$	2023 \$	2022 \$	2021 \$	2020 \$
Cash, bank accounts, and short term investments	4100	8,711,146	10,370,119	8,418,243	8,013,312	2,081,072
Amounts receivable from non-arm's length persons	4110	-	-	-	-	-
Amounts receivable from all others	4120	170,563	142,012	81,830	98,441	76,826
Investments in non-arm's length persons	4130	-	-	-	-	-
Long term investments	4140	-	-	-	-	-
Inventories	4150	-	-	-	-	-
Land and buildings	4155	9,046,512	8,811,006	8,329,109	8,366,784	7,948,478
Other capital assets	4160	3,489,842	2,599,706	2,449,548	2,064,537	1,753,258
Accumulated amortization of capital assets	4166	(6,194,084)	(5,600,587)	(5,085,482)	(4,691,094)	(4,416,078)
Other assets	4170	910,330	804,419	240,339	344,303	179,979
10 year gifts	4180	N/A	976,581	2,525,142	4,003,403	4,013,854
Total assets	4200	16,134,309	17,126,675	14,433,587	14,196,283	7,623,535

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and Charitydata, 2025

Table 8 – Harvest Manitoba Inc. – Property not used in charitable activities

Description	Code	2024 \$	2023 \$	2022 \$	2021 \$	2020 \$
Average value of property during the 24 months before the beginning of the fiscal period	5900	6,930,000	4,050,000	1,190,000	-	-
Average value of the property during the 24 months before the end of the fiscal period	5910	7,733,472	6,930,000	4,050,000	-	-

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and Charitydata, 2025

Table 9 – Harvest Manitoba Inc. – Liabilities

Description	Code	2024 \$	2023 \$	2022 \$	2021 \$	2020 \$
Accounts payable and accrued liabilities	4300	273,368	753,849	396,134	268,236	240,236
Deferred revenue	4310	4,573,686	5,672,514	4,697,996	5,074,802	5,085,624
Amounts owing non-arm's length persons	4320	-	-	-	-	-
Other liabilities	4330	-	-	-	-	-
Total liabilities	4350	4,847,054	6,426,363	5,094,130	5,343,038	5,325,860

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and Charitydata, 2025

Revenue and expenditures

Table 10 presents a summary of revenue and Table 11 presents a summary of expenditures.

Table 10 – Harvest Manitoba Inc. – Revenue

<i>Description</i>	<i>Code</i>	<i>2024 \$</i>	<i>2023 \$</i>	<i>2022 \$</i>	<i>2021 \$</i>	<i>2020 \$</i>
Total eligible amount of all gifts with tax receipts	4500	5,599,929	5,205,757	5,166,893	5,492,062	2,016,270
Total eligible amount of tax-receipted tuition fees	5610	-	-	-	-	-
Total amount of 10 year gifts received	4505	-	-	-	-	-
Total amount received from other registered charities	4510	937,220	1,832,488	2,339,274	4,866,680	899,098
Total other gifts received for which a tax receipt was not issued by the charity (excluding amounts at lines 4575 and 4630)	4530	-	-	-	-	-
Total revenue received from federal government	4540	337,784	25,866	100,000	-	-
Total revenue received from provincial/territorial governments	4550	2,495,966	504,501	1,550	-	-
Total revenue received from municipal/regional governments	4560	-	-	-	27,588	51,874
Total tax-receipted revenue from all sources outside of Canada (government and non-government)	4571	-	-	-	-	-
Total non tax-receipted revenue from all sources outside Canada (government and non-government)	4575	-	-	-	-	-
Total interest and investment income received or earned	4580	370,795	186,132	90,082	44,417	21,130
Gross proceeds from disposition of assets	4590	-	-	-	-	-
Net proceeds from disposition of assets (show a negative amount with minus sign)	4600	-	-	-	-	-
Gross income received from rental of land and/or buildings	4610	-	-	-	-	-
Total non tax-receipted revenues received for memberships, dues and association fees	4620	-	-	-	-	-
Total non tax-receipted revenue from fundraising	4630	1,285,735	384,914	447,619	1,080,864	1,049,352
Total revenue from sale of goods and services (except to any level of government in Canada)	4640	-	-	-	-	-
Other revenue not already included in the amounts above	4650	558,816	1,140,029	551,436	761,500	414,376
Total revenue	4700	11,586,245	9,279,687	8,696,854	12,273,111	4,452,100

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and Charitydata, 2025

Table 11 – Harvest Manitoba Inc. – Expenditures

<i>Description</i>	<i>Code</i>	<i>2024 \$</i>	<i>2023 \$</i>	<i>2022 \$</i>	<i>2021 \$</i>	<i>2020 \$</i>
Advertising and promotion	4800	304,987	1,420,396	1,219,092	1,208,049	358,269
Travel and vehicle expenses	4810	319,863	670,270	345,062	164,679	155,894
Interest and bank charges	4820	90,449	1,301	1,154	1,580	24,540
Licences, memberships, and dues	4830	2,719	-	-	-	-
Office supplies and expenses	4840	139,797	216,569	107,879	24,120	26,632
Occupancy costs	4850	641,948	469,365	491,154	338,065	322,303
Professional and consulting fees	4860	260,128	295,311	491,275	262,433	205,284
Education and training for staff and volunteers	4870	278,414	127,125	56,940	39,207	83,747
Total expenditures on all compensation	4880	3,878,864	3,122,178	2,563,517	1,864,057	2,065,016
Fair market value of all donated goods used in charitable activities	4890	611,200	496,365	1,469,538	493,667	387,201
Purchased supplies and assets	4891	3,399,709	76,980	75,578	94,435	472,660
Amortization of capital assets	4900	583,992	544,784	491,436	418,022	369,150
Research grants and scholarships as part of charitable activities	4910	-	108,070	155,570	154,623	-
All other expenditures not included in the amounts above (excluding gifts to qualified donees)	4920	501	370,118	742,447	654,604	-
Total expenditures before gifts to qualified donees	4950	10,512,571	7,918,832	8,210,642	5,717,541	4,470,696
Of the amounts at line 4950						
a. Total expenditures on charitable activities	5000	9,153,177	6,455,809	6,601,509	4,492,937	3,657,377
b. Total expenditures on management and administration	5010	455,127	462,704	679,460	489,409	398,692
c. Total expenditures on fundraising	5020	609,472	751,979	714,080	540,942	331,071
d. Total other expenditures included in line 4950	5040	294,795	248,340	215,593	194,253	83,556
Total amount of gifts made to all qualified donees	5050	430,093	-	-	-	-
Total expenditures	5100	10,999,302	7,918,832	8,210,642	5,717,541	4,470,696

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31 2020-2024) and CharityData, 2025

Compensation and numbers of employees

Table 12 presents a summary of compensation and number of employees.

Table 12 – Harvest Manitoba – Compensation and number of employees

Description	code	2024		2021		2019	
		\$	number	\$	number	\$	number
Total compensation for all positions	390	3,878,864		1,864,057		1,836,679	
Full-time employees	300		67		26		43
Part-time or Part-year employees	370		35		20		21
Total compensation for part-time or part-year employees	380	270,326		219,304		74,601	
Compensation (ten highest)							
\$1 to \$39,999	305		0		0		0
\$40,000 to \$79,999	310		6		9		8
\$80,000 to \$119,999	315		2		0		2
\$120,000 to \$159,999	320		1		1		0
\$160,000 to \$199,999	325		1		0		0
\$200,000 to \$249,999	330		0		0		0
\$250,000 to \$299,999	335		0		0		0
\$300,000 to \$349,999	340		0		0		0
\$350,000 and over	345		0		0		0

Source: Harvest Manitoba Inc. (CRA T3010 Information Return March 31, 2019, 2021, 2024) and CharityData, 2025

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PARG research notes

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Appendix A

List of research notes in the food banks series

<i>Province</i>	<i>National / Provincial Association</i>	<i>Main cities (CMA or CA)</i>	<i>Food banks</i>	<i>PARG 2025 - # RN</i>
	Overview			2025-50RN
CAN	Food Banks Canada			2025-51RN
BC	Food Banks BC	Vancouver	Greater Vancouver Food Bank Society	2025-52RN
		Vancouver	Sources Community Resources Society	
		Vancouver	Surrey Food Bank Society	
		Vancouver	Richmond Food Bank	
		Victoria	Mustard Seed Food Bank	
		Kelowna	Central Okanagan Food Bank	
		Abbotsford-Mission	Archway Community Services Society	
AB	Food Banks Alberta	Calgary	The Calgary Food Bank	2025-53RN
		Edmonton	Edmonton's Food Bank	
SK	Food Banks of Saskatchewan	Saskatoon	Saskatoon Food Bank & Learning Centre	2025-54RN
		Regina	Regina & District Food Bank	
MB	Harvest Manitoba	Winnipeg	Harvest Manitoba	2025-55RN
ON	Feed Ontario	Toronto	Daily Bread Food Bank	2025-56RN
		Toronto	Food Banks Mississauga	
		Toronto	Kerr Street Community Services	
		Toronto	Caledon Community Services	
		Ottawa	The Ottawa Food Bank	
		Hamilton	Burlington Food Bank	
		Kitchener-Cambridge-Waterloo	The Food Bank of Waterloo Region	
		London	London and Area Food Bank	
		St. Catharines-Niagara	Project Share	
QC	Banques alimentaires du Québec / Food Banks of Québec	Montréal	Moisson Montréal	2025-57RN
		Montréal	Moisson Rive-Sud	
		Montréal	Centre de bénévolat et Moisson Laval	
		Gatineau	Moisson Outaouais	
		Quebec	Moisson Québec	
NB	Feed/Nourrir NB (Formerly Food Depot Alimentaire)	Moncton	Peter McKee Community Centre	2025-58RN
		Saint John	Outflow Ministry	
		Fredericton	Greener Village	
NS	Feed Nova Scotia	Halifax	Parker Street food & Furniture Bank [Community Care Network Society]	2025-59RN
PE	P.E.I. Association of Food Banks (The Upper Room Hospitality Ministry)	Charlottetown	-	2025-60RN
NL	Community Food Sharing Association	St. John's	Bridges to Hope Food Bank	2025-61RN