I SCREAM, YOU SCREAM, WE ALL SCREAM FOR...

What goes together more than summer and kids? Summer, kids and ICE CREAM! Second Harvest has taken great strides over 19 years to provide children attending free or deeply subsidized summer camps with healthy food. In addition to delivering free, nutritious lunches to over 2,000 children, this year we’ve added a fun learning activity for our 20 partner camps to take advantage of our expertise.

Camps are always looking for new ways to boost their programming to give children a well-rounded summer experience. Since there’s no better way to learn than through hands-on activities, our Agency Relations staff developed a food waste workshop that engages campers in making their own ice cream from rescued fruit!

These short sessions teach kids simple ideas about how they can reduce food waste. Campers learn how important it is not to throw away good food, even though it may be bruised or wilted. They gain a greater understanding for how food waste harms the environment and come away experiencing first hand how produce can be used to create something as delicious as fresh ice cream. Now that’s what we call making summer fun!

@SecondHarvestCA SecondHarvest.ca | FoodRescue.ca
The meals provided through our Feeding Our Future summer lunch program are extremely important. They ensure that children continue to have access to healthy meals at a time when they don’t have the benefit of school nutrition programs.

We are grateful for the generous funding from President’s Choice Children’s Charity, Sodexo Stop Hunger Foundation and the G. H. Wood Foundation, which allow us to prepare and deliver lunches to free and subsidized camps across Toronto. The program provides over 40,000 lunches to our camp partners, and runs for 8 weeks beginning July 2. Each day, teams of volunteers assemble lunches at our production facility sponsor location, Kitchen24.

Second Harvest’s Feeding Our Future program is doing much more than just filling bellies throughout the summer. The opportunity to share knowledge about reducing food waste means that children’s minds are well-fed, too.

You can provide healthy lunch camp lunches and education, too! Visit SecondHarvest.ca/donate
Located in South Etobicoke, Storefront Humber is a special non-profit charitable organization that provides extensive programs to help seniors and adults with disabilities remain independent and maintain the best quality of life possible in their own home and the community.

Bruce Buchanan, Storefront Humber’s Manager, Community and Social Activities, has a professional background in restaurants and uses this experience in his volunteering. Bruce helps with drop-in meals, food hampers, the weekly seniors’ grocery outing, as well as helping with kitchen and food storage logistics, and supporting other kitchen volunteers.

“Storefront Humber feeds about 1,000 people each month, and supplements the food they purchase with rescued food from Second Harvest. Bruce notes that unused perishables from Second Harvest can be utilized on site for future meals, such as blanching broccoli florets then freezing them or stewing excess strawberries and saving them to be an ice cream topping. A bounty of bread on the truck can mean fresh loaves for clients to take home, as well as use for on-site meals.

Reducing isolation is key and food is a vital part of Storefront Humber’s services, bringing people together and helping strengthen their community of clients, volunteers and staff. “We have three retired nurses who were using services here and now volunteer at the front desk,” says Bruce proudly.

Bruce notes that providing nutrition education for seniors will require that trainers rethink approaches that presume both full mobility and the ability to afford fresh food, and instead work within the reality of clients’ lives. Many Storefront Humber clients have approximately $14,000 in income per year and the meals and hampers they get make a significant difference.

“There are plans to offer cooking classes in the near future, too. “Some clients need cooking support,” says Bruce. “Their partners have died and they are no longer motivated to cook anything.”

“If a client can’t cut vegetables because they have Parkinson’s then what are they going to do? Eating healthy is going to be a challenge. We’ll sometimes bake a potato, wrap it in foil and send it home with them because they won’t turn on the stove.” Bruce Buchanan

“If you open the door for people to care for each other, they will.”
As Canada’s leader in food rescue, Second Harvest has over 34 years of expertise diverting good food from landfill and delivering it to social service organizations throughout the GTA. Since 2015, we have almost doubled the amount of food we recover annually and will rescue 14 million pounds in this year alone. We are also committed to ensuring the food we collect and redistribute is of the healthiest quality possible. Our focus on fresh produce, dairy and protein is truly having a positive impact on the communities and people we serve.

We knew even with this amazing growth, an abundance of good food still needs to be rescued. We had to find other ways of redistributing to a wider geography. In 2017, with $2 million in funding from the Walmart Foundation, we developed and tested FoodRescue.ca, an online tool to facilitate localized food exchanges, in order to find smaller food donations a home. In 2018, with an additional generous grant from the Walmart foundation of $1.8 million, we began an evaluation project to make certain we continue to build a system that will support food businesses and mission-based organizations in ways that are most appropriate to their unique locations and needs.

FoodRescue.ca has been an incredible success and to date we have over 1,400 businesses and charities sharing food through this tool (pretty exceptional, considering this was just an idea two years ago). This year, Loblaw Companies Limited, a steadfast partner since our inception, has awarded Second Harvest $415,000 to embed this system in our pilot communities and expand FoodRescue.ca’s reach outside of Ontario.

As a result, on June 11, 2019, Second Harvest launched FoodRescue.ca in beautiful British Columbia. Being respected as Canadian experts in food recovery, it only makes sense for us to share the knowledge and tools we have built to ensure that quality, healthy food is kept out of landfill and directed to people having trouble accessing the food they need.

Thank you! It is only through your generous support and donations that we can sustain Second Harvest’s critical societal and environmental mission. Your financial gifts ensure we never take our eyes away from our core business of our drivers rescuing and delivering the best food possible in the GTA, while also allowing us to share our expertise and innovate tools to support other organizations in their food rescue efforts. We have started a Food Rescue Revolution and it is spreading!

Lori Nikkel
CEO, Second Harvest

Farrah Jaffer, Executive Director, Surrey Food Bank,
Sarah Davis, President, Loblaw Companies Limited,
Lori Nikkel, CEO, Second Harvest,
Lisa Werring, Head of Operations BC, Second Harvest,
Lisa Clowery, Vice President, National Corporate Relations at Breakfast Club of Canada.
Did you know that when you support Second Harvest, not only are you making sure good surplus food gets to people in need, you’re also fighting climate change?

When wasted food sits in landfill, it releases methane gas which is 25x more harmful than carbon dioxide. This disrupts the chemical balance of the atmosphere and leads to climate change – steadily destroying the planet that nourishes, protects, and sustains us. If food waste were a country, it would be the third-largest emitter of greenhouse gases in the world.¹

Legendary environmentalist Paul Hawken outlined the 80 most substantive solutions to climate change. He found food waste reduction is the #3 way to reverse global warming, surpassing solar farms and rooftop solar panels combined.²

When you give to Second Harvest, you say NO to wasting food and YES to environmental protection. Every year, our amazing donor community makes the same positive environmental impact as planting over 92,000 trees….and then growing them for 10 years!

You’re already doing a lot to fight climate change by supporting Second Harvest – thank you for making it possible to continue to do this important work! Check out this list of tips to reduce your food waste at home.

Thank you for being a food rescuer!

¹http://www.fao.org/3/i3347e/i3347e.pdf

Tips To Prevent Food Waste At Home

1. Plan a weekly menu and buy only what you need.

2. When picking out produce, remember that misshapen fruits and veggies taste just as great and pack the same nutritional punch as their “perfect” counterparts. Take the plastic bags off when refrigerating – produce will last longer!

3. Choose more frozen produce, which is just as healthy as fresh produce. It lasts longer and is less likely to spoil.

4. Leftovers are food, too! Take for lunch, put together for a leftovers dinner, or freeze for later.

5. Try to shop more often, so you can buy less at each visit. If you can see everything in your fridge at a glance, you are doing well!

6. Repurpose! Turn stale bread into croutons. Make soup stock or pizza out of veggies past their prime. Chop and freeze ripe fruit for morning smoothies. Banana bread tastes best with brown bananas!

Visit FoodRescue.ca/at-home for more tips on how to prevent food waste.
Can’t pull? Volunteer at Nathan Phillips Square on Tuesday, September 10 to help at our Second Harvest Hero Truck Pull! Let’s create an amazing event together. You provide your time, we’ll provide a hearty lunch and T-shirt as a keepsake!

This is just one way you can give back to your community. Second Harvest is always in need of helping hands at a variety of community events and fundraisers. Please donate your time today!

Find out how you can help — email Marjorie at marjorier@secondharvest.ca
Second Harvest needs your help to raise $25,000 to provide 50,000 meals for Torontonians in need!

Join the Second Harvest team at the 2019 Scotiabank Toronto Waterfront Marathon on Sunday, October 20 to support food rescue. This is your chance to set fitness and fundraising goals, achieve a personal best AND have fun while supporting our community.

Register, raise funds, then... run, walk, or wheel your way to the finish line!

Visit SecondHarvest.ca to sign up or call 416-406-2594 x 299 today.

OTHER WAYS YOU CAN LEND SUPPORT

TASTE OF THE MIDDLE EAST
Appreciate vibrant art, music and dance at Yonge Dundas Square on Saturday, July 27. Expand your palate with 1,001 flavours that Middle Eastern cuisine offers. Free admission and fun for all! #TOMESOUK2019

EVENING AT THE MARKET
Evening at the Market is back on Thursday, November 14 for another night of food, drink and entertainment in the historic St. Lawrence Market! Tickets go on sale September 17. Event proceeds benefit Second Harvest.

SECOND HARVEST TURKEY DRIVE
Help ensure holiday meals will be enjoyed by everyone in our community. Our annual food-raising event unites shoppers and volunteers in Loblaws stores across Toronto. Stay tuned this fall for dates and locations!

SENDING YOU OUR GRATITUDE

CALIFORNIA WINES
On April 29, this very special wine tasting exhibition uncorked over $18,000 in support of food rescue! Special thanks to our silent auction volunteers and to California Wines, our charity partner for an amazing 9 years!

TORONTO CRAFT BEER FESTIVAL
Hosted at Ontario Place, this festival celebrated craft brewing, delicious food and live entertainment. Support from this event enabled Second Harvest to provide 6,000 meals to people in need. Cheers to everyone who attended!

For all our upcoming events, please visit SecondHarvest.ca/events
TO LEARN MORE ABOUT THE WORK OF SECOND HARVEST, PLEASE VISIT SECONDHARVEST.CA.

YOU RAISED $1 MILLION!

We wish to share our heartfelt thanks to everyone for your fantastic support at our legendary event on June 9 at Evergreen Brick Works.

1,500 guests enjoyed stellar libations from 23 generous beverage purveyors and exceptional culinary tastes from 50 of Toronto’s premier restaurants. Chefs, owners and staff all donated their time, products and food for an evening we will all vividly remember.

Bidding was feverish throughout the night on 150 Silent Auction items, over 100 bottles of exquisite Fine Wine were fawned over and some very lucky guests took home one-of-a-kind Live Auction trips to Fogo Island Inn and Jade Mountain Resort in St. Lucia. Plus, thanks to the support of Second Harvest Ambassador Chef Bob Blumer, four Toronto Taste guests will enjoy a priceless, bespoke dinner experience hosted by Bob at his home in the Hollywood Hills.

We are incredibly grateful to The Daniels Corporation for their 24 year commitment as Presenting Sponsor of Toronto Taste. Their ongoing support and belief in Second Harvest has enabled us to become a national leader in food recovery.

Thank you to everyone who purchased a ticket, stepped up as a sponsor, and volunteered their time. With your generous support, Second Harvest can provide 2 million healthy meals to those in need.