ANNUAL REPORT

2022



HUMANITY FIRST CANADA

ABOUT THIS REPORT

THE ANNUAL REPORT GIVES AN OVERVIEW OF THE WORK DONE BY HUMANITY FIRST CANADA FROM JANUARY 2022 TO DECEMBER 2022. THIS OVERVIEW HIGHLIGHTS WORK DONE UNDER THE UMBRELLA OF EACH OF THE NINE CORE HUMANITY FIRST PROGRAMS. FINANCIAL FIGURES FOR EACH PROGRAM AND HUMANITY FIRST CANADA AS A WHOLE ARE ALSO PROVIDED IN THE REPORT.

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MISSION STATEMENT

HUMANITY FIRST IS A REGISTERED CHARITY ESTABLISHED TO PROMOTE AND SAFEGUARD HUMAN LIFE AND DIGNITY. IT IS A NON-POLITICAL, NON-RELIGIOUS, NON-SECTARIAN INTERNATIONAL RELIEF AND DEVELOPMENT ORGANIZATION THAT WORKS WITH THE WORLD'S POOREST AND MOST VULNERABLE PEOPLE.

HUMANITY FIRST IS ESTABLISHED IN 62 COUNTRIES AT THE MOMENT.

MOST OF OUR AID WORKERS AND THE MANAGEMENT OF HUMANITY FIRST ARE UNPAID VOLUNTEERS AND OUR ADMINISTRATIVE EXPENSES ARE NEGLIGIBLE. WE ARE ABLE TO DELIVER SIGNIFICANTLY MORE AID VALUE IN THE FIELD THAN THE FUNDS WE RAISE THROUGH VOLUNTEERS, COLLABORATION, AND GLOBAL SOURCING.

OUR CORE MISSION IS TO SERVE DISASTER STRUCK AND SOCIALLY DISADVANTAGED PEOPLE IN UNDER-DEVELOPED COMMUNITIES AROUND THE WORLD.

OBJECTIVES

RELIEVE

suffering caused by natural disaster and human conflict

STRENGTHEN

the capacity of communities to help themselves









WHO WE ARE

OUR MISSION

Humanity First undertakes focused and results-oriented development programs that promote and seek to build stronger communities in which individuals are engaged and in-tuned in helping those in need through responsible, caring, and skilled volunteers. The organization's mission has the following four themes to serve ordinary Canadians and humanity in general:

1. **Poverty Reduction:** Enhance the economic potential of individuals and families by bridging the gap between poverty and prosperity.
2. **Disaster Relief:** Relieve human suffering caused by natural disasters or human conflicts by providing urgent short and long-term assistance to alleviate suffering.
3. **Education & Training:** Eradicate poverty and homelessness by promoting and providing education and skill-building training to underprivileged Canadians.
4. **Canada Cares:** Become flag-bearers of Canada and promote essential Canadian values of unity, brotherhood, and generosity without regard to race, religion, or ethnicity across the globe and showcase Canada's commitment to the human race.

OUR VALUES

1. **Impartial:** We provide aid and assistance to those in need irrespective of race, religion, or politics.
2. **Efficient:** We achieve a massive return on donations by exploiting a pool of expert volunteers.
3. **Collaborative:** We work with local authorities and other NGOs in a spirit of partnership to achieve the best outcomes.
4. **Global & Local:** We combine global expertise and resources with local knowledge of needs and culture to maximize the impact of our work.
5. **Empowerment:** We aim to empower communities to get back on their feet, heal rifts and to become independent.

MAKING A DIFFERENCE IN OVER 60+ COUNTRIES SINCE 1995.







WHAT WE DO & WHERE WE ARE

Humanity First helps people in need through 9 programs, each of which tackle different areas of human need. Based in the Greater Toronto Area in Canada, our programs create strong positive changes within Canada and internationally as well.



Our international work is characterized by empowering underprivileged communities in collaboration with community members.
Our Canadian work is characterized by the upliftment and support for vulnerable members of Canadian society, which includes but is certainly not limited to newcomers, seniors, children, and low income families.



THE TEAM

Humanity First is a volunteer based organization. The Directors, Project Managers, Project Coordinators, and general volunteers are all unpaid. Our teams are made up of professionals from all walks of life who consistently donate their time, skills, and resources to HF's cause. With over 12,000 volunteers, Humanity First is able to maximize the value of the donations we receive.

NATIONAL TEAM

The National Humanity First Team consists of Directors for the following departments:

- **Disaster Relief**
- **Administration**
- **Programs**
  (There is a coordinator for each of the nine programs)
- **Finance**
- **Logistics**
- **Operations**
  (There is a country coordinator for each of the country HF Canada is operating in)
- **Fundraising**
- **Marketing**
- **Information Technology**

REGIONAL TEAM

Humanity First has branches across Canada, and each branch consists of a coordinator for:

- **Programs**
- **Disaster Relief**
- **Fundraising**

DISASTER RESPONSE TEAM

Humanity First has an experienced disaster response team that is consistently at the forefront of providing relief. It consists of:

- **Disaster Response Lead**
- **Camp Managers**
- **EMT Lead**
- **Doctors**
- **Nurses**
- **Paramedics**
- **Logistics**
- **Personnel Firefighters**
- **Security**








Humanity First



A WORD FROM THE CHAIRMAN

Dear humanitarian!

Yes! If you have this Annual Report in your hand (or on your screen) you are truly humanitarian! Whether you are a donor, a volunteer, a supporter or just someone who wants to know about Humanity First, you are a believer in humanity and surely making a difference in the lives of the less fortunate.

Each year we try to help more people, do more to alleviate the pain and suffering, and try to be more resilient and reinvigorated. Your confidence in our capabilities is reflected in our numbers. We continue to serve more individuals through additional programs and services each year.

In 2022, Humanity First responded to disasters in Pakistan, Ukraine, and some African countries by providing food, shelter, and medical support aiding over 19,000 individuals.

The world is feeling food insecurity more than ever now. In 2022, Humanity First Feed a Family Food Bank served over 30,000 individuals. We continue to see a rise in our daily clients, whether delivery or pick-up clients, as the socioeconomic situation around the world worsens.

Internationally, we distributed fresh meat to over 211,000 individuals in 503 villages in poor countries.

During the past year, 219 refugees were sponsored and resettled in Canada through Humanity First. These individuals are provided with every resettlement support they need. Under the Gift of Sight program 584 free Cataract eye surgeries were conducted, while over 37,000 individuals benefitted from our medical camps and hospitals operating under the Global Health program in four countries.

The Water for Life program is very popular among our donors. While we are still facing a backlog in drilling wells, last year Humanity First provided clean water to over 162,000 people by building 86 water wells, 2 electric boreholes, and 1 reverse osmosis system.

With these remarkable efforts, come challenges that were faced throughout the year. With the increased demand for help and needy individuals, the demand for qualified and professional volunteers has also increased at Humanity First. We continue to recruit and advertise for volunteers who can support us by contributing their meaningful skills to our work.

Also, finding volunteer leaders to lead fundraising for our various programs continues to be a challenge. While these challenges were faced throughout the year, they redirect our organization's vision to focus on future goals.

In the coming year, we aim to increase our capacity by building our volunteer base who can assist us with their professional skills for our Local and International programs.

We are also looking forward to providing our team with a refresher of training as we progress in providing solutions and building communities.

Moreover, we are building a Disaster Relief Center for Humanity First Canada for all DR needs. Furthermore, the Ivory Coast hospital is being constructed at a rapid speed and is expected to be completed by 2024.

On behalf of Humanity First Canada and our beneficiaries, I would like to thank each volunteer and donor for their continuous support and belief in Humanity First Canada's ability to reform communities with positive change. Your support helps us bring the change in millions of people's lives and your ongoing support is long-lasting!

Let's continue to put 'humanity' first!

Best regards,



Dr. Aslam Daud

Chairman Humanity First Canada

Humanity First
Serving Mankind

HUMANITY FIRST PROGAMS

DISASTER RELIEF
Humanity First

FOOD SECURITY
Humanity First

REFUGEE RESETTLEMENT
Humanity First

WATER for LIFE
Humanity First

KNOWLEDGE for LIFE
Humanity First

GLOBAL HEALTH
Humanity First

ORPHAN CARE
Humanity First

COMMUNITY CARE
Humanity First

GIFT of SIGHT
Humanity First

DISASTER RELIEF

This year, HF assisted over **55,400 victims** of natural disasters across three countries through its Disaster Relief efforts.

FOOD SECURITY

Food insecurity is a growing issue, impacting communities across the globe. HF provided food support to over **261,500 people** through its international food security projects and Feed a Family Food Bank in Concord, ON.

GLOBAL HEALTH

HF continues operation of five medical facilities across four countries. In 2021, over **37,700 persons** benefitted from the free health and medical services provided by HF Canada medical centres, clinics, and hospitals.

REFUGEE RESETTLEMENT

Despite the restrictions and challenges presented by the COVID-19 pandemic, HF resettled **219 refugees** in Canada, providing them a new home in a safe country, and comprehensive early settlement support.

WATER FOR LIFE

In 2021, HF provided over **162,300 people** with safe and clean drinking water through sustainable water solutions.

ORPHAN CARE

HF continues to provide food support, shelter, healthcare & nutrition, clothing, access to education, and a loving home to **117 orphan children**.

KNOWLEDGE FOR LIFE

609 students are receiving free education through 5 HF primary schools. Students in 4 countries were supported through the Knowledge for Life program in 2021.

GIFT OF SIGHT

584 free cataract eyes surgeries were performed in 2021 through HF's Gift of Sight program.

COMMUNITY CARE

HF continued its community care projects in **3 countries**, helping families through Free Tax Filing Clinics, Seniors First initiatives, and supporting refugee families.

60+

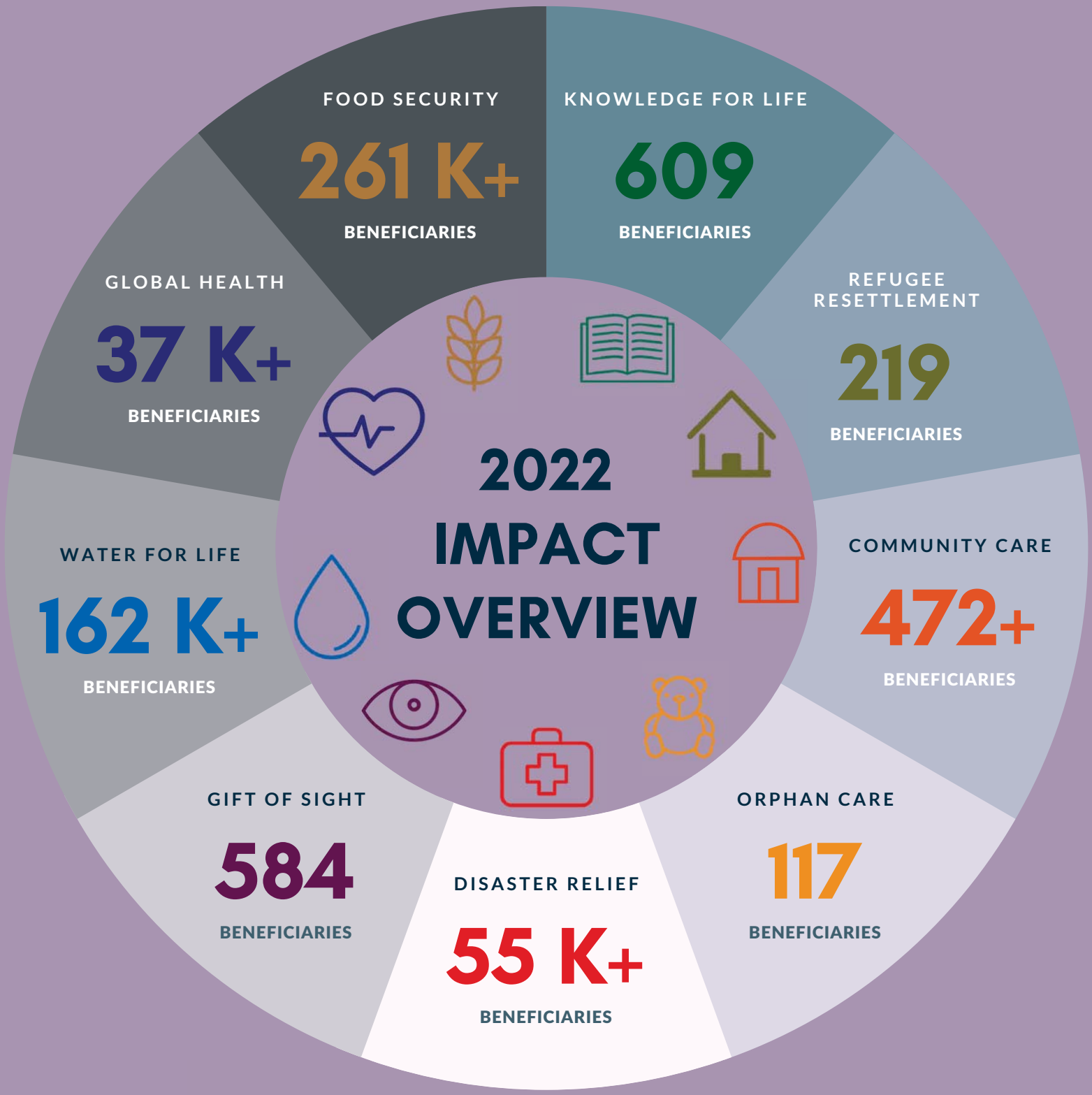
COUNTRIES

9

PROGRAMS

Humanity First Canada has made a significant impact through each of its nine programs this year. 2022 has been a challenging year for all, with the COVID-19 pandemic altering all aspects of life. HF is continuously working toward its goal of relieving suffering across the globe and building the capability of communities to help themselves.





519,039+

PROGRAM BENEFICIARIES IN 2022

Humanity First
Serving Mankind


BOSS

DISASTER RELIEF

Humanity First



TOTAL NUMBER OF BENEFICIARIES

55,457+

RESTORING HUMANITY, BUILDING COMMUNITIES

DISASTER RELIEF
Humanity First



OVERVIEW

Humanity First has extensive experience in providing immediate and long-term relief support after natural and manmade disasters. As first responders, the Humanity First team helps victims of natural calamities and provides emergency relief, including medical care, food support, clean water and emergency supplies.

Following the emergency phase, HF puts focus on recovery and rehabilitation. The Disaster Relief team continues their mission by rebuilding shelters and restoring infrastructure and survival resources of afflicted communities.

The program is built to minimize human suffering and material losses as much as possible. We offer emergency relief services and long-term relief services, such as post disaster relief rehabilitation and reconstruction projects.



RESPONSE TO

4

NATURAL DISASTERS

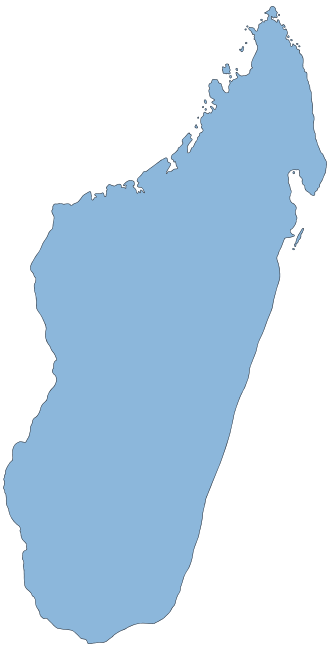
DISASTER RELIEF PROVIDED IN:

- BELIZE
- BANGLADESH
- NIGERIA
- BRAZIL

55K+

VICTIMS ASSISTED

DISASTER RESPONSE TIMELINE 2022



Madagascar **JAN-FEB**

At the beginning of 2022, Madagascar received intense rainfall due to two different tropical weather systems causing flooding, landslides, destruction of infrastructure, and loss of life. These disasters displaced over 50,000 individuals, killing over 180 people and leaving more than 265,000 individuals in need of assistance.





Response: HF Canada sent a response team of two individuals and with the help of HF Madagascar distributed relief packages to over 500 families consisting of food and other necessities.



Brazil Flood Relief **FEB**

More than a month's worth of rain fell in a few hours in Petrópolis in Brazil on 15th February, causing widespread flooding and dozens of landslides. The town recorded 210 mm of rain in 3 hours, causing 38 fatalities and displacing over 300 people. By the morning of February 16th, 189 landslides and 229 instances of flooding were registered across Petropolis municipality. In response to this destructive extreme weather event, HF Canada assisted HF Brazil in providing relief items to the victims who had lost their homes and businesses.

Response: The Humanity First team provided 100 emergency food hampers, 500 childrens snack packs, 100+ hygiene supply kits, and 50 warm blankets to the affected families. The team also assisted the victims by providing cleaning and risk evaluation services to families whose houses were damaged by the flooding. Total beneficiaries of the Disaster Relief efforts were over 1000 persons. For their diligent and dedicated efforts throughout this crisis, the HF Disaster Relief team received a special Letter of Appreciation from the mayor of Petropolis, Rubens Bomtempo. The HF Team of 21 volunteers continued their efforts in the city throughout March.

DISASTER RESPONSE TIMELINE 2022



Pakistan Flood Relief **JUN-OCT**

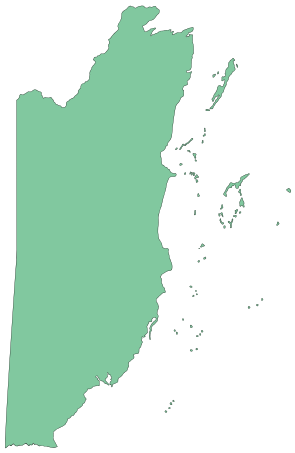
During the heavy rainfall of the monsoon season, various regions of Pakistan faced levels of flooding that were unprecedented in the country's history. Over one-third of the country was submerged under water, with 33 million affected and over 1,500 individuals killed.





Response: The Humanity First Disaster Relief Team was immediately mobilized, providing aid by distributing essential items including food, clean water, temporary shelter, mosquito nets, and water purification tablets. 75 emergency medical camps were held throughout the country, treating over 34,000 victims of the flooding.
Work is underway on phase two of the Disaster Relief project: rehabilitation and reconstruction of the affected communities.





Belize Flood Relief **JUN**

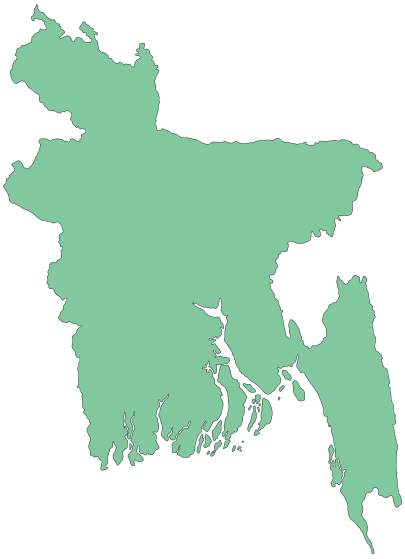
In late June 2022, the Northern District of Belize came under heavy rains and strong winds linked to the passage of a tropical wave. The prolonged rain and windstorms caused widespread flooding in the Orange Walk and Corozal Districts of Belize.





DISASTER RESPONSE TIMELINE 2022

Response: HF Canada provided relief and assistance to the victims of the floods over one week, helping 500 families across the two districts. 500 pantry bags were distributed among the victim families along with clean water, as the floods caused widespread destruction of infrastructure, making food and water inaccessible. Dry clothing was also distributed among the communities, in addition to hot lunches for those without access to staple food items.



Bangladesh Flood Relief JUL

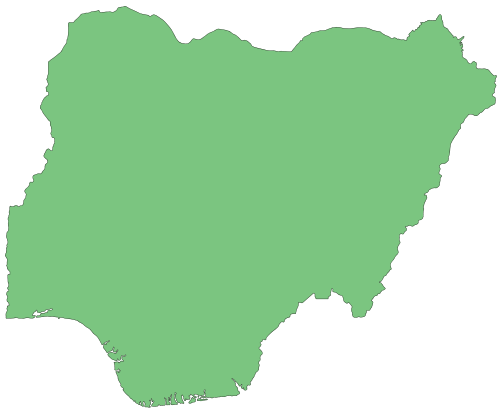
Within the span of one month, the people of Sunmaganj District faced three major flooding events due to repeated heavy rainfall and onrush of upstream hilly waters, leaving thousands of villagers trapped in their homes.

Response: In response to this destructive extreme weather event, Humanity First provided relief and support to the victims who had lost their homes and businesses. HF provided the flood victims 100 emergency food hampers, 500 childrens snack packs, 100+ hygiene supply kits, 50 warm blankets.









Nigeria Flood Relief NOV

Beginning in late September, Nigeria suffered its worst flooding in a decade, forcing 1.4 million people from their homes. The Kogi & Rivers states were among the worst-affected areas.



Response: HF assisted the flood victims, distributing 600 food hampers containing rice, vegetable oil, noodles, salt, and yams. Over 11,000 hot meals were also prepared for flood victims in the Internally Displaced Persons (IDP) camp. Additional support included distributing 20 mattresses, 500 clothing items, provision of Medicare to over 500 patients, and medicine for an additional 1000 patients.

DISASTER RESPONSE TIMELINE 2022



Russian-Ukraine Crisis 2022

Throughout 2022, the people of Ukraine faced a grievous crisis brought on by ongoing conflict in the country. An estimated 6.5 million Ukrainians faced internal displacement, with many forced to flee.



Response: Humanity First's Germany Disaster Relief Team has been on the ground since the earliest days of the conflict, providing relief through the provision of warm meals, hygiene kits and supplies, and emergency medical treatment, benefitting over 26,000 refugees.

Locally, the HF Canada Feed a Family Food Bank has been providing food support to Ukrainian Refugees who have settled in the Greater Toronto Area.











POST-DISASTER REHABILITATION PROJECT: NIGERIA CLOTHING BANK

The Inauguration of the HF Emergency Clothing Bank was held in Lagos, Nigeria, on April 1st, 2022. This Clothing Bank was initiated as a Post-Disaster Rehabilitation Project following severe, long-term flooding across the country. The project aims to build the community's capacity in the face of extreme weather events by building a reserve of clothing items that can be distributed amongst affected populations whenever disaster and destruction hit.

The HF Clothing Bank is established across two Operation Centres located in Abuja and Port Harcourt cities, with four additional centres set to open in the coming months in Ilorin, Ibadan, Ijebu, and Kano cities. These Clothing Bank Operation Centres include collection, laundry, dry cleaning, and storage facilities.







Throughout the year, the Disaster Relief team conducted clothing & collection drives, collecting over 15,000 units. Over 100 Disaster Relief volunteers gave 20,000+ hours toward the Clothing Bank, conducting 15 collection drives, after which over 5,000 units were cleaned and distributed to 4,000+ beneficiaries. These efforts benefitted over 2,000 total families in 13 local communities across six states.

DISASTER RELIEF TRAINING

DRT is a vital aspect of the HF Disaster Relief program. We train volunteers and staff to be able to provide effective disaster relief in a number of different situations. HF Canada's Emergency Medical Team (EMT) is WHO certified, and our training is a collaborative effort with HF International and other disaster relief organizations. These collaborations are essential in making sure that HF disaster relief volunteers are equipped to provide the best, most efficient assistance.

EMT TYPE 1-FIXED CERTIFICATION

HF Canada is currently in the final stages of receiving the EMT Type 1-Fixed certification, authorized by the World Health Organization.

Once complete, Humanity First Canada will be the first North American EMT Type 1 Fixed Team. This designation will allow HF to execute disaster relief medical missions that further increase local capacity and provide the highest quality of medical care at the site of disaster.

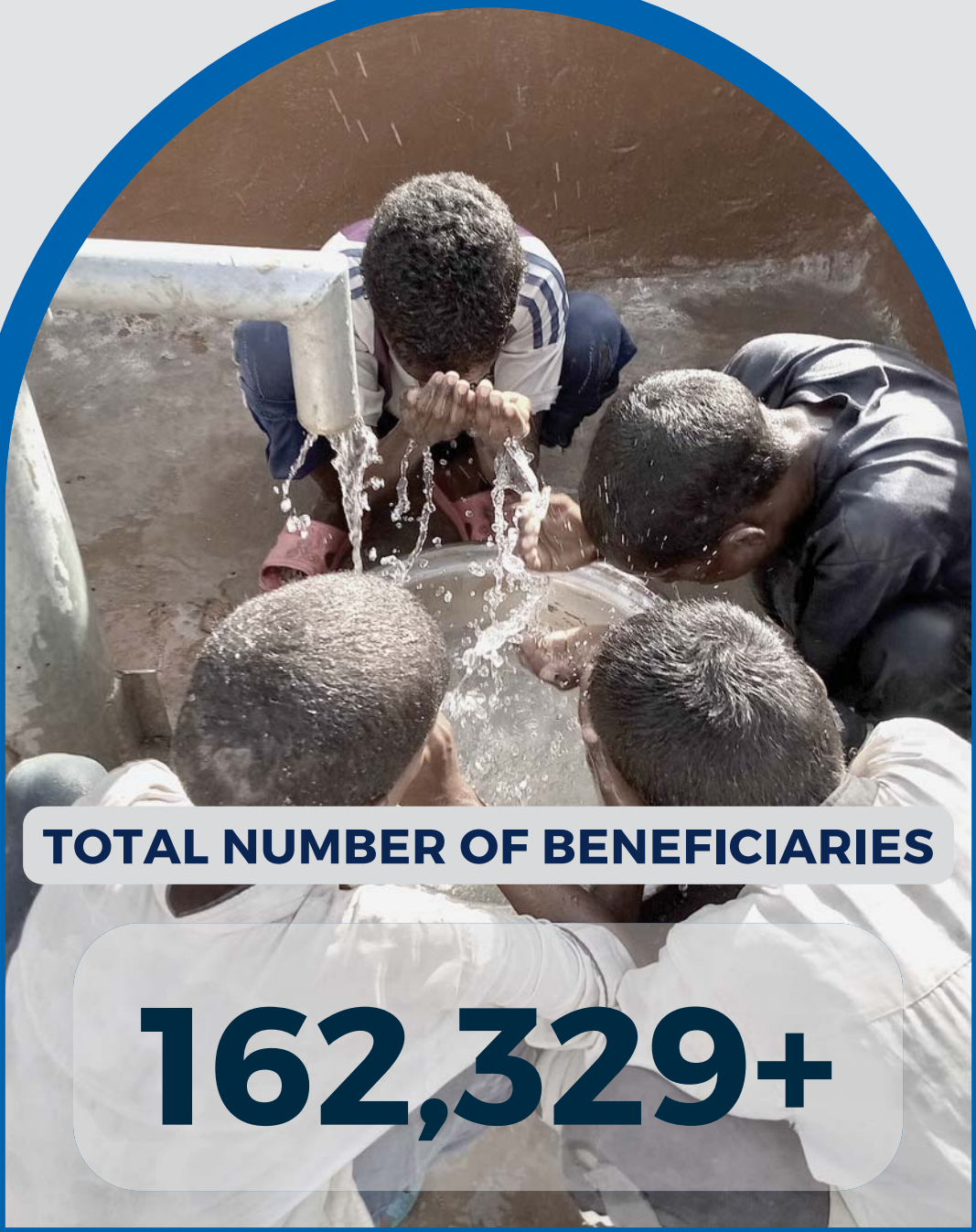








WATER for LIFE
Humanity First



TOTAL NUMBER OF BENEFICIARIES

162,329+

RESTORING WATER, BUILDING HEALTHY LIVES

WATER for LIFE
Humanity First



OVERVIEW

The Water for Life program aims to make water an accessible necessity for all. HF provides long-term water solutions in remote villages and poor communities in Africa, South East Asia, and Central & South America, where the nearest clean water sources are miles away.
The water solutions we provide include hand pumps, boreholes with electrical motors, water wells, water filtration systems, and water filtration tablets.

Our short-term goal is always to provide communities with access to water to fulfill their daily needs. HF's long-term goal is to enable these communities to provide for themselves and become self-sufficient over time. Thus, the water solutions implemented are not only long-term fixtures within the areas, such as water wells and hand pumps. The Water for Life Team also provides locals with long-term maintenance training to enable their independence.



86
Water Wells

2
Electric Boreholes

1
Reverse Osmosis System

- CHAD
- CAMEROON
- SENEGAL

CHAD

Humanity First Canada constructed **30 water wells and 2 electric boreholes across 32 villages** in rural Chad. Prior to this, some had to travel great distances to fetch clean drinking water. In other areas, shallow wells existed but were unsanitary and would dry out during the summer season, rendering them useless. These 30 water wells and 2 electric boreholes are benefitting **126,430 people** in Chad.




CAMEROON

Humanity First Canada constructed **30 water wells across 30 villages** in Cameroon. These water wells are currently benefitting **97,549 individuals**.







SENEGAL

Humanity First Canada constructed **20 water wells across 20 villages, benefitting 5,350 individuals**.






MIDDLE EAST

In Partnership with ANERA, Humanity First Canada built a **water desalination unit** in the Middle East. This desalination unit is currently benefitting **33,000 individuals**.






FOOD SECURITY

Humanity First



TOTAL NUMBER OF BENEFICIARIES

261,542+

RESTORING HUNGER, BUILDING SECURE COMMUNITIES

FOOD SECURITY
Humanity First



OVERVIEW

The Food Security program helps people below the poverty line to put food on their tables. Humanity First achieves this through several food support initiatives including food banks, mobile meals, and bulk food distribution to disadvantaged communities.

These efforts are carried out on both an international and local scale in an effort to tackle the growing issue of food insecurity. About 2 billion people around the globe are food insecure. This means that one in four people lack consistent access to nutrition, impeding their ability to lead a healthy life.

Humanity first provides food support to such individuals through its Feed the Hungry Program, Feed a Family Food Bank, and Feed the Homeless initiative.



FOOD DISTRIBUTION IN

503

VILLAGES

HUMANITY FIRST CANADA FOOD BANK STATS

30,596
INIDIVIDUALS

11,565
CHILDREN

1,653
DELIVERIES



FEED THE HUNGRY

Feed the Hungry is HF Canada's international food distribution project, characterized by the provision of fresh meat and other staple food items in remote villages and towns in various countries around the world.

HF's large team of international volunteers provided food support across various villages in **14 countries** in 2022. In particular, fresh meat was provided to over **227,311 individuals in 503 villages in need.**







FEED A FAMILY

The Feed a Family Food Bank is the main hub of all HF Food Security initiatives across Canada. Located in Concord, Ontario, the Food Bank serves thousands of families across the GTA and administers food delivery services all across Canada on an on-need basis. Feed a Family is a vital program that brings increased stability to vulnerable Canadian families. In conjunction with the Refugee Resettlement Program, this service also provides food support to struggling newcomer families.

The Food Bank serves to build a stronger, more resilient society through its critical food support services.

SOCIO ECONOMIC SITUATION OF CANADIANS

Every year more Canadians are becoming food insecure as the economic situation continues to decrease. According to Food Banks Canada, 1 in 7 Canadians is food insecure.

- There was a total of **1,462,795 visits** to food banks across Canada in March 2022 which is **15% more than** in previous years.
- While the stigma around poverty is that employed individuals are food secure and do not assistance from the Food Bank, according to reports from Food Banks Canada, **1 in 7 employed individuals** are in dire need of food assistance.
- Furthermore, a survey conducted by Mcleans reported of **23% of Canadians admitted to eating less** than they needed to because they did not have enough money for groceries.



A SURGE IN DEMAND

- **In 2022, 10,056 families benefitted from the Food Bank totaling 30,596 individuals.**
- **The Food Bank served 15,968 adults, 2,761 seniors, and 11,565 children.**
- **Over 1,653 deliveries were made to those clients who cannot access the food support programs due to transportation and other barriers.**

CUSTOM FOOD LISTS

A unique and staple feature of HF's Feed a Family Food Bank is the provision of food hampers that are individualized to each family. HF Canada is dedicated to serving a diverse population, while simultaneously minimizing food waste. Thus, the Food Bank accepts custom lists from each family that include staples of various cultural diets. By recognizing that no two households utilize the same standard groceries, HF provides families with exactly what they need, reducing food wastage.





PROVISION OF ESSENTIAL SUPPLIES

The Feed a Family Food Bank aims to build overall stability in the community. Thus, in addition to food support, the Food Bank provides low-income individuals with essential items including hygiene and sanitary supplies, warm winter clothing, household supplies, and infant care basics. These items are collected through HF donation drives held throughout the year.



FOOD DELIVERIES

In order to maximize the accessibility of food bank services, HF offers free delivery to those individuals with limited mobility. This delivery service, administered from the HF headquarters, is offered all across Canada to those in need of food support. The Feed a Family Food Bank also provides transit tickets to those who require food support but are not able to afford the cost of public transit. In 2022, the HF Food Bank made **1,653 deliveries.**



HF FOOD DRIVES

Community members across the country carry out food drives throughout the year. These efforts enable the Feed a Family Food Bank to distribute items of urgent need all across Canada to those who are most vulnerable.

In 2022, over 318,950 lbs of food essentials were donated by local communities and individuals through 107 Food Drives and personal donations.







FOOD BANK VOLUNTEERS

Humanity First services local and global populations in need through its thousands of volunteers who receive ongoing training at various levels of their engagement with the projects and hone their skills while delivering the projects in the most effective manner.

Humanity First has created an extensive platform for local residents, especially newcomers, refugees, and students to get hands-on experience together with professional skills while executing the projects' activities concurrently.



n 2022, in addition to our current volunteers, the Food Bank was able to recruit over **190 new volunteers**. In total, over **700 volunteers, old and new**, served our community and gained exceptional skills and experience from the Food Bank platform. These volunteers completed **over 45,500 volunteer hours** throughout the year either in the Food Bank or with other activities to support the Food Bank services across the country, such as conducting food drives and fundraising activities.



ANNUAL FEED THE HOMELESS

Throughout the year, HF mobilizes its Feed the Homeless volunteer team in an effort to address the issue of homelessness and food insecurity across Canada. The volunteer team packs and distributes warm meals, water, and survival kits to homeless persons across Canada's urban centers.

Over **500 individuals & three homeless shelters** benefitted from HF's 2022 Holiday Season Feed the Homeless service. **55 volunteers** packed and distributed hot meals and winter survival kits to those who need them most in Toronto's Downtown core.

The Feed the Homeless initiative allowed community members to unite and display acts of kindness, assisting those who are most vulnerable during the harsh winter.









FEED THE HOMELESS - CALGARY

The Calgary chapter of Humanity First Canada made a huge impact in 2022, serving the homeless on a weekly basis during the cold winter months. The team distributed warm meals, healthy snacks, drinks, and winter clothing to the growing homeless population in Calgary's urban centers.

Throughout the year, the Calgary chapter served over **2,500 meals and distributed over 1,000 articles of winter gear** to the homeless population across Calgary.











UNIVERSITY CLUBS/STUDENTS

On a weekly basis, groups of students from McMaster University and York University distributed food and relief items to the homeless. These schools consist of Humanity First clubs, which are involved in fundraising and promoting Humanity First Programs. In the year 2022, our weekly distribution relied heavily on these university students, who took time out of their busy academic schedules to serve the less fortunate who are living on the streets.

In 2022, the HF University Chapters served over **585 homeless individuals** across Toronto's urban centers through the distribution of warm meals, water, snacks, and hygiene essentials kits. **Over 192 university students volunteered** with this initiative.









HUMANITY FIRST CANADA FOOD BANK













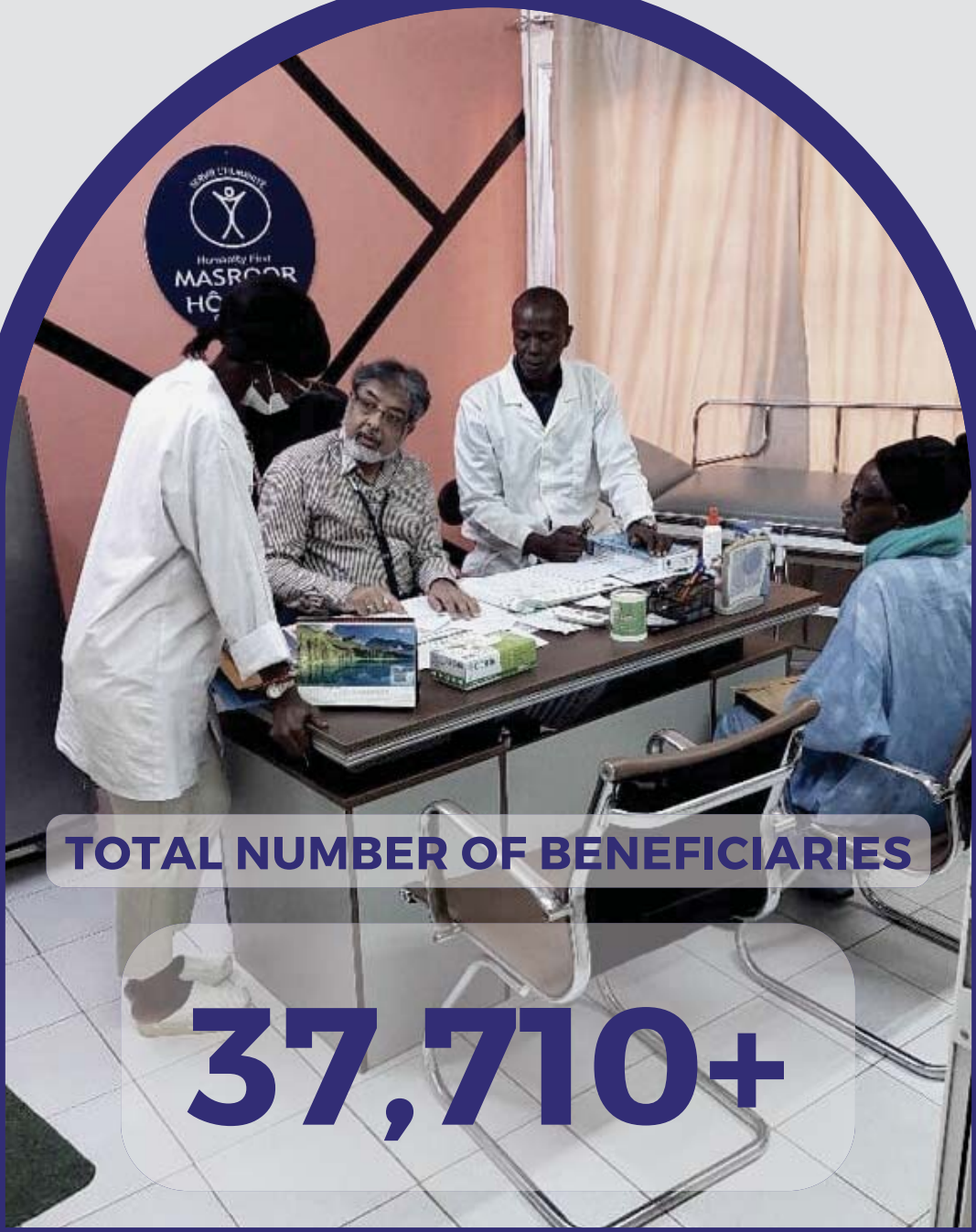








GLOBAL HEALTH
Humanity First

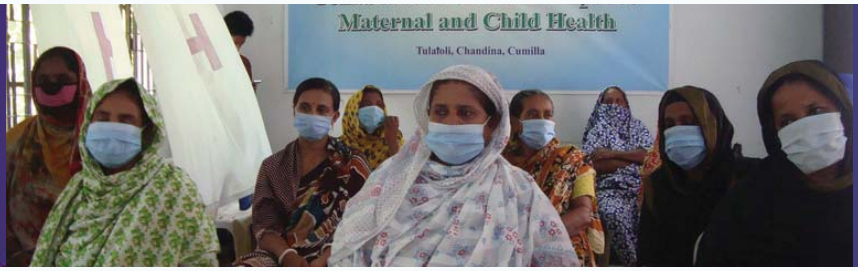


TOTAL NUMBER OF BENEFICIARIES

37,710+

RESTORING HEALTH, BUILDING HEALTHY COMMUNITIES

GLOBAL HEALTH
Humanity First



OVERVIEW

The Global Health program tackles several aspects of healthcare to provide comprehensive solutions to communities worldwide. The program primarily operates in economically disadvantaged areas in Africa and South Asia. The aim is to provide primary health care and meet other preventative and medical needs, such as oral health and maternal and child health care. We achieve this through operating Mobile Medical Camps, regularly donating medical equipment to hospitals/clinics, and building new hospitals/clinics.





5
MEDICAL FACILITIES

- CONGO BRAZZAVILLE
- BANGLADESH
- SENEGAL
- NIGERIA

37K+
BENEFICIARIES

MEDICAL CLINIC IN NIGERIA

One medical centre, a cottage clinic, has been in operation in Okooko Village, Oyo State since 2017. This centre provides basic medical care to the less fortunate, free of cost. The medical centre attended **737 patients** in 2022.





MATERNAL & CHILDCARE HEALTH CENTRES

HF Canada is operating two community-based Mother Child Healthcare clinics in Bangladesh since 2018, providing primary health services to disadvantaged and marginalized populations. One clinic is located in Chandina, District Comilla and the second is located in Bijoynagar, District Brahmanbaria. In 2022, over **26,490 patients** were treated through these clinics.





SERVICES OFFERED INCLUDE:

- Antenatal Care
- Postnatal Care
- Home Delivery Care
- Newborn Care
- T.T. Immunization of Mothers & Children
- General Treatment of Mothers & Children
- Pregnancy Test
- Urine Test
- Random Blood Sugar Test
- Blood Grouping
- Hemoglobin Test
- Albumin Test
- Awareness sessions on basic health & nutrition issues

MEDICAL CLINIC IN CONGO BRAZZAVILLE

Since 2018, HF Canada has been operating a 10-bed medical center and pharmacy in Congo-Brazzaville. This clinic provides basic healthcare and medicine to underprivileged locals who would not have access to such services otherwise. This year the clinic underwent relocation, however, the medical staff was still able to provide services to over **365 patients** at little to no cost.

SERVICES OFFERED INCLUDE:

- Consultation
- Infant vaccination
- Emergency service
- Laboratory tests
- Pharmacy





MASROOR HOSPITAL SENEGAL

Masroor Hospital is a 30-bed facility operating in Roufisque (near Dakar), Senegal since 2019. The hospital is providing primary and specialized healthcare services to the less fortunate. In 2022, Masroor Hospital served **10,118 patients. In addition, the hospital held Medical Camps throughout the year which benefitted 629 patients.**

FACILITIES & SERVICES OFFERED INCLUDE:

- Outpatient
- Medical, Surgical & OBGYN Wards
- Emergency
- Surgical Theatres
- ICU
- X-RAY, Ultrasound & Lab Facilities

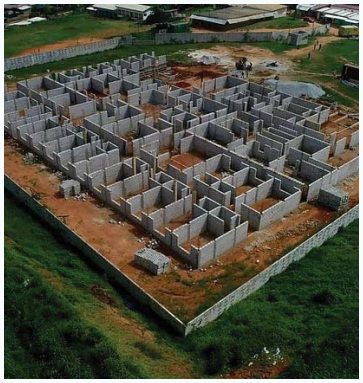
IVORY COAST HOSPITAL

In December 2021, Humanity First began construction on the Masroor Centre for Health, a state-of-the-art hospital that will provide ease and relief to the lives of deprived communities where there is a need for a full-service high-quality healthcare facility.

The hospital will provide affordable and high-quality care to those in need. At its core will be the values of respect for, and dignity of patients, and a constant focus on clinical quality.

The hospital will gradually offer a range of services in a phased manner. Early priorities include maternity, orthopaedics, and paediatric services supported by a range of facilities including diagnostics, surgical theatre and pharmacy.













GIFT of SIGHT
Humanity First



TOTAL NUMBER OF BENEFICIARIES

584

RESTORING VISION, BUILDING BRIGHT COMMUNITIES

GIFT of SIGHT
Humanity First



OVERVIEW

The Gift of Sight program provides vision restorative services and support in underserved communities, where they are otherwise difficult to reach. As of 2018, the program is largely characterized by cataract eye surgery camps we set up throughout the year in Nigeria.

In Canada, the program is focused on providing eyeglasses and other vision support to vulnerable members of Canadian society. We provide vision support to low-income families, seniors, and children in the Greater Toronto Area. In conjunction with the HF Refugee Resettlement program, newcomers are also provided with vision restoration support along with other healthcare services.





584

FREE CATARACT EYE SURGERIES

SERVICES PROVIDED IN:

- NIGERIA
- TANZANIA

2,741

FREE CATARACT EYE SURGERIES PERFORMED TO DATE

2022 IMPACT

HF's Gift of Sight program has been operating in Kano, Nigeria since 2015. Through the program, HF provides underprivileged local community residents with cataract eye surgery, free of cost. This year, **494 individuals** in Nigeria were able to restore their vision through free cataract eye surgery.

In addition to Nigeria, the Gift of Sight program was also held in Tanzania in partnership with CareAid Africa. In total, **584 cataract eye surgeries** were completed in the year 2022.

These vision restorative surgeries contribute to the continued improvement of the communities' overall health and potential.

















KNOWLEDGE for LIFE
Humanity First



TOTAL NUMBER OF BENEFICIARIES

609+

RESTORING KNOWLEDGE, BUILDING BRIGHT FUTURES

KNOWLEDGE for LIFE
Humanity First



OVERVIEW

The Knowledge for Life program supports underprivileged children in their educational and academic needs. Children shape our future, thus access to education for every child is extremely important. As with all of HF's programs, the goal of Knowledge for Life initiatives is to enable the economic independence of those in need. HF fulfills its vision of helping underprivileged children in their educational endeavors by building schools, providing vocational training, and taking on classroom transformation projects.





5

SCHOOLS

SERVICES PROVIDED IN:

- NIGERIA
- HAITI
- KENYA
- CONGO BRAZZAVILLE

609

STUDENTS ENROLLED

CONGO BRAZZAVILLE

Humanity First operates two schools in Congo, located in Village Itali and Village Instiana. These are the only schools providing primary education in their areas.

This year, Humanity First has completed an **expansion project in these two schools by building 2 more classrooms** and water and sanitation facilities for students. With this expansion, the schools are offering education until grade 6 now. This has resulted in an increase in students' capacity from **118 to 143** towards the end of the year.





HAITI

Masroor Primary School, located in Village Beauchamps is situated 400 KM from the capital city of Port-au-Prince and has a capacity of 100 students. Currently, **33 students** are enrolled and receiving free education.







KENYA

In 2022, Humanity First in partnership with Centres for Health and Edu Programs Kenya (CHEP) completed the **Rebuilding & Repair Project at Hawewanje Primary School** in Kenya. The school facilities were damaged by strong tropical winds.
The project included the construction of a block of 4 toilets, the repair of the flooring of the old toilets, and the repair of the classroom at the school. **350 students** are benefitting from this project.





NIGERIA

HF Canada operates two schools in Oyo State, Nigeria, in Village Iye-Osa and Village Igbo-Oruwo. The schools provide free education to **75 students** in these villages, where there had previously been no schools.





LEARN A SKILL

HF Canada operates a Learn a Skill program, which is an effort to empower adults to lift themselves out of poverty. Learn a Skill vocational training centers are offering basic computer skills, sewing skills, and other local skill training programs that prepare adults for potential gainful employment and business opportunities.

In April 2022, a New Sewing Centre was inaugurated in Nkayi City, Congo Brazzaville. The Centre has a capacity of 15 students who can obtain training at a time from the Sewing Teacher. Efforts are being made to arrange transportation to and from the Sewing Centre in order to increase the accessibility of this training program to those living in the surrounding remote villages.











REFUGEE RESETTLEMENT
Humanity First



TOTAL NUMBER OF BENEFICIARIES

219

RESTORING FROM POVERTY, BUILDING PROSPERITY

REFUGEE RESETTLEMENT
Humanity First



OVERVIEW

Forced displacement is a global issue that has only been increasing in severity and scale over the last few decades. War, civil unrest, targeted persecution, and political corruption, are all contributing factors to the global forced displacement of entire populations, turning ordinary citizens into refugees. They flee their homes and leave everything behind in hopes that one day they will live lives of peace and security once again.

Humanity First offers these individuals exactly what they need – hope.

Humanity First acts as a doorway for refugees looking for a chance at a better life away from all the bloodshed back home. Humanity First offers refugee families safety with dignity, care with compassion, support with respect, accommodation with comfort, training for employment, and education with hope. No stone is left unturned as Humanity First allies with all of its programs in order to provide for all of the needs of its refugees, even before their arrival in Canada.



219

INDIVIDUALS SETTLED

REFUGEES SPONSORED FROM

- PAKISTAN
- MALAYSIA
- SRI LANKA
- THAILAND
- GHANA
- UGANDA
- NEPAL
- LIBERIA

NEW ARRIVALS

While travel restrictions following the COVID-19 pandemic were eased in the Fall of 2021, resettlement of displaced families remained challenging in 2022 due to various barriers. HF Canada's Refugee Resettlement Team continued their hard work and efforts in order to help open the doorways to a better life in Canada for struggling families. In 2022, Humanity First Canada welcomed **68 families, totaling 219 individuals.**

As always, families were welcomed into fully furnished accommodations, and all of their basic necessities of life were accounted for. Humanity First assisted the families in acquiring their permanent resident cards and helping them access local resettlement services including language training. Orientation sessions were held to acquaint the newly settled families with life in Canada, covering topics including public transport and community services, as well as facilitating access to Interim Federal Health Program providers, and family doctors, and helping to apply for various benefits (i.e. the Canada Child Care Benefit).







ORIENTATION SESSIONS

Humanity First's orientation sessions aim to familiarize new families with life in Canada, allowing them to avail the many facilities and support systems in place to help them jump-start their new lives. In 2022, every family out of the 68 families that arrived received virtual **orientation sessions** immediately after their arrival. Additionally, **6 in-person orientation sessions were also held at the HF headquarters** for those who settled in the GTA, and 1 combined virtual orientation session was held for those living outside of Ontario.

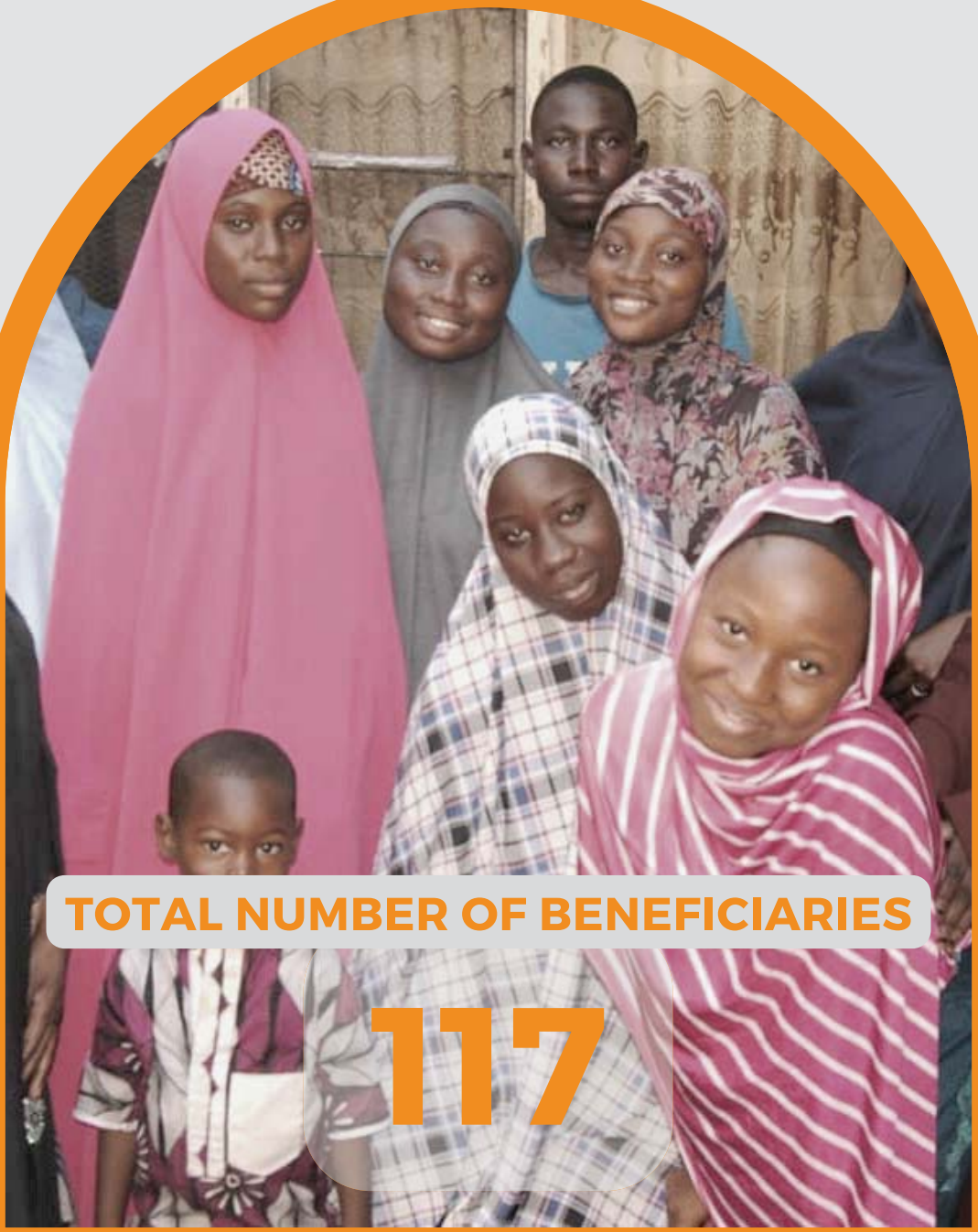
A variety of topics were covered related to starting a new life in Canada, such as education and finding a career path, financial matters, language classes, using the public transport system, healthcare system, etc. Newly arrived families were assured that they had surely reached a more peaceful land filled with plenty of opportunities. And with all of the basics covered, the floor was then opened for questions to be asked.







ORPHAN CARE
Humanity First



TOTAL NUMBER OF BENEFICIARIES

117

RESTORING FUTURES, BUILDING LIVES

ORPHAN CARE
Humanity First



OVERVIEW

Under this program, sponsored children are placed in the care of carefully selected foster parents who can provide the child with a safe and well-rounded upbringing in a loving family unit. Orphan children are provided shelter, clothing, basic nutrition and healthcare, and access to education.

Humanity First Coordinators facilitate the Orphan Care program, staying in touch with children and their foster parents regularly, as well as paying occasional visits to their homes to ensure that each family is managing successfully. Orphan children under the age of 18 qualify for this program. They are fostered until they reach 21 years of age or complete post-secondary education - whichever comes later.

HUMANITY FIRST OFFERS ORPHAN CHILDREN

- Food Security
- Shelter
- Healthcare & Nutrition
- Clothing
- Access to Education
- A Loving Home



117

CHILDREN UNDER THE CARE OF HF CANADA

CHILDREN SPONSORED IN

- NIGERIA
- CAMEROON
- CONGO BRAZZAVILLE

THE FOSTER PARENT MODEL PROVIDING FAMILY ENVIRONMENT

SPONSOR PROCESS

Humanity First operates the Orphan Care program in underprivileged communities, where orphaned children are provided a family environment by matching them to foster parents in their country. HF provides financial support to the foster family on a monthly basis to enable them to provide for the child.

In selecting foster parents, HF gives preference to close relatives of the child. This helps to ease their transition into a new home, maintaining the child's connection with their family. While these foster parents can indeed provide a loving home, oftentimes they do not have the capacity to provide for the child without financial support, as they may be living on a limited income themselves. HF's Orphan Care Program fills in those gaps, providing foster parents the necessary support to ensure the healthy and happy upbringing of their child. Foster parents report to HF on a monthly basis, sharing details of the care they are providing their children. This allows the Orphan Care team to carry out regular needs assessments, enabling the provision of diagnostic support.





2022 IMPACT

HF's Orphan Care program currently operates in three countries. In addition to Cameroon & Nigeria, the operation of the Orphan Care Program was expanded to Congo-Brazzaville in 2022. **15 orphan children were accepted** into the Orphan Care Program in its first year operating in Congo Brazzaville, and **15 orphan children** were accepted into the program in Cameroon. In total, the Orphan Care Program provided for a total of **117 children in 2022 – 82 in Cameroon, 15 in Congo Brazzaville, and 20 in Nigeria.**







COMMUNITY CARE
Humanity First



TOTAL NUMBER OF BENEFICIARIES

472+

RESTORING COMMUNITIES, BUILDING A FUTURE

COMMUNITY CARE
Humanity First



OVERVIEW

We have several community care programs that provide support to vulnerable members of communities both locally and internationally. Community Care initiatives are carried out primarily in Canada to help vulnerable Canadians such as children, low-income families, seniors, newcomers, and more. However, we have an important international presence with our Model Village projects and community centers.

Our Seniors First program is based in Canada and offers senior Canadians health and wellbeing sessions, field trips, basic computer literacy classes, conversational English classes, and food support.

We also regularly set up Tax Clinics to provide tax filing services to low-income families, newcomers, refugees, and students in Canada.
We also carry out Model Village projects in remote areas internationally where basic necessities, such as water supply, sanitation, electricity, education, vocational training, and healthcare services, are entirely out of reach.



472+

INDIVIDUALS SUPPORTED

COMMUNITY CARE PROJECTS ACROSS

- CANADA
- MALAYSIA
- THAILAND

MONTHLY

NEEDS ASSESEMENT

SENIORS FIRST

The Seniors First program is based in Canada and offers seniors health and well-being sessions to improve their mental, physical, and socio-economic state of life. This program also offers outdoor recreational trips, volunteer opportunities, learning basic computer skills, conversation circles to improve English language skills, and food support.

In 2022, the Seniors First Program arranged a variety of exciting and educational activities to bring about positive reform to the elderly population. These activities leave a positive impact, empowering seniors to combat isolation, loneliness, and deprivation of the basic necessities of life.







On a monthly basis, the **network of over 70 seniors** registered in the Seniors First program is contacted to inquire about their well-being and to stay in touch. Through these calls, seniors are kept active and motivated toward life through the bonding and building of trust. These calls also serve as a regular needs assessment through which the HF team can determine any support that can be provided to the seniors, and they help to link seniors with resources available in the community. Overall, 360 unique calls were made to the network of seniors.

Additionally, a total of **8 in-person group sessions** were held under the Seniors First program in 2022. Information Sessions & activities included:

1. **Memory Loss & Aging:** How to spot the signs, and preventative measures through diet and exercise
2. Continuing to **keep yourself safe from Covid-19**
3. **Orientation on Tax Filing** and Introduction to the Free Tax Filing Service for Seniors
4. **Diabetes Education** in partnership with the Vaughan Community Health Centre
5. The **Benefits of Gardening** for mental health & the climate
6. **Three Gardening Workshops** held at Vaughan Community Garden in collaboration with the York Region Food Network - learning basic outdoor gardening skills, planting fresh produce, and tips for indoor gardening in the colder months
7. Regular **Yoga Sessions**







FREE TAX CLINIC

Humanity First sets up annual Tax Filing Clinics during tax season in March to provide tax filing services to low-income families, newcomers, refugees, and students in Canada. Through the Free Tax Filing clinic held on March 20th, 2022, HF helped over **200 individuals** successfully filing their taxes for the year.



MALAYSIA & THAILAND

Many displaced refugee families remain stranded in Malaysia and Thailand, where they face great scarcity and difficulty. To assist them during their difficult period of displacement, HF Canada provided **35-40 families** in Thailand and Malaysia individually with assistance and aid in the form of food supplies, medical supplies, rent support, and cash in hand for emergency needs on a monthly basis.

HF Canada is also building a school in Malaysia for displaced refugee children in partnership with HF USA.



SHELTER BUS

In the cold winter months, individuals who are homeless are at a high risk of fatality, as emergency shelters are overwhelmed and unable to provide adequate accommodation and meals. The HF Shelterbus is a repurposed coach bus, optimized to provide a safe, comfortable place to sleep overnight. Its mobility is a huge asset, as the HF team is able to serve those areas with the greatest need, at any given time.

Humanity First's Shelter Bus was once again mobilized in the Winter of 2022 in Montreal, Quebec. The team provided relief to homeless individuals during severe winter nights, **serving hot meals, beverages, and a warm place** to rest during the night.

A total of **42 homeless persons** benefited from this project.





FUNDRAISING & AWARENESS

IFTAR FUNDRAISING DINNERS

During the month of Ramadan in April, Humanity First organized **eight fundraising dinners** across Canada to raise awareness and funds for the Russia-Ukraine crisis and the Feed a Family Food Bank located in Concord, ON. These fundraising dinners were very successful as many dignitaries and members of Parliament joined and supported the cause by spreading the message and raising funds.









FASTING TO FEED 2022

The Islamic month of Ramadan started on April 14 for the year 2022, where for over 14 hours a day for 30 days, Muslims around the world experienced a small taste of "hunger'" which is endured by millions of starving populations on a daily basis. In accordance, Humanity First launched a month-long national fundraising campaign called "Fasting to Feed," which aimed to provide relief to thousands of families by putting food on their tables.

CANADA DAY FUNDRAISERS

On July 1st, 2022 Humanity First Canada held 3 Canada Day Fundraising events to raise awareness and funds for the Feed a Family Food Bank at the following locations:

- **At the Baitul Islam Mosque, HF held a Qulfi and Souvenirs Stall and sold over 1000 Qulfis in the span of 4 hours.**
- **At the Canada Day Together Festival in Mississauga, HF held a Qulfi, Cotton Candy, and Souvenir stall operated by 6 volunteers**
- **At the Muslim Association Convention at the International Center, HF held a 3-day booth that sold Qulfi, Cotton Candy, and Souvenirs.**

These 3 events not only helped raise funds for the food bank but also introduced Humanity First to various individuals. A total of 18 volunteers assisted in these stalls.









HF FUNDRAISING STALLS AT JALSA SALANA CANADA

Humanity First held an Exhibition and operated Fundraising Stalls at Canada's Annual Jalsa Salana, a three-day convention, held from July 15th - 17th at the following two locations:

1. **Hadeeqa Ahmad, Bradford ON**
2. **Baitul Islam Mosque, Maple ON**

Souvenirs, qulfi, cotton candy, lemonade, and cold drinks were sold at the fundraising stalls, while guest attendees were also invited to explore the HF Canada Exhibition to learn more about the Humanity First Projects and donate toward them. More than 35 volunteers assisted with the 3-day campaign at both locations.







PAKISTAN FLOOD RELIEF FUNDRAISING DINNER

In September Humanity First Canada organized a fundraising event to support the flood victims in Pakistan, with many dignitaries in attendance. This was a successful fundraiser as the attendees donated generously, and Humanity First Canada was able to reach its fundraising target.







GLOBAL TELETHON

On Saturday, November 5, 2022, HF Canada once again participated in the Annual 24-hour Humanity First Global Telethon. HF Canada's program was broadcast live from its headquarters in Concord, Ontario from 12 noon to 8 pm EST. The theme of the Telethon this year was ***Responding to the Climate Crisis: Alleviating hunger and extreme suffering through sustainable programs.***

Many special guests joined the Telethon throughout the duration of the program, including prominent members of the local community and dignitaries including Ontario Minister of Education, Honorable Stephen Lecce. Humanity First Canada also had the honor of being joined by Chairman HF International, Respected Ahmed Yahya Sahib. Other special guests included Dr. Mehmood Qureshi, Director of Disaster Relief for HF International, speaking on the disaster relief activities of Humanity First. Respected Majid Khan Sahib of HF Healthcare also joined the Telethon, speaking on the Ivory Coast Hospital project which is currently underway, and Respected Fazal Ahmad Sahib of HF International joined, speaking to the relevance of this year's Telethon theme, and the prevalence of climate-change driven disasters.





The Telethon featured special Students Segments - highlighting the work of HF Canada's University Chapters, a special segment on the Refugee Resettlement Program, and Women's Segments covering the work of HF Canada's Ladies' Team under multiple programs & projects such as the HF Canada Food Bank, the Orphan Care Program, and the Seniors First Project.

Throughout the Global Telethon, a team of volunteers was on standby to take calls from donors who made pledges toward the many HF projects to be executed in 2023 and shared their messages of support for the humanitarian relief work done by Humanity First across the globe. One salient feature of the Telethon was that all aspects – including the program development, studio setup, technical support, audio, and video – were managed entirely by Humanity First volunteers whom we thank greatly!









FINANCIAL REPORT

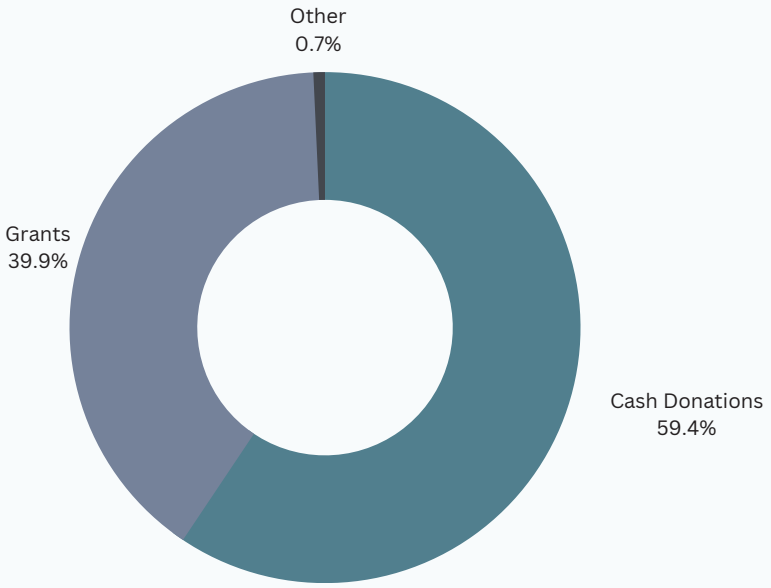
TOTAL REVENUE BREAKDOWN

CASH DONATIONS: $3,270,073

GRANTS: $2,196,252

OTHER: $40,213

TOTAL: $5,506,538



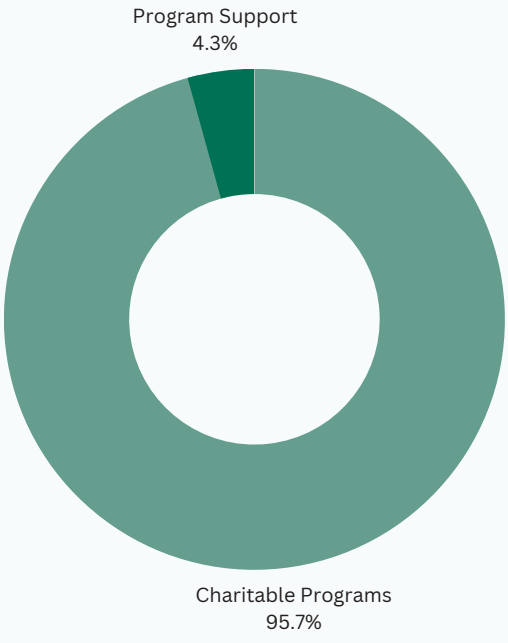
TOTAL EXPENSE BREAKDOWN

CHARITABLE PROGRAMS: $4,699,827

PROGRAM SUPPORT: $211,138

TOTAL: $4,910,965

CANADA: 69%
INTERNATIONAL: 31%



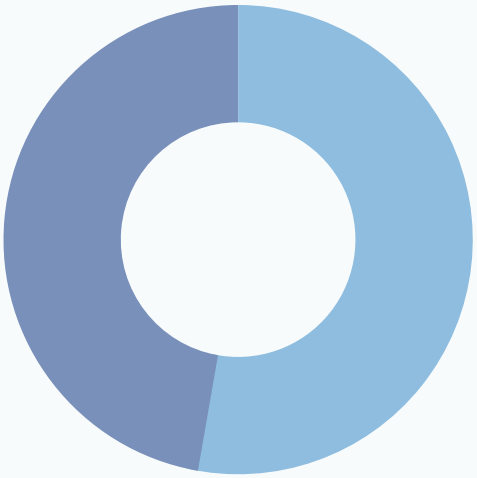
TOTAL ALL IN-KIND DONATIONS

VOLUNTEER LABOUR: $2,120,590

FOOD DONATIONS: $1,900,000

TOTAL: $4,020,590

OVER 150,000 VOLUNTEER HOURS DONATED



PROGRAM EXPENSES BREAKDOWN

REFUGEE RESETTLEMENT: $2,971,449.46

FOOD SECURITY: $544,491.86

DISASTER RELIEF: $161,950.75

WATER FOR LIFE: $265,663.76

GLOBAL HEALTH: $444,893.23

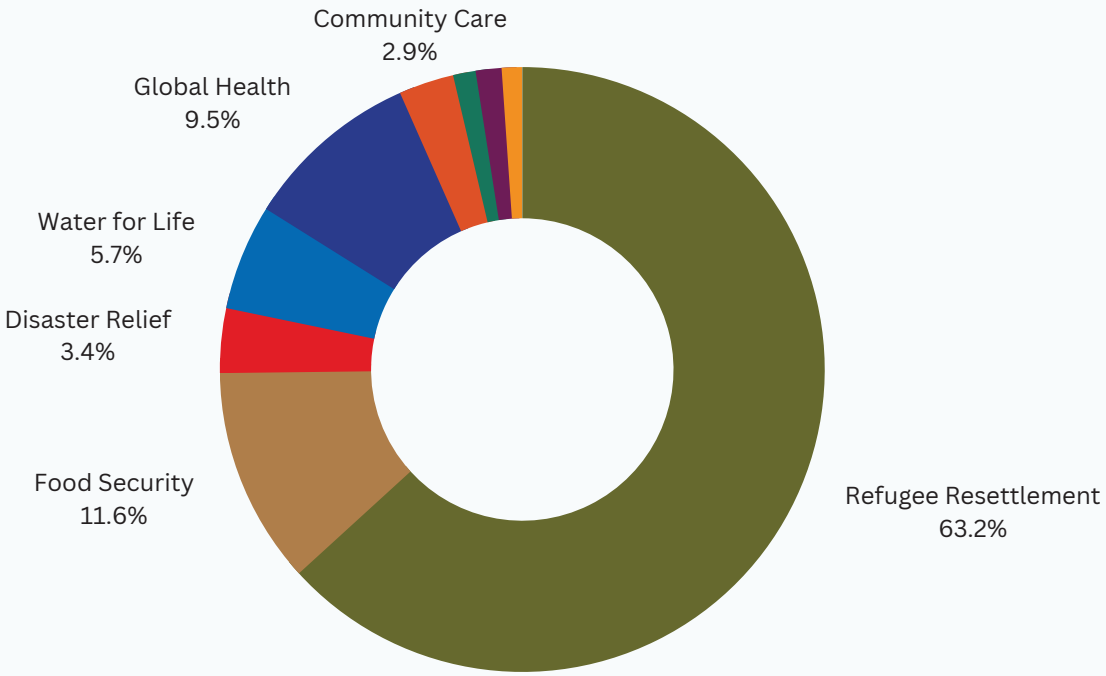
COMMUNITY CARE: $138,476.55

KNOWLEDGE FOR LIFE: $56,598.09

GIFT OF SIGHT: $64,937.10

ORPHAN CARE: $51,366.00

TOTAL: $4,699,827






QURBANI 2022
TANZANIA
Sponsored by
HUMANITY FIRST
Humanity First
Serving Mankind
Project of
CARE AID AFRICA FOUNDATION
Agent: Nyota Foundation















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