

Our mission is to keep food where it belongs: on plates and out of landfills.



**No waste.
No hunger.**

By rescuing food, Second Harvest is:



Feeding people
experiencing hunger
in communities
across Canada,
including families,
youth and seniors.



**Creating an efficient food
supply chain**
by optimizing the resources
that go into producing and
distributing food.



**Keeping surplus food out of
landfills** and reducing
harmful greenhouse gases,
a leading source of human-
caused climate change.

Every year Canadians throw away enough
good food to feed over 17 million people.

8.83 million tonnes

of avoidable food waste — that means
wasted food that is edible.

46.5%

of food produced for
Canadians is wasted.

25.7 million tonnes

of CO2 created by avoidable food waste —
roughly equivalent to the annual emissions
of 5.6 million passenger vehicles.

\$1=3 Meals

That's all it takes to provide three
meals to people who need them.

We rescue and redistribute enough food to provide an average
of 245,000 meals to Canadians **every day.**

*Here's how
you can help.*



1

Donate Food

By donating surplus food from your business, you can help create social and environmental well-being. And that's good for your community, your customers and your business too.

[Learn more](#)

2

Fundraisers

Our fundraisers are a great way to get involved and give back. Attend an event, bid for something special at one of our auctions or enter our Sweepstakes.

[Learn more](#)

3

Donate Funds

Your financial support helps us make sure food reaches the most vulnerable members of our communities across Canada.

[Learn more](#)

4

Volunteer

Volunteer your time, talent and experience to make a difference by supporting Second Harvest's food rescue efforts.

[Learn more](#)