



FRESH CONNECTIONS

NO WASTE. NO HUNGER

SUMMER 2017



GOOD THINGS GROWING

At Second Harvest, summer is a busy time for planning and preparing for the year ahead. Our commitment to meet the ever-growing need for food in our city means that our programs and operations must evolve. And we've got great initiatives and work underway.

Adding agencies is always a challenge due to the infrastructure costs associated with delivery and management. However, with the generous support of the Geoffrey H. Wood Foundation, we have been able to bring three new agencies off our waitlist. Further work around routing efficiencies and the establishment of a new pick-up program has allowed us to add another 14 agencies, while keeping costs flat. Many of these new agencies allow us to support people around the periphery of Toronto where access to food support and social services are difficult to find. Six of the new agencies added are running after-school drop-in programs for youth, including three from the City of Toronto Enhanced Youth Services' program. In order to support the agencies we deliver to, Second Harvest is

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proud to announce our new Education and Training Program. The objective of this program is to share resources, build on public training and education around food, and support existing networks within our communities. Some examples of training we currently offer include: Youth Empowerment Food Safety Training; Community Food Safety Training; Children & Youth Worker Food & Nutrition Training; Community Food Program Basic Training; and sessions on Reducing Food Waste and Understanding Food Labeling. We look forward to continuing to grow and develop this program in collaboration and partnership with our agencies and other food security organizations.

The most vital part of the equation for Second Harvest is the food we rescue. We currently rescue one million pounds of food each month from over 400 food businesses, who contribute larger-scale donations on a regular basis. Yet even with our trucks on the road 7 days a week, we continually receive calls with offers of smaller food donations from retailers and food producers that are too small for our fleet to pick up. So we are thrilled to be

launching a new online platform, foodrescue.ca, with a \$1.5 million USD commitment from The Walmart Foundation. Foodrescue.ca will allow any size of food donation to be easily rescued within the community, ensuring that fresh, healthy food will get to those who need it most. Food businesses will be able to register online and enter details of the excess food they have to offer, along with the location and pickup time. Pre-approved social service organizations will register and be screened by Second Harvest to ensure safe food handling, in order to receive notifications letting them know what food donations are available in their local area. They can then agree online to rescue this food at the time and location the food donor specifies. We are so excited to see the program launch and hope to see it grow to serve many communities across the country.

We are thrilled to share these amazing initiatives with you – because it is your support that has made it possible. With your help we will continue to rescue and deliver nutritious surplus food and deliver it to those who need it most. Thank you.



FEEDING OUR FUTURE WITH HEALTHY LUNCHES AT INNER CITY SUMMER CAMPS

This summer marks the 18th year of the Feeding Our Future program. A partnership between Second Harvest and the Sodexo Foundation, Feeding Our Future is designed to provide healthy lunches and snacks to kids attending free Toronto summer camps.

The program kicked off in 2000 when inner-city families were not taking advantage of free summer camp programs for their children because they were unable to provide them with a lunch. Since



then, Feeding Our Future has gone on to become the largest free summer lunch program in Canada.

Beginning July 4 and running until August 25, Second Harvest will deliver about 40,000 lunches and snacks to Toronto kids. Each week day during July and August, Second Harvest and Sodexo volunteers will prepare thousands of lunches, which Second Harvest will pick up and deliver to summer camps, ensuring children who receive subsidized lunches during the school year will also be receiving at least one nutritious meal a day while attending camp. The program would not be possible without its primary benefactor, the Geoffrey H. Wood Foundation, who since 2005 has helped Second Harvest deliver over 100,000 lunches.





TRANSFORMING LIVES THROUGH HARVEST KITCHENS

It's almost lunch time at the Learning Enrichment Foundation (LEF) in north Etobicoke, and Titi Ebute is busy preparing hot food trays for the Harvest Kitchens program. A smile spreads across Titi's face as chef instructor Patrick McNamara inspects the beef and vegetable stew she's dishing into serving trays.

"Everything we make is packed with nutrients. Before taking this program, I didn't know anything about nutrition and how to cook healthy meals," Titi explains, placing the trays alongside other wholesome meals she's prepared with her classmates. Trays of seasoned chicken breasts, rice and vegetable medleys, chilies and pasta dishes are stacked on cooling racks.

Titi is a student enrolled in the Harvest Kitchens program at LEF, one of four kitchens across the city that Second Harvest supports. The Harvest Kitchens program equips under and unemployed youth and adults with basic culinary skills, preparing them for entry-level positions in the hospitality industry or for more advanced culinary training, while also helping provide nutritious, prepared meals to thousands of vulnerable and underserved people in Toronto.

HOW IT WORKS

Second Harvest delivers fresh, recovered food to four Second Harvest partner kitchens – **CORE, East Scarborough Boys & Girls Club, YMCA and LEF**. Using these food donations, chef trainers work with their students to prepare nutritious trays that Second Harvest picks up and delivers to 41 partner agencies that do not have the adequate kitchen facilities to prepare healthy and hearty meals for their community members.

Last year, over **350,000 meals** were prepared by approximately 75 trainers and students in the Harvest Kitchens program. More than 31,000 food insecure individuals were served through 39 recipient agencies.

Over the next four years, our aim is to continue to grow the Harvest Kitchen program. By 2020, we hope to provide 480,000 meals a year and provide 100 people a year with basic culinary skills.

Student Impact

Titi moves into the classroom, where she studies each afternoon alongside her classmates. In addition to the practical culinary skills training, Harvest Kitchen students at LEF receive certification in Safe Food Handlers, First Aid/CPR and WHMIS.

Titi scrolls through photos on her phone, her pride echoing off the classroom walls as she lists off dishes she's learned to prepare through the program. When asked what her favourite thing about the program is,



Above: Titi Ebute in the kitchen at the Learning Enrichment Foundation.

she explains, "Canada has helped me so much, and through this program I'm able to help support others who are struggling. It is a way for me to say thank you to the community."

Born and raised in Nigeria, Titi arrived in Canada on January 1, 2017, after leaving a dangerous situation. With no belongings and nowhere to go, she found her way to Elisa House, a women's shelter in south Etobicoke and eventually to Women's Habitat, both agencies that Second Harvest supports through its food rescue and delivery program. When Titi first learned of the Harvest Kitchens program at Women's Habitat, she immediately arranged to take the preliminary entrance tests and was accepted less than two months after arriving in Canada.

"I was so happy when I learned I was enrolled, I ran to the shelter and told all my friends," she laughs. "And now, here I am. Every day I'm learning. I go home feeling so proud and inspired."

Titi understands what it means to be food insecure, and has accessed food programs at many of the agencies Second Harvest serves. Her experience, coupled with the training she is receiving through Harvest Kitchens, helped Titi recognize how valuable access to healthy, nutrient-dense food is.

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"If you're a healthy person, you can excel in anything," Titi says. "But if you don't have good, healthy food, it's much harder to succeed."

Titi dreams of one day opening a small food business with her daughter, who will arrive in Canada in the fall. They plan to cook both Nigerian and western dishes now that she is equipped to do so.

Her optimism is contagious; her willingness to give back and support the community is inspiring.

"This program has changed my life. Not only has it helped me understand the importance of food nutrition and food safety, it has enabled me to support others who are having a hard time. I can take pride in that."

Second Harvest is deeply grateful for the support of our donors to the Harvest Kitchens program. It is a privilege for us to help these donors realize their vision of what is possible in our community. Their leadership and investment has helped to build a healthier, more resilient Toronto.

Scotiabank
Capital One
Great-West Life,
London Life and
Canada Life
Echo Foundation

State Street Financial
Chefs Plate
Hylcan Foundation
CIBC
MAZON Canada



Students from Avalon Montessori raised \$907 through their 2017 Hero campaign.

This year, over 100 companies, community groups, and schools across our city raised over \$300,000 as part of our annual Hero campaign, enough to provide food for over 600,000 meals to people in need.

Individuals and groups are encouraged to run a Hero fundraiser any time of year! Find out how you can take part by visiting secondharvesthero.ca.

THANK YOU TO OUR GENEROUS HERO SPONSORS!

Guardians
Bob's Your Uncle
Purolator Inc.

Allies
Captivate
Zenergy

TOSS OR KEEP?

A Guide: Best Before Dates vs. Expiry Dates

Food package labelling is one of the leading causes of food waste in the world. It is important that we all have a better understanding of food package labelling so we can reduce the negative impacts of food waste on the environment, and to ensure that those in need aren't missing out on foods that are safe for consumption.

EXPIRATION DATE is applicable to only a limited amount of items, and is indicated with the letters EXP and the date (YYMMDD). Specific products that must not be consumed after the expiration dates are: formulated liquid diets (for oral or tube feeding), formulated foods used to replace meals, nutritional supplements and human milk substitutes (formula).

'DURABLE LIFE' AND 'BEST BEFORE' DATE is the anticipated amount of time that an unopened food product will retain its freshness, taste and nutritional value (when stored under appropriate conditions). The date indicated on a label tells you when its quality is the greatest, and is not an indication of product safety (before or after the date indicated).

Once a sealed product has been opened, it can become cross-contaminated and the best before date no longer applies.

Denison Mines is a Canadian company involved in the exploration and development of uranium in northern Saskatchewan, as well as environmental services in Elliot Lake.

Since 2009, the Toronto office has run a Hero campaign and this past year, the team raised \$2,360.

Thank you, Denison Mines!



THANK YOU TO OUR TOP 20 FUNDRAISERS:

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Denison Mines
WSIB Ontario

PAST COMMUNITY EVENTS

California Wine Fair

Thank you to the wine lovers who came out on April 3 to enjoy the bounty of California vineyards and taste over 400 premium California wines. The event raised \$17,985 for Second Harvest food rescue.



CALIFORNIA WINE FAIR

Toronto Craft Beer Festival

Tagged "The REAL beer lover's beer festival", TCBF took place on June 23 & 24 and supported Second Harvest food rescue with a portion of the proceeds. The Festival raised \$2,000, which will provide enough food for 4,000 meals. Cheers!



TORONTO CRAFT BEER FESTIVAL

Trashed & Wasted

On March 1, local chefs, brewers and distillers, artists and innovators joined together for a one night celebration of the sustenance, beauty, and benefits of what was once simply trashed and wasted. \$2,000 was donated to Second Harvest from the event.



TRASHED AND WASTED



SWEETERY FESTIVAL



KATE, 6,
HAD AN ECHOAGE PARTY

UPCOMING COMMUNITY EVENTS

ECHOage

Receive gifts that feel good! Use ECHOage to create and send out invites for your next party and your guests can give gifts that support your charity of choice. Learn more at secondharvest.ca/echoage.

Sweetery Festival

Indulge your sweet tooth and support Second Harvest. Canada's largest sweets festival returns to David Pecaut Square on August 12-13 for a third year celebrating local sweet chefs and raising funds for Second Harvest.

Scotiabank Toronto Waterfront Marathon

Join the Second Harvest team for the 2017 Scotiabank Toronto Waterfront Marathon on October 22 and use your personal fitness challenge to help us reach our goal of raising \$10,000! Visit secondharvest.ca to sign up or call 416.408.2594 x298.



SCOTIABANK TORONTO
WATERFRONT MARATHON

EDIT

Second Harvest and The Gladstone Hotel co-present an installation by artist Robert Cram at this year's EDIT – Expo for Design, Innovation & Technology, a ground-breaking expo tackling 5 of UN's Goals for Sustainable Development. Taking place September 28 – October 18. Visit editdx.org.



EDIT

TORONTO'S ULTIMATE CULINARY EVENT

On June 4, over 1,500 food and wine lovers gathered lakeside at Corus Quay to eat, drink and make a difference at the 27th annual Toronto Taste. Presented by The Daniels Corporation, this legendary culinary fundraiser invited over 90 of the city's top chefs and beverage purveyors to offer exquisite summer dishes alongside a wide array of beverages. This year, the event raised over \$925,000 for Second Harvest, enough to provide food for more than 1.8 million meals to people experiencing hunger across Toronto.

THANK YOU TO OUR TORONTO TASTE SPONSORS!

Presenting Sponsor
The Daniels Corporation

Diamond Sponsors
Corus Entertainment, Delta Air Lines

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CONGRATULATIONS TO THE TORONTO TASTE RAFFLE WINNERS

Early Bird Prize Winner

ticket #0923 & ticket #0431

1st Prize: Around the World with Delta Air Lines

ticket #2750

2nd Prize: Escape to Mexico

ticket #1658

3rd Prize: A Fully Catered Toronto Blue Jays Suite

ticket #2650

4th Prize: Jewel in the Crown

ticket #264

5th Prize: Chef at Home

ticket #2699

6th Prize: illy Espresso Machine

ticket #294

VOLUNTEER OPPORTUNITIES

Second Harvest Ambassador - Ontario Food Terminal

Visit vendors and ask for surplus produce donations while maintaining Second Harvest's relationships at the Ontario Food Terminal. Responsibilities include connecting with Second Harvest's food donors and encouraging them to donate surplus food to Second Harvest.

Shift: Fridays - 11:00am-12:00pm (*weekly commitment*)

Where: Ontario Food Terminal

Community Events

Represent Second Harvest at events around the GTA by working the information table or helping with tasks including silent auctions, ticket sales and collecting donations. Volunteers should be approachable, outgoing and comfortable promoting Second Harvest and food rescue.

Driver Assistant

Help Second Harvest drivers pick up food from donors by loading food on to trucks, as well as deliver food to community agencies in Toronto.

Shifts: Monday-Friday: 8:00am to approx. 3:30pm.

Saturday-Sunday: 9:00am to 3:00pm.

(all shifts start and end at Second Harvest.)

Minimum of 16 years of age and must be able to lift a minimum of 30 lbs. Volunteers are asked to commit to a minimum 3-month placement with 2-3 shifts per month.

For more information about any of these opportunities, please contact **Ashley Ferguson** at 416.408.2594 x287 or ashleyf@secondharvest.ca.



Charitable registration #13386 5477 RR001

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