



IT'S ThanksGIVING AT SECOND HARVEST

It's easy to bridge the gap between wasted food and hunger

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Good food and a festive meal shared with family and friends are a big part of what makes Thanksgiving memorable. For many people in the GTA however, a holiday meal is not for certain. **From now until the end of Thanksgiving weekend Second Harvest will deliver enough fresh food for over 60,000 meals for people who are hungry.**

By rescuing perishable food, that would otherwise go to waste, we help children in breakfast programs, women fleeing domestic abuse, seniors on fixed incomes, homeless people, those who have been affected by the recession and many more. Here is one man's story that is typical of so many that we hear:

"I have been out of work for awhile now since the recession hit and it is very difficult to find employment. But I still have to put food on the table for my family and pay the bills. Sometimes I don't know where to turn - it's embarrassing. I feel like I should be able to take care of myself and my family. So the food I receive from the Syme-Woolner Neighbourhood and Family Centre (a Second Harvest member agency) is greatly appreciated. It keeps me healthy and sane."

Second Harvest's ThanksGIVING campaign gives Torontonians the opportunity to help those in need by providing a holiday meal. A \$10 donation will immediately provide enough fresh food for 20 meals to those who need it most. **To support Second Harvest's ThanksGIVING campaign please visit secondharvest.ca or call 416-408-2594.**

About Second Harvest: Every day, Second Harvest picks up donated, high quality fresh food, which would otherwise have gone to waste, and delivers that food to over 200 social service agencies across the GTA. Second Harvest currently provides enough food for over 15,000 meals a day to children in after-school programs, seniors on fixed incomes, women fleeing domestic abuse, psychiatric patients, homeless people, and many others who have fallen on hard times.

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