



## The Launch of the Second Harvest Agency Cookbook

On November 1, 2018, the Second Harvest community gathered at The Richmond, a gallery space and venue in Toronto's west-end, to celebrate the launch of the Second Harvest Agency Cookbook.

The cookbook includes over 70 recipes from Second Harvest's network of partner agencies that receive food donations. All recipe submissions feature a dish that staff, volunteers or community members have prepared using fresh products they received from the Second Harvest trucks. The cookbook aims to showcase the people across Toronto working tirelessly to make the city a more food secure place. In addition

to the recipes, the cookbook provides information about the agencies, and includes resources focused on food safety and food waste prevention.

The launch event was an opportunity to showcase and celebrate some of the community-based organizations working to make Toronto a stronger, more resilient and more connected place through food. Photographer Bill Leontaritis, of Fifth Floor Photography, visited close to 40 of Second Harvest's partner agencies for the project, including breakfast and after-school programs, shelters, meal drop-ins and food banks, in hopes of capturing the people who bring these spaces to life. Ranging from whimsical and reflective, to gritty and heart-wrenching, Bill's photographs lined the walls of the venue for guests to browse. All food created and served on site used recipes



Community members gather to celebrate the Second Harvest Agency Cookbook launch.

featured in the cookbook and was prepared by Second Harvest staff using rescued food.

We would like to thank all of our community partners for their contribution to this cookbook and for their commitment to nourishing the many families and individuals who walk through their doors each day. They deserve to be celebrated and championed.

While all our partner agencies should have received a free copy of the book with their delivery or pick-up, we are selling additional copies for \$25 per book. All proceeds support Second Harvest's Food Recovery operations. Please contact Kiera at [kierant@secondharvest.ca](mailto:kierant@secondharvest.ca) to inquire about purchasing additional copies.



## Food Rescuers in Spotlight

Since the launch of FoodRescue.ca in the spring of 2018, we have seen over 2,030 donations and over 89,650 pounds of food rescued in the province of Ontario. We are thrilled to see the momentum of this program and often hear from agencies about their positive experiences engaging with the platform. We reached out to two organizations who actively claim food through FoodRescue.ca: Sue Ellen Metcalfe from Wychwood Open Door, and Cora Corpuz from Dr. Roz's Healing Centre.

**Second Harvest:** Cora, you have been working with Second Harvest for many years, how does FoodRescue.ca differ from our main food delivery program?

**Cora:** With Second Harvest, we see a lot of fresh produce, protein, and dairy—the food we get is key to our regular meal program. With FoodRescue.ca, it is an extra opportunity to get quality products for our clients. Since claiming food can be competitive, it has become a game for us—will we win this time?

**Second Harvest:** What kinds of food items were you able to get through FoodRescue.ca?

**Cora:** We were able to get items that really provide extras for our breakfast program. I claimed over 100 pounds of food from a local bakery and a nearby Longos. I received over a month's worth of breakfast items, like muffins and danishes that our families don't normally see at our meal program.



Left to right: Judy Puvirajesinghe & Cora Corpuz from Dr. Roz's Healing Centre



Sue Ellen from Wychwood Open Door during a recent food rescue

**Second Harvest:** Sue Ellen, what has your experience been like working with FoodRescue.ca?

**Sue Ellen:** It's been fabulous. With FoodRescue.ca we are able to plan our meals based on the rescues we do. For example, we rescued 350 pounds from No Frill's on Monday, of which 300 pounds were meat. In total we were able to provide 195 meals for our drop-in program because of the rescue!

**Second Harvest:** How has FoodRescue.ca made an impact on the quality of your programs?

**Sue Ellen:** It has made things 100% better. The food we rescue is first-rate quality, fresh, perishable foods, which we can use to provide healthier meals to the people we serve. It allows us to create a balanced meal. We are more than pleased with the

FoodRescue program. Our organization would not exist without it. The need within our agency is high and continues to increase. To put that into perspective, the total number of our participants have tripled in the last year—yet our budget has not increased.

# Feature Winter Recipe: Chana Masala

## The Regent Park Community Food Centre

This recipe was submitted by Second Harvest's partner agency, The Regent Park Community Food Centre (RPCFC). RPCFC is at the heart of the community hub located at Christian Resource Center's 40 Oak Street facility. The organization works to address food security-related issues using a dynamic and multi-pronged approach. They offers 6 nutrient dense community meals every week and offer year-round food skills training.

### Ingredients

Serves 6-8

- 4 cups dry chickpeas
- 1/4 jalapeño
- 1 medium onion, diced
- 1 tsp whole cumin seeds
- 1/8 tsp ground cayenne pepper
- 1 tsp mustard seeds
- 2 tbsp garlic, minced
- 2 tbsp fresh ginger, finely grated
- 3 tbsp garam masala
- 3 cups canned tomatoes
- Salt to taste

### Preparation

1. Place chickpeas in a bowl and cover with water. Refrigerate overnight. Drain and rinse. Place chickpeas in a medium pot and cover with water. Over medium-high heat, bring chickpeas to a simmer and cook until tender, about 45 minutes. Drain and set aside.
2. In a large pot, sauté jalapeño, onion, cumin seeds, cayenne pepper and mustard seeds until the seeds start to pop, about 10 minutes.
3. Add garlic and ginger and keep cooking until aromatic, about 5 minutes. Add garam masala and toast for about 3 minutes.
4. Add cooked chickpeas and tomatoes, and simmer until the liquid from the tomato is reduced and the flavours begin to meld, about 20 minutes.
5. Season with salt to taste.
6. Serve hot.



Tip: Garnish with chopped cilantro before serving. Serve with steamed rice if desired.

# Training & Education Updates

Second Harvest is committed to supporting our community through training and certification. Food Safety Training ensures best-practices are utilized throughout the community. Through this program, participants learn safe food handling, industry standards, and receive 5-year certification upon completion. In addition to the monthly Food Safety Training, Second Harvest offers 'Community Food Basics' workshops, which are foundational information sessions on a range of topics including: working with surplus food, food safety, nutrition, and best-before date labelling. Sessions can range in length and can be tailored to support program staff, lead volunteers, and community members.

To learn more about the Training & Education Program, schedules, registration and hosting, please contact Jenelle at [jenellerd@secondharvest.ca](mailto:jenellerd@secondharvest.ca).

## Are you interested in organizing a Nutrition Workshop?

Nurish Well is offering their services to the Second Harvest community for a special rate. Food and nutrition workshops create space for discovery and experimentation, while also providing fundamental information about food and nutrition for long-term health and well-being. If you are interested in hosting your own Food and Nutrition workshop at your organization, you can reach out to Sabrina Cooper directly at [sabrina@nurishwell.com](mailto:sabrina@nurishwell.com).



### Upcoming Food Safety Training Sessions:

**January 24:** Agincourt Pentecostal Church (2885 Kennedy Rd.)

**February 5:** Scarborough Bluffs Food Bank (33 East Rd.)

**March 7:** North York Seniors Centre (21 Hendon Ave.)

Note: All Food Safety Training sessions run 9:00am-5:00pm

## Have any questions? Contact Us.



Connect with Rose if you are an agency **WEST of YONGE**, and you are interested in a site visit, or to discuss changes to your program.

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Connect with Jenelle if you are an agency **EAST of YONGE**, and you are interested in a site visit, or to discuss changes to your program.

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Connect with Tom if you want to change, cancel, or inquire about deliveries.

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Connect with Dan if you are interested in learning more about, or registering for, FoodRescue.ca

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**Note:** Second Harvest will be closed on Monday February 18, 2019 for the statutory holiday. There will be no food deliveries on this date.



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