

HUMANITY FIRST



Humanity First
Serving Mankind

RESTORING COMMUNITIES | BUILDING A FUTURE



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AMINA'S HOPE: MATERNAL & CHILDCARE CLINICS

Amina, a lifelong resident of Chandina, Bangladesh, struggled to access maternal care during her first pregnancy. Like many women in her village, she feared complications due to a lack of medical support. However, Humanity First's Maternal & Childcare clinic provided her with regular check-ups, nutritional guidance, and a safe delivery environment. With the care of trained midwives, Amina delivered a healthy baby girl and received essential postnatal support.

Beyond Amina, the clinic has transformed lives in Chandina and Bijoy Nagar villages, reducing maternal and infant mortality, educating women on reproductive health, and providing accessible care. Serving over **3,000 individuals monthly**, Humanity First's clinics offer hope and a healthier future for countless mothers and children.



HUMANITY FIRST PROGRAM BENEFICIARIES

Orphans
127

Water Wells
14

Students
430

Patients
30000+

Eye Surgeries
700+

Refugees
48



PROVISION OF MEAT

HF's Food Insecurity program is dedicated to combating hunger by distributing meat and food hampers to malnourished communities across Africa. By providing fresh goat meat, the program ensures that vulnerable families, especially children, receive the nourishment they need to survive and thrive.

During the last three quarters, over 3000 food hampers were distributed & over 250,000 individuals benefitted from fresh meat.

CHAIRMAN'S MESSAGE



As we reflect on the third quarter, I want to extend my deepest gratitude to our donors & volunteers who continue to make our mission possible.

This quarter, we have made significant strides in our humanitarian efforts. Our food bank is serving 3,000+ clients monthly. In Bangladesh, our maternal and childcare clinics have supported over 27,000 individuals, additionally, we continue to support 127 orphans across Africa, providing them with shelter, education, and hope for a brighter future. These are just a few of the many life-changing initiatives we are proud to be a part of.

While we celebrate these accomplishments, the need for support remains urgent. I encourage you to join us in volunteering, donate generously, and spread the word about our mission. Together, we can bring relief, and meaningful change to communities worldwide.

Dr. Aslam Daud
Chairman Humanity First Canada

NIGERIA CLOTHING BANK & FLOOD RELIEF

Humanity First Canada supported victims affected by the floods in the Maiduguri Metropolitan Council area by distributing food hampers filled with staple items to sustain families during this difficult time. Moreover, Humanity First is also operating an ongoing clothing bank in Nigeria, which is providing essential garments to families in need, ensuring dignity and comfort for those facing hardship.

These efforts offer immediate relief, helping displaced individuals rebuild their lives with essential supplies.



HF SUMMER FUNFAIR

Humanity First Canada held a vibrant and fun-filled summer carnival in July, bringing the community together with exciting activities for all ages. Families enjoyed thrilling games, colorful bouncy castles, and a variety of delicious treats from food stalls.

One of the highlights of the event was the indoor ladies-only market, where women could sell & shop for unique handmade crafts, clothing, and accessories in a comfortable and welcoming space.

The carnival created a joyful atmosphere, fostering community spirit and a lively environment of fundraising for various Humanity First projects locally and around the world.

“ I have known about the Humanity First establishment for over 20 years.... I just never thought that I would be in the position where I need help until I had no choice. I am grateful for such place as everyone is treated with such dignity and respect, and when they say Humanity First, they do just that! Explaining the situation to someone that will listen and looks for a solution with you. I am grateful for people that help me and I am grateful to people that will help others just like me. Thank you! ”

Olga. T.
Food Bank
Client



MEET OUR VOLUNTEERS!



Introducing Our Long-Time Volunteers, Walter & Carolyn!

Walter & Carolyn have been dedicated volunteers at the Humanity First Food Bank since 2020. With warm smiles and a heartfelt passion for helping others, they consistently devote their time to sorting food donations, packing food hampers and supporting various food bank activities. Their dedication over the years has made them respected and valued members of the food bank community, recognized by both their fellow volunteers and the families they assist. We appreciate Walter & Carolyn's hard work, compassion, and commitment to improving the lives of those in need!

VOLUNTEER GROUPS

Humanity First is a top choice for corporate volunteering, with teams from various organizations and businesses regularly dedicating their time to support our food bank. We are incredibly grateful to DANI, Cascades Containerboard Packaging, Arla Foods, Leon's Furniture and RBC for their ongoing commitment and generosity in volunteering with us. Their support plays a vital role in helping us serve those in need.



FOOD BANK



Families Served
3,240



Individuals Served
9,500



Walk-in
2,120



Delivery
520



Grocery Gift Cards
46



Presto Cards
6

The Humanity First Food Bank is experiencing an increasing demand for donations as the number of individuals seeking assistance grows each day. Economic hardships and rising inflation have led to an unprecedented surge in people relying on our services to meet their basic needs. Every day, new families and individuals come through our doors, hoping for support in securing enough food for themselves and their loved ones. This rising demand strains our resources, making donations essential to help us keep up. Every contribution, whether food, funds, or time, plays a vital role in keeping our shelves stocked and ensuring no one in our community goes hungry.

Your support can make a real difference in the lives of those who need it most. Together, we can provide nourishment and hope to those facing difficult times.

DONATE NOW ➔



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