

*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.*



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## 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](#)