

Le Frigo Vert's Annual Report 2024-2025

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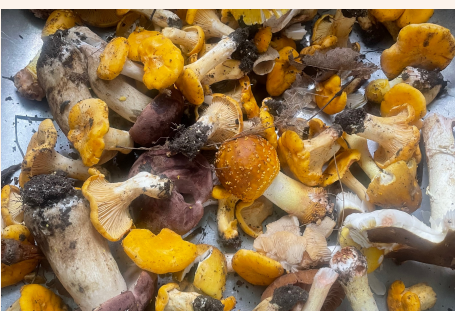


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A message from the Collective to members of Le Frigo Vert:

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Tonight we will be looking back on what we accomplished as a collective and as a community. In 2024-2025 we held strong against repression, obstructions to our right to protest, speech, and assembly.

We are a bit of an obstruction ourselves. When you are told there is no alternative to capitalism, we obstruct that idea. When you are restricted from classes or organizing we're stubbornly here, limiting the reach of power and surveillance.

Last year we went against the flow. Against the monetization, alienation, and pacification of daily life. We're a rock, a third place, a concept. If you are here for the first time or the thousandth time, If you're here for cheap food, a place to meet friends, or study. If you're here to scheme, party, create, or rest we are so fortunate to share space with you so we can build solidarity and thrive together. To everyone here tonight - you are right where you belong.

In the coming year we are quite literally making moves. In 2026 we celebrate our 30th year! Always ready to creatively carry out the mission of Le Frigo Vert

Cafe



- The cafe turned a corner in 2024/25, improving its operations.
- We work with 4 small business suppliers, 3 of whom have been with us long-term.
- Xspensive Cuisine started providing our lunch bar food in 2024.
- We focused on eliminating waste by aligning orders with demand.
- On Thursdays, staff put items on sale for Frigo users, and any leftovers are packaged and given to students for free on the 7th floor.
- The goal of the cafe is not profit, but we are making a small profit this year, unlike last year when we didn't break even.
- We provide our suppliers with security by keeping orders consistent week to week and paying ahead, helping them avoid out-of-pocket costs for materials.
- Cafe success depends on various factors, including weather and student activity.

- Last winter, heavy snow caused one closure, and slow customer turnout was challenging in the following days.
- Sales events, like the lunch bar sale, boosted profits by 23% to 50%.
- The same boost happened during the student strike.
- We're open to suggestions on how to improve.

Grocery/bulk



- During the year 2024/25 we moved away from bulk grocery sales. We only carry very limited items like soups, fruits and cheeses.
- We moved away because we couldn't compete with the bulk barn and other stores. Customers and space users were not looking to buy groceries from us.
- The benefit from this move was a large increase in room for more tables and chairs.
- The groceries we carry now support the operation of the cafe. We are making a small profit in line with us being a not for profit.

Decision: Phase out groceries



We couldn't compete with other grocers, and the resources to keep consistent stock were unsustainable.

We recognize the need to balance what students can afford. Our pricing strategies are to align with both affordability and sustainability.

Goal: Balancing Affordability



Future Plans



Focus on the cafe and lounge area, as it is profitable and meets our mandate to offer locally sourced affordable food. We increased the size of our seating area to meet the needs of students for a larger community space. This was possible because we streamlined groceries.

PWYC Herbs & Spices



The PWYC (Pay-What-You-Can) section continues to work well. Le Frigo Vert's Health & Wellness Program continues to make holistic, community-based care accessible to everyone. This year we expanded our **health resource library**, which members can freely use or photocopy, and deepened our **Pay What You Can** herbal program.

Highlights

- Partnered with Co-op CultivAction to offer fresh greens and herbs
- Used surplus stock to make herbal salves and other remedies.
- Our herbal tea blends continued to sell out.
- The Herbs, Spices, and Mushrooms Program remained strong – we spent **\$3,608** on supplies and received **\$4,040** in donations, keeping it nearly self-sustaining.
- Hosted multiple workshops and healing events focused on climate grief, herbalism, and inter-generational healing.

Health & Wellness Supplies



head & hands
à 2 mains



Le Frigo Vert have dedicated ample space in the store to safer sex supplies, harm reduction supplies, gender affirming resources, menstrual products and much more. On our shelves, you can find naloxone kits, books, informative pamphlets, community sourced resources and resources for Trans* people, such as hormone injection supplies.

Our ongoing partnership with Sex and Self has been making an impact. Their pantry is one of the most sought after features of the store. The Sex and Self pantry provides high quality free sexual health, sexual pleasure, and gender affirming supplies to the community. They offer a rotating

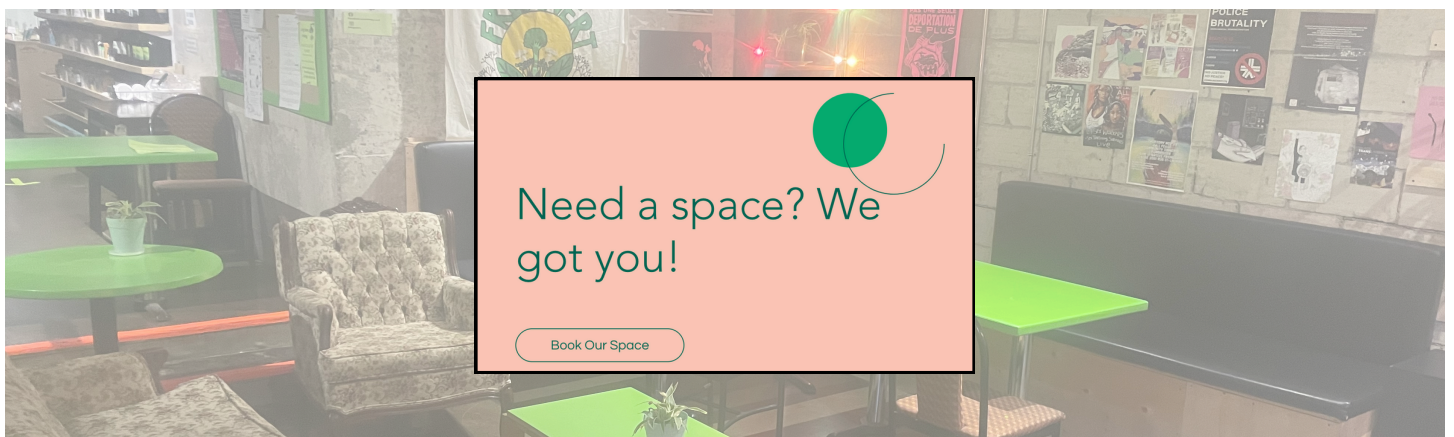
supply of condoms, lube, toys, menstrual products, pregnancy and ovulation tests, binders, packers and so much more.

We are very impressed by the resourcefulness and care that goes into this project.

We have also better fulfilled our mandate by providing much-appreciated PWYC menstrual products this year.

Please check out Head & Hands, and Sex & Self - they are all doing important things to support a positive, broader, more inclusive and non-judgemental approach to health and wellness.

Community Space



Le Frigo Vert's Space Booking Program continues to thrive as one of our most active and community-centered initiatives. This year, bookings continued to increase reflecting steady growth and strong demand. The program remains a vital way we accomplish our mandate to support grassroots organizing by providing accessible, affordable, and welcoming space.

Financial Highlights

Through our donation-based system, we raised over **\$10,000**, helping offset one of our largest annual expenses. We also offered the space **free or at very low cost** to groups whose work aligns with our values — including grassroots mobilizing, mutual aid, and community fundraisers that would otherwise lack access to affordable venues.

Community and Political Impact

Our space proved especially crucial this year when the **Concordia Student Union (CSU)** was barred from booking rooms on campus due to their stance on Palestine. Le Frigo Vert became a key off-campus host for their events, highlighting the importance of **independent, community-controlled spaces** that remain available when institutions impose limits on political expression. Offering our space is a direct expression of solidarity with social movements and community action.

Mutual Benefits and Collective Growth

Though maintaining the space is one of our biggest costs, it's also our **most valuable shared resource**. Groups using it enrich Le Frigo Vert's ecosystem by bringing new people, volunteering, helping with outreach, and contributing to our collective visibility and resilience.

Outreach - Workshops - Events

This year, Le Frigo Vert's outreach and community programming flourished — building deeper relationships, expanding our reach, and strengthening our role as a hub for grassroots care, learning, and creativity. Our outreach efforts brought together hundreds of students and community members through events, workshops, support spaces, and cultural programming centered on healing, justice, and mutual aid.



- Farmers markets (Sankofa Farms)
- Community dinners
- Free Veggies (CultivAction)



- Clothing swaps
- Holiday markets
- Karaoke

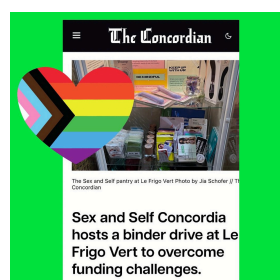


- Banner making
- Movie screenings
- Discussions and organizing
- Teach ins

Here are some of the workshops & events that took place at the Frigo in the past year:

Collaboration with Sex and Self Concordia to organize a successful Binder Drive

Distributed gender-affirming chest binders to trans and non-binary community members





BIPOC QT Market and Frigo Fest Drag Show & Talent Competition

Uplifting queer and trans artists and performers



Sankofa's Intergenerational Healing Day for Black History Month



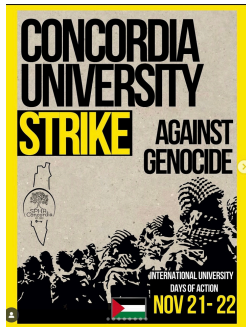
Self and Community Love Week for Valentine's Week

HERBS AND MUSHROOMS FOR HARM REDUCTION



MUSHROOMS Workshop

Our popular MUSHROOMS Workshop returned to Le Frigo Vert, led by resident clinical herbalist Hunter Cubitt-Cooke. This informative workshop covered using mushrooms as food, medicine, and more, and was offered free for Indigenous participants

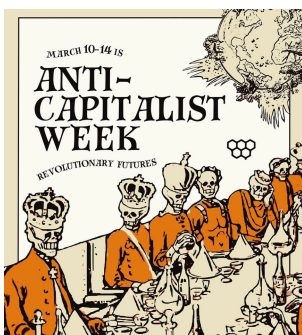


Student Strike for Palestine

In support of students protesting tuition hikes, we provided free tea, a warm space to recharge, and facilities for those attending the student strike for Palestine. Our space served as a welcoming community hub where students could warm up, use the restrooms, charge phones, and simply unwind without the pressure to buy anything.

KAIROS Blanket Exercise for Anti-Colonial Week

The KAIROS Blanket Exercise is an experiential teaching tool that explores the historic and contemporary relationship between Indigenous and non-Indigenous peoples in the land we now know as Canada.



CSU's Anti-Capitalist Series

On topics like burnout prevention, alternative food systems, indigenous solidarity, self-defence, and resisting police violence

Building relationships and increasing impact

Our outreach work this year was not only about events — it was also about building stronger relationships and collective power. Through consistent collaboration and connecting, we were able to strengthen our connection with the Concordia Student Union (CSU). This led to a major milestone: the unanimous passing of a CSU Council motion to form a joint committee for the new student building and to provide interim financial support to Le Frigo Vert.

This achievement reflects years of patient organizing, bridge-building, and demonstration of our community impact. It also secures an important foundation for Le Frigo Vert's future and ensures that our values and programs have a voice in shaping what comes next.

Looking Ahead

As we prepare for our transition to a new space, outreach will remain central to how we connect, mobilize, and grow. Our programming this year demonstrated that when we create spaces of solidarity and collaboration, we not only serve our community — we strengthen the movement as a whole.

Financial Updates

Here is a snapshot of our finances for the years ending in 2024 and 2025. Our official Year-End Financial Reports are currently being completed by APSV Accounting and should be finalized by the end of the month. The numbers below reflect our current understanding and may change slightly once their review is complete.

Income

Our total income in 2025 was **\$381,989.99**, up slightly from **\$372,961.87** in 2024. Most of our income still comes from student fees, though we've noticed an increase in online opt-outs and a drop in graduate student fees—likely due to fewer international students enrolling this year.

On a positive note, **community contributions grew quite a bit**. Membership fees, donations (from the jar, space bookings, and Pay-What-You-Can programs), and other community-based sources all increased. These contributions have made a real difference in helping us cover day-to-day costs and keep programs running smoothly.

Sales

Sales revenue rose to **\$77,789.05** in 2025, up from **\$56,852.14** in 2024. After subtracting the cost of goods sold (**\$74,118.81**), we ended the year with a small profit of **\$3,670.24**.

While our profit margin is still quite low, that's intentional—our focus remains on keeping prices affordable, sourcing locally, and donating items that can't be sold. Even so, the increase in sales shows continued support from the community and growth in this area.

Expenses

Our total expenses went down this year, from **\$351,731.93** in 2024 to **\$313,397.27** in 2025. Fixed and overhead costs dropped slightly to **\$150,507.03**, and staffing costs decreased to **\$154,485.61**, mostly because of staff leaves and our decision to limit new hiring while we navigate some financial uncertainty.

Programming expenses were also lower this year (\$8,404.63, compared to \$18,548.36 in 2024). We've continued to focus on Pay-What-You-Can events and space rentals, keeping programming accessible while staying within our budget.

Our biggest ongoing costs remain rent (around \$110,000), along with utilities, insurance, and maintenance. We're expecting changes in rent with our planned move in early 2026, which we're preparing for now.

Net Position

We ended 2025 with a **surplus of \$72,262.96**, which is a healthy improvement from last year's \$22,765.11. This surplus may go down slightly after APSV completes the final review, once depreciation and other accounting adjustments are applied.

Overall, 2025 was a year of careful spending and steady growth. Despite some challenges—especially with enrollment changes and cautious hiring—we're finishing the year in a stronger financial position than expected. Our focus on community support, affordability, and responsible budgeting has helped us move forward sustainably.

Conclusion: Ambitious in 2025/2026!



- We are gearing up for a big year. Our collective is strong, and we have spent a lot of time on visioning, planning, and discussing what frigo will look like in the coming year
- We have your back! We are so proud to have built trust and solidarity with students and the community.
- We celebrate some big wins. We had success in building a new partnership with the CSU to guide the direction and character of the new student center building
- We're moving! At the end of February, we will need to find a new space, while we wait to move to the new student center. Anyone want to help up move?
- Thank you to everyone who has been with us throughout the year- from the community organizations who have used our space and upheld our shared values, to the Board of Directors, and our amazing suppliers. Thank you to our friends at the CSU and for the financial support from the SSAELC fund.
- Finally we want to express our appreciation to all those who come through our doors and share in creating and maintaining this crucial community hub, space, and resource.

Contact

If you'd like to request a copy of this report, or if you have any questions please contact us.

Le Frigo Vert

Address: 1440 Mackay St, Montreal, Quebec H3G 2H7

Phone: 438-387-7586

Email: yesfrigo@gmail.com

Website: www.lefrigovert.org