



FY22 Mid-Year Impact Report

Building connections, one food rescue at a time.

Good food can make all the difference. There is a nourishment of the spirit that happens when you sit around the table to share a warm meal with the people you love.

The connection that food provides helps minimize feelings of isolation. In fact, studies have shown that not only does food insecurity contribute to poor physical health, it also negatively affects mental health outcomes, with those experiencing hunger facing a 257% higher risk of anxiety and a 253% higher risk of depression.¹

That's why your support is not only crucial, but sincerely appreciated. Because of you, in just the past 6 months Second Harvest has rescued 23.8 million pounds of good food from going to waste, preventing 77 million pounds of greenhouse gases from entering our atmosphere, and instead feeding millions of people across Canada. With your help, we continue to work to ensure that children and youth, families, seniors, and others in need can find peace of mind in knowing where they are getting their next meal.

Thank you for supporting healthy minds, healthy bodies, and a healthy planet.

Second Harvest

Serving people since 1985.

Serving size \$1=2+ Meals

Region Served

Canada 2022

Meals Provided 23 million meals

Prepared Meals **250,000**

Food Donors **4,800+**

Grants Distributed \$25.9 million

Program Partners 3,100+

Total value of food (Est) \$71 million

Lbs of redistributed food **23.8 million**

Communities served **900+**

% of produce, dairy, protein rescued **58%**

% of perishable food rescued **82%**

Our Environmental Impact

Equivalent of passenger vehicles off the road **10,700**

Equivalent of liters of gasoline consumed **14,878,950**

Mission: No Waste, No Hunger

Statistics reported from September 1st, 2021 to February 28th, 2022.

Nutritional Value

Here's what your impact has looked like so far:

Over the first 6 months of our fiscal year, you helped prevent 77 million pounds of greenhouse gases from entering the atmosphere!

That's the equivalent of:



10,700 passenger vehicles taken off the road for a year



Preventing 14,878,950 liters of gasoline from being consumed



23,353 homes' electricity use for one year

Statistics reported from September 1st, 2021 to February 28th, 2022

Source:

1 <https://bmcpublihealth.biomedcentral.com/articles/10.1186/s12889-021-10631-0#:~:text=Food%20insecurity%20is%20associated%20with,increase%20in%20risk%20for%20depression>



How do we measure up?

We know that with the help supporters like you, Second Harvest can accomplish great things! Here's how we're tracking towards our goals so far:

Metric	Goal by End of Fiscal Year	Progress So Far	Percentage Complete
Food Rescued	42,000,000	23,750,000	57% of the way to reaching our goal!
Greenhouse Gases Averted from Entering the Atmosphere	157,800,000	77,000,000	49% of the way to reaching our goal!
Number of Food Donors	5,990	4,800+	80% of the way to reaching our goal!
Number of Organizations Supported	3,000	3,100+	103% of the way to reaching our goal!

In addition to distributing \$71 million worth of healthy, perishable food to over 3,100 frontline social service agencies so far this year, Second Harvest has also distributed \$25.9 million in grants* to over 1,029 community partners, helping them fill the plates of people in need across Canada.

*in partnership with Agriculture and Agri-Food Canada



The Lighthouse, Toronto, Ontario

The Lighthouse is a community centre in Ontario whose vision is to change lives by establishing and maintaining the wellbeing, safety, and dignity of their community. With your support, Second Harvest can provide them nourishing prepared meals through our Harvest Kitchen's program.

"[Second Harvest's] Harvest Kitchen trays play an integral part of our meal program. We've noticed that clients are spending more time engaging with volunteers/staff/other clients. We know that this program helps to promote community, networking, and minimize feelings of isolation and depression."

Groundbreaking Research: Setting the Table for Change

Your support helps Second Harvest stop hunger in its tracks today and allows us to seek solutions for a better tomorrow. We know that knowledge is power, which is why we continue to provide thought-leadership through our research, providing the foundation for long-term impact.

In one of our latest reports, [Canada's Invisible Food Network](#), we investigate how Canadians struggling with hunger are accessing food. And the numbers are shocking - there are four times more charitable food providers than grocery stores in Canada. And relying on these organizations are 6.7 million Canadians; that's roughly the populations of Manitoba, Saskatchewan, and Alberta combined!

With the cost of food projected to increase 5-7%¹ this year, more Canadians will be worrying about how they will afford to put their next meal on the table. That's why we need to continue to work together to provide support to the people who need it most in our communities.

Source:

¹ <https://www.dal.ca/sites/agri-food/research/canada-s-food-price-report-2022.html>



Groundbreaking Research: Wasted Opportunity

On April 12, we released our latest research report, [Wasted Opportunity: Rescuing Surplus Food in a Throwaway Culture](#), conducted in partnership with Value Chain Management International, a leading public and industry voice in food waste. The third in our world-first research series, this report follows the Avoidable Crisis of Food Waste, and Canada's Invisible Food Network. Featuring ground-breaking research into Canada's food system, this report seeks to explain why so much surplus edible food is wasted and propose solutions for business and policy makers to turn this edible food waste into opportunity. Together, this series of research provides an action-based roadmap to a more sustainable and accessible food system in Canada.

This research is the first in Canada to quantify:

- The 3.2 million tonnes of surplus edible food produced by Canada's food industry each year
- The 96 percent of surplus edible food that is NOT rescued and redistributed for human consumption
- The 127,177 businesses that are potential donors of surplus edible food within Canada's food industry
- The 45 percent of these businesses that believe they have surplus edible food

"With nearly two-thirds of Canadians reporting difficulty feeding their families, a number that will only get worse in the face of record-high inflation, it is vital to take action and make changes to Canada's food system," said Lori Nikkel, CEO of Second Harvest. "We produce more than enough food to feed everyone in Canada and yet people still do not have the food they need. We have an obligation to our people, and our planet, to value food appropriately so businesses have an incentive not to waste perfectly edible food."



Youth Unlimited, Toronto, Ontario

At the heart of Youth Unlimited are long-lasting, transformative relationships of love and care among vulnerable youth and their communities across the city of Toronto. Throughout the pandemic, Youth Unlimited's clients have faced numerous increased challenges, and so the value of your support of Second Harvest is immeasurable in the lives of these young people in need.

"The presence (virtually or at a social distance) of Youth Unlimited's team is needed more than ever. With the generous support of Second Harvest [and the food rescue app], we are especially pivoting to provide our more than 800 vulnerable youth with food and basic essentials, such as healthcare, protective and hygienic supplies, as well as online social and mental health supports and mentoring."



Welcome to Our New Home! 120 The East Mall, Etobicoke

Second Harvest is an essential service to our community partners and the people they serve, and our old warehouse space was limiting our ability to respond to the growing need for food support.

On February 14, 2022, we officially transitioned our operations to our new 48,608 square foot home in Etobicoke, Ontario. Not only will our new building help us provide more robust support locally, it will also be a centre of innovation in food rescue and help provide a standard that can be replicated by organizations across the country and on a global scale.

This space has the capacity to rescue and redistribute five times as much rescued food, preventing the harmful impacts of food waste and nourishing millions more people experiencing hunger. And it's all thanks to supporters like you.

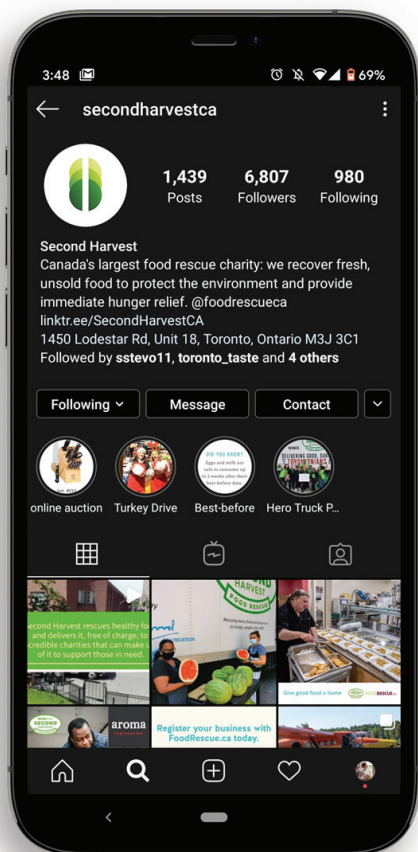


We have a new look!

In March, we announced the launch of our new logo and our all-new SecondHarvest.ca website. Our new logo serves to communicate our values and reflect our good work with its three interlocking circles. These represent the Second Harvest "trinity" of real change:

1. **New ideas and innovative ways of thinking;**
2. **The tools to affect change and transform how we care for people and the planet; and**
3. **Passionate people who are inspired to find ways to turn fresh food into meals rather than more waste.**

The development of our new website has been a true labour of love – the whole Second Harvest team, as well as key stakeholders and partners, contributed their insights and expertise to our new online home. The result will be a huge leap forward in user experience for the thousands of non-profits, food donors, supporters, and community members who access rescued food, training, and research through our website. We hope you will like the change!



The Adventure Group, Prince Edward Island

Since 1990, the Adventure Group has used experiential education to empower their community to grow physically, mentally, emotionally, and spiritually. Your generosity helps Second Harvest provide the Adventure Group with fresh food that they use to support the mental and physical wellbeing of the people they serve.

"We are so grateful to Second Harvest for making it possible to support so many in PEI during COVID-19. The Adventure Group knows that food security is an essential part to living a physically and mentally healthy life. We have been able to use this opportunity to ease stress and let vulnerable Islanders know they are not alone through this pandemic."

Port Alberni Association for Community Living, British Columbia

The Port Alberni Association for Community Living (PAACL) in British Columbia supports individuals and families with diverse abilities (developmental disabilities) from birth to end of life. The support they receive from Second Harvest is made possible because of people like you, and helps them provide their community with access to fresh and nutritious food that is often out of reach.

"This has been a very humbling experience for many of the staff, with them reporting that some families have literally cried in relief upon receipt of the gift cards, and for those staff who have assisted individuals with the grocery shopping they report individuals being very excited that they are able to purchase items such as a kiwi or mango, things that even pre-COVID they were unable to afford. As an organization we are working to continue to support our individuals and families and looking at unique ways to ensure food security for them."

Saskatoon Friendship Inn, Saskatchewan

The Saskatoon Friendship Inn in Saskatchewan understands that without proper nutrition, people experiencing poverty face high levels of illness and stress, which is why they strive to see a future where no one in their community is without food. Because of your generosity, they can continue to build a sense of belonging for their clients.

"Saskatoon Friendship Inn provides food security for vulnerable people by offering nutritious breakfast and lunch meals, 365 days of the year. We are powered by generosity and partnerships, relying on community to help create a compassionate sense of belonging for our neighbours in need. Support from Second Harvest Canada is helping the Inn adapt our operations, adjust capacity in our dining room, and add a new take-away meal service to ensure no one is turned away or leaves hungry."

Together, we are bringing Canada one step closer to making a future of No Waste, No Hunger a reality.

From our table to yours, thank you!