

SECOND HARVEST TIMES



Delivering fresh surplus food to those in need.

One Donor's Story

By Marie Verschuuren

ALMOST THREE YEARS AGO, my husband Gary was celebrating his 60th birthday and my thoughts turned to fabulous ways to mark this milestone. Should it be a trip to surpass all others? A unique gift or experience? The truth was that we were at a very busy juncture in our lives, devoting a lot of time to our business with little energy left to enjoy another flight to somewhere. This combination of factors produced the "a-ha" moment. We were so fortunate – what was one more thing or place to mark a birthday?

With the remarkable support and creativity of the team at Second Harvest, a plan was constructed for "The Lillian Pottruff Project".

Lillian was Gary's mother; she had passed away only a few years prior at the feisty age of 97 after spending many warm, tender, and humorous years under Gary's care. The Lillian Pottruff Project, funded by a contribution of \$10,000, became the 60th birthday gift that honoured a dearly-loved woman. Its purpose was to provide meals to seniors in need in the GTA.

It was perfect. On his birthday, upon opening the presentation package created by Second Harvest, Gary was overwhelmed.

The Lillian Pottruff Project has become planned giving for us – we have sustained it each year since. And our families and friends –

those who knew Lillian and those who didn't – know that we don't need any gifts of golf balls or wine or goodies for our home to mark special occasions. A contribution to the LPP (as we now call it) touches us more deeply than anything else could. And with every Second Harvest truck that goes by, we smile and crane to see if it's the one with the wonderful LPP logo tucked in the corner.

This is truly among the most meaningful acts of giving that Gary and I do in our lives. Thank you to the Second Harvest people for allowing Lillian, in spirit, to travel the city with food for those who might otherwise go without.

THE LILLIAN POTTRUFF PROJECT REPRESENTS MARIE AND GARY'S ONGOING COMMITMENT TO FIGHTING HUNGER IN THE GTA AND SECOND HARVEST IS GRATEFUL TO THEM FOR SUSTAINING IT EACH YEAR. THEIRS IS A UNIQUE GIFT, BUT THERE ARE MANY OTHER WAYS TO MAKE A COMMITMENT TO SECOND HARVEST. THESE INCLUDE:

Planned Giving

A planned gift is a gift for the future that allows you to make a more substantial contribution to charity than you might have thought. It is arranged now, but realized at a later date.

Bequests/Gifts by Will

Leave a donation to Second Harvest in your will.

Charitable Gift Annuities

Provide a significant gift to Second Harvest while providing personal income in your lifetime.

Charitable remainder trusts

Provide a significant gift to Second Harvest through a trust and receive the income from the trust.

Endowment gifts

Create a lasting legacy in your honour or in honour of a loved one.

Gifts of life insurance

A gift of life insurance can make larger gifts affordable.

Gifts of publicly traded securities

Giving publicly-traded securities can reduce your capital gains taxes while helping Second Harvest.

Call Cory or Rachel at 416-408-2594 to help find the right gift for you.



Guest editorial

Connie Reeve



Connie Reeve is a Partner at Blake Cassels and Graydon LLP.

I WORK DOWNTOWN, and every day, I see people on the street who need food. Frequently I see one of the Second Harvest trucks rolling by and I think of the role that these trucks play, collecting and distributing perishable food to agencies that help homeless people and others who need meals. I always feel a sense of pride when I see that truck.

I first became involved with the organization in 2000 when a former board member, Lucy Waverman, suggested that I should volunteer with Second Harvest and become a Board member.

Whenever I tell people that I volunteer for Second Harvest, the reaction is positive. People who know Second Harvest and the work that it does know that it is a well respected, well run organization that helps over 250 social service and community programs feed those in need. Those who hadn't heard of Second Harvest tend to react in the same way I did when I first heard about it: that it brings a common sense approach to hunger – by picking up food which would otherwise have gone to waste and delivering it to people who need it.

During my term on the board, Second Harvest's growth has been incredible. When I joined, we were delivering just over 3 million pounds of food; last year we delivered over 5 million pounds of food. In these years Second Harvest has gone from 4 refrigerated trucks to 7, and most importantly, from 110 social service programs receiving our food to last year's list of 250.

During my term on the Board I served as President of the Board for a two year term, chaired the Lunch Money Day committee and was a member of the fundraising and executive committees. I have thoroughly enjoyed my participation in Second Harvest's activities. I have had an opportunity to work with some wonderful people – other board volunteers as well as Second Harvest's terrific staff – and I will miss the whole Second

Harvest team. However, I will continue to be a strong supporter of Second Harvest. I am already looking forward to next year's Toronto Taste fundraiser on June 8, which remains my favourite fundraising event in the city.

While it saddens me that Second Harvest has to expand to meet the growing needs of hungry people in the greater Toronto area, expansion is necessary. Otherwise the waiting list of agencies who would like Second Harvest to deliver food to them would grow to an unacceptable level. Although I will not be part of the team that implements the expansion, I will contribute to Second Harvest to assist it with its plans. I urge each and every one of you who has the good fortune to have food in your fridge and cupboards to consider donating to Second Harvest to permit it to continue its work and meet the growing need for food in our community. I feel that every time Second Harvest makes a food pick up and delivery, it (and all of its volunteers and staff) are making our community a little bit healthier, and I'm proud to have been a part of that over the past seven years.

A handwritten signature of Connie Reeve in green ink. The signature is written in a cursive, flowing style.

If you would like to help us at this time by making a donation to Second Harvest, please call us at 416-408-2594 or use the enclosed form. Thank you!



bits pieces

SECOND HARVEST, like all charities, relies on the trust of its donors, which in our case, is both the food donors and the financial donors. We were recently delighted when Wallace McCain and Lynda Kuhn from Maple Leaf Foods rode on one of our trucks, seeing first-hand what we do and how we do it. Similarly, John Broley and Caroline Gordon, long-time supporters from the Geoffrey H. Wood Foundation, spent time loading and unloading food. I am proud that Second Harvest is a charity which is transparent from the ground up (or should I say the wheels up!)

A couple of months back, there was press coverage on some charities that were using commission-based fundraisers to help them. Our fundraising team is made up of a small staff supported by many volunteers. We do not use commission-based fundraising practices. Also, we are often asked if we trade or sell our donor lists, and that is also a practice we do not do. If you ever have any ques-

tions or concerns please call us at 416-408-2594 and I, or a member of the fundraising team would be happy to speak with you.

One of the ways we raise money is through our major events, Lunch Money Day and Toronto Taste. We also have a number of special events which are not solely organized by our staff. On September 30th, a number of Second Harvest supporters (including myself) participated in the Scotiabank Waterfront Marathon. We don't have a final figure yet for how much was raised, but the great thing about this marathon is that it allows participants to choose which charity they'd like to support. We had a team of people running and walking for Second Harvest.

Another great event – a food raiser rather than a fundraiser – was the World's Biggest Multicultural Salad, which was made in Scarborough. What a fun thing to see so many chefs and volunteers working together on that huge salad. Second Harvest delivered about 4,000 pounds to six agencies in the city, who were thrilled with it.

Finally, some extremely sad news. I have worked at Second Harvest for eleven years, and over the years, as a team of staff and volunteers, we have experienced weddings, births, major illness and recently, death. Our past president, Debra Lawson, tragically lost her son, Ian on August 24th. We knew Ian, as he had volunteered with Debra, setting up for Toronto Taste. He was a lovely young man, just graduated from Queens and about to enter graduate school at University of Toronto. Our hearts go out to Debra and Ted, as well as their sons, on this loss. Many of you have made donations to Second Harvest in Ian's memory, and I know that Debra and Ted have very much appreciated your gesture.

Zoë Cormack Jones

Zoë Cormack Jones
Executive Director

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SECOND HARVEST



Delivering fresh surplus food to those in need.

Agency profile

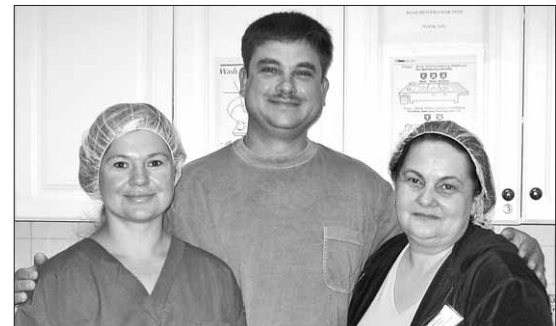
Storefront Humber

JUST OFF THE SHORES OF LAKE ONTARIO sits a remarkable home of help, encouragement and compassion for thousands of people in need.

Since 1971, Storefront Humber Inc. has been providing support services to seniors and disabled persons in the Etobicoke-Lakeshore community. Storefront's highly trained staff and volunteers provide programs and services such as Crisis/Client Intervention, Respite Care, Supportive Housing, and Home Maintenance to over 2,000 clients, 98% of whom are low-income seniors. Storefront's clients range from the elderly or more frail to the physically or cognitively impaired and their client base is growing. "The population has exploded in recent years," explains Mary Hanson, Storefront's Executive Director. "In the past three to four years, we have seen an increase in immigrant seniors and seniors suffering from mental disabilities."

When describing the client base, she talks about a man who was released from hospital recently and sent home despite not having any support system in place. He didn't have a ride home, and once he did make it home on public transit, he was simply too ill to get his medicine, let alone food. Storefront Humber stepped in to help, providing food for the gentleman, as well as transportation to his medical appointments and pharmacy.

Not only does Storefront provide their clients with seven lunch programs that are delivered by staff and volunteers to six different locations in the community every week, they also serve breakfast, lunch and snacks in the dining hall of their Lakeshore Blvd. location. "We have a lot of food coming from our kitchen," says Mary, "and we would not be able to provide our programs and services without the help of Second Harvest." Second Harvest has delivered over 84,000 pounds of fresh surplus food



Storefront's Volunteer Coordinator Edwin Laucys (centre) and his kitchen helpers Ilona Belavsky (L) and Mira Koncewicz (R).

to Storefront since they became a recipient agency in 1997.

Mary's goals for the future are to build Storefront's partnerships with other local agencies and continue to grow current programs like their Respite Care service where Storefront provides a trained individual to give individualized personal care for a loved one who can not be left alone in their home.

There's a new truck on the road...

A RELIABLE FLEET OF TRUCKS is, of course, key to Second Harvest's operations. When it became clear that Second Harvest needed to replace an aging truck, TD Waterhouse generously said they'd be willing to split the cost of a truck. Rachel Agnoluzzi, the Manager of Development at Second Harvest, called The Morrison Foundation, long-time Second Harvest supporters, and asked if they'd be able to help. She was thrilled with the response, which was, "Yes!" Remarkably, the Morrison Foundation's annual gift was not affected by their truck donation, and the truck is now on the road.



Second Harvest Driver Hektor Habili ready to load the new truck.



On February 21st, Torontonians are asked to donate their lunch money to Second Harvest. This year's goal is \$380,000 and now is the time to sign up to run a campaign in your office or school. Just call Melanie at 416-408-2594. There are lots of fun ways to get your colleagues involved in fighting hunger on February 21st. Or, if you're not in an office or school but would like to support the campaign, just drop a cheque in the mail or donate on-line at www.secondharvest.ca.

A Day on the Truck

IT'S A SUNNY FALL DAY as I climb into the Second Harvest truck. We're off to a late start because of the weekly drivers' meeting, which this week, was a forum to discuss safety issues.

Tom, the driver, has already loaded up the truck and our first stop of the day will be at the Scott Mission on Spadina. The front doors are locked, but there's about a dozen men waiting for the doors to open. Tom steers the big truck through the narrow driveway and carefully backs it up. Ron, the kitchen manager, comes out and chats with Tom about what he needs, and the work begins. Tom passes food to me, I put it on a conveyer belt which slides down into the kitchen in the basement, and the kitchen workers unload it. They take about 150 pounds of frozen meat, a massive box of broccoli crowns, a case of hot chocolate, and two boxes of pastries that the clients will have for breakfast shortly. Ron also asks for the 3 boxes of oatmeal, which he'll save for the winter.

From there, we drive to C.O.R.E., the Centre for Opportunities, Respect and Empowerment. The clients are adults and teens with severe mental health issues. Second Harvest, in addition to dropping off food there, has partnered with C.O.R.E. for the Harvest Kitchens program, which uses our food to train their clients in kitchen services. Tom loads up lots of trays of prepared food, which has been made by the chef and his students.

Down to The Esplanade, where we get stuck behind a film shoot, eventually making it to our next stop, a law office. They donate 4 bags of Crisco, an odd donation if ever there was one! Then a quick stop at the Hot House Café on Front to give them a couple of boxes of empty trays. Hot House is one of the restaurants that donate, and the quality of their food is always excellent.

We move on to Alexandra Park, where we're met by three well-dressed Chinese women who arrive with shopping carts. They're pleased with the Crisco donation,

which they'll use for baking, and also take some of the broccoli and lettuce.

We weave our way slowly through Kensington Market, ending up at the Corner Drop In. Three of the volunteers come out with the chef and take the Harvest Kitchens meals, which will be dinner for the kids who come to the after-school program.

It's down to the Royal York Hotel, which needs a pick-up between 11:30 and 12:30 every day. The hotel is a maze of stairs and hallways and elevators, but Tom knows all the short-cuts. In no time, we're in the massive kitchen, filling 4 bags with fresh pastries which weren't served at breakfast that morning.

Then we're off to Toronto Hilton. Tom runs in, grabs more pastries and some prepared food in trays, and we're on our way.

After a quick lunch break, we're back on the road, stopping at a catering company which gives us a tray packed with rice and beef. The phone rings and it's Sam, the Distributions Coordinator, asking us to add another pick-up to the list. The next drop-off is a shelter with a cantankerous chef, but Tom does a great job of talking him into taking some of the frozen turkey. From there we go to a Parkdale shelter, where we're met by a stream of clients ready to unload the truck. One of the clients yells, "I hope you have fresh stuff today!" and Tom good-naturedly says "Of course – we always do!" We unload 3 boxes of frozen steak, salad, broccoli, lettuce, and pastries from the hotels. As we climb back in the truck the phone rings, Sam is adding another pick-up to the list.

It's Friday afternoon and congestion is setting in throughout the downtown core. Tom calmly steers the truck through the traffic, stopping at a web company that had a staff barbeque but has lots of untouched leftovers. Then it's a slow ride up Spadina; stopping to pick up 8 trays of vegetables. One more pick-up at Aramark, where we get some beautiful wrapped sandwiches, and we're on our way.



Driver Tom Montag shares a box of broccoli with Corner Drop In.

Tom makes a quick call to Father Lenny of Street Connection to confirm that he's at the church for the drop off; Father Lenny responds with an enthusiastic, "Bring it on!" Once we get to the church, Father Lenny and one of his elderly volunteers unload the rest of the truck. They serve about 2000 people a month, so he'll use every last drop. He takes everything: potato salad, macaroni salad, some pop, and raves about the sandwiches which he says are perfect for folks living on the street.

With Thanksgiving around the corner, the day on the truck has been a great reminder of all the things to be grateful for. It's a great feeling to return to the warehouse with an empty truck, knowing that because of Second Harvest, thousands of people will not go hungry.

Food Donor

profile

HIGH IN THE SKY at the corner of University and Richmond is a name that everyone has come to recognize. Hilton, The Toronto Hilton Hotel that is, houses over 600 rooms and 35,000 square feet of meeting space to accommodate guests from all over the globe. Though the hotel must cater to every need of their international clients, they haven't forgotten the needs of those closer to home.

Kevin Prendergast, Executive Chef at The Toronto Hilton Hotel, understands the reality of hunger in our city. Kevin began his "food giving" mission when he worked and started a program at the New York Marriott Marquis Times Square Hotel. The hotel gave their leftover prepared food to City Harvest, New York City's food rescue program. Kevin was



thrilled with the success he saw in New York so when he made the move back to his hometown of Toronto, he was eager to start the same program at The Toronto Hilton Hotel. Kevin quickly found Second Harvest and the program was soon underway.

"I learned from the obstacles in New York and it was a very smooth transition," explains Kevin. "Everyone was very eager to help."

Since April 2007, The Toronto Hilton has donated approximately 9,000 pounds of leftover prepared foods from the hotel's breakfast and lunch buffets. The meats, cheeses, fresh pastries and other prepared foods that Second Harvest receives from The Hilton go to community programs and drop-in centres that feed homeless and low-income people in the downtown core.

The Hilton's desire to help feed those in need reaches beyond Second Harvest. In partnership with The Law Society of Upper Canada and their feeding program, The Hilton donates a buffet four times a year that serves enough food for 300 hot meals of roasted chicken, rice pilaf and bread pudding in the Society's cafeteria.

Feeding Our Future

FOR EIGHT WEEKS THIS SUMMER, Second Harvest picked up delicious lunches, which had been prepared by Sodexo volunteers at York University, and delivered those lunches to children attending free summer camps. Those 27,000 lunches meant that the children received at least one healthy meal a day.

Second Harvest Driver Thomas Morrell enjoyed doing the deliveries. "It's been a real pleasure to arrive at the camps and get to see the smiling faces as they shout, 'Lunch is here!'"

The Sodexo Foundation has expanded the program so that it now runs in seven Canadian cities, and this summer, over 100,000 lunches were delivered coast-to-coast to help children who, during the school year, depend on free or subsidized lunches, but during the summer, were going hungry.

The Geoffrey H. Wood Foundation, a long-term supporter of Second Harvest and Feeding Our Future, was keen to expand the program in Toronto to the north part of the city, and with additional funding from Telus,

and an increase of food from the Sodexo Foundation, Second Harvest was able to deliver to children in north Toronto at San Romanoway and Braeburn, as well as eight other day camps.



Second Harvest's Executive Director serves lunch to children from St. Felix Community Centre at the annual Feeding Our Future Barbeque.

Loads of ways to support Second Harvest

HAVE YOU BEEN TO a **Dining for Second Harvest** dinner before? If not, you're missing out!

On November 4th, Centro will open its doors to a select few to enjoy the creations of celebrated chef Bruce Woods. Tickets are \$275 (guests receive a tax receipt for \$175).

This dinner is sure to sell out quickly; please call 416-408-2594 to reserve your tickets.

You've got four ways to **Taste the Season!** This year, Taste the Season will be held on all four weekends in November. You can buy a pass for \$40 (\$10 will come to Second Harvest),

choose one weekend, and then visit as many of the 17 participating wineries as you'd like in the Niagara Region. Call Second Harvest to buy tickets.

Finally, are you tired of those endless office holiday parties? Wish your company wouldn't spend so much when so many people are hungry? Many companies opt out of the "same old same old" holiday celebration and give in the spirit of the season by donating the funds they would have spent on a party to Second Harvest – we'll put it to immediate good use!

...etc...etc...etc

The United Way of Food

Everyone knows about the good work of the United Way. They collect donations and then redistribute that money to worthy social service agencies in the city. Although Second Harvest does not receive funding from the United Way, we provide food support to many of the same agencies. By providing free food to these agencies, it allows them to use their funds for services, rather than having to buy food.

If you support United Way, and would like to direct your gift to Second Harvest, simply ask United Way to do so. Thank you for your consideration.

Here we grow

The expansion of Second Harvest's office and warehouse is underway, thanks in large part to the help of the Daniels Corporation and Straticom. With generous donations of \$10,000 by Rene Unger (formerly of Rene's Gourmet) and a grant of \$30,000 by Green Shield Canada, the campaign is off to a great

start. Second Harvest was thrilled by the response from our recent mailing, and would like to thank everyone who has supported us thus far. But there's a long way to go! We need to raise over a quarter of a million dollars for this expansion. If you haven't already, please consider helping.

Thanks

We'd like to thank these corporate partners, both long-term and new, for recently providing such generous support, and helping Second Harvest provide food for over 14,000 meals each day.

- CIT
- ConAgra
- Cormark (formerly Sprott Securities)
- Great West Life
- IBM Employees Charitable Fund

Make us your friend!

Second Harvest is now a Cause on Facebook. If you have an account, please make us your friend and help spread the word about Second Harvest!

It's Turkey Time

ONCE AGAIN, in December, Second Harvest will be running its annual turkey drive, to ensure that those people who can't afford a turkey dinner on December 25th will have one!

The goal in 2007 is to collect 5,000 turkeys, which will then be delivered throughout the G.T.A. in time for Christmas dinner. If you'd like to donate a bird, just drop by participating Loblaws stores. Please check www.secondharvest.ca or call our office closer to December for details.

Notice of Annual General Meeting

MEMBERS OF SECOND HARVEST FOOD SUPPORT COMMITTEE

Take note that the Annual General Meeting of the members of Second Harvest Food Support Committee will take place on Wednesday, November 21st at 5:30 p.m. in the TD Tower, 55 King Street West, 54th Floor, Toronto, Ontario.

For the following purposes:

- To receive the Financial Statements and the Auditor's Report;
- To elect Directors;
- To appoint Auditors for the ensuing year and to authorize the Directors to fix their remuneration;
- To transact such other business as may properly come before the meeting or any adjournment thereof.

*Dated this 1st day of October, 2007
by order of the board of directors*

Frank Amodeo
Frank Amodeo, Treasurer

Second Harvest extends a warm welcome to all members. Kindly call Wendy Job at 416-408-2594 or wendyj@secondharvest.ca to confirm your attendance.

Food for Thought

MANY PEOPLE, when they ask who receives Second Harvest's food, are shocked when they hear that 40% of the recipients are children and youth. But equally disturbing are the number of seniors who are unable to provide food for themselves. When there are so many children who need food, we tend to forget about the elderly, but in many ways, there are more obstacles if you are a senior in need.

What are some of the reasons that seniors need food support? They may have had mental health issues their entire lives. Often, people who suffer from mental illness fall through the social service net. This applies even more so to seniors, especially those who have no one to advocate for them.

There are thousands of seniors who worked at minimum wage jobs their whole lives. They may have been a teller in a grocery store, a waitress, or a factory worker. When

retirement hits, they simply don't have enough money saved to continue to pay for their rent, their bills and their food, so their diets and nutrition are often compromised.

For people who were laid off in their mid-fifties, it's difficult to find work again, and these are people who are too young to collect old age pension, so once the unemployment insurance runs out, they are without an income.

Seniors tend to have various health issues, and therefore are limited by the food they can receive. Canned soup, for instance, is less expensive than fresh vegetables, yet canned products are extremely high in sodium, something which many seniors are supposed to avoid. If a person is suffering from arthritis, he or she often doesn't have the strength or the dexterity to open a can. A senior with vision problems runs the risk of scalding himself when adding boiling water to, for instance,

a pot of macaroni and cheese. If they suffer from a disease like diabetes, not eating regularly can have deadly results. To a relatively healthy person, these health issues may seem inconsequential. But a vicious cycle, which may start as high blood pressure can result in a heart attack or stroke if the person's diet is not controlled.

Many of the seniors who need food support are the hidden hungry; they don't want their peers or family to know they need help.

Many of the seniors who need food support are the hidden hungry; they don't want their peers or family to know they need help. Sadly, this population is growing. While Second Harvest will always continue to help children, we also will continue to help our aging neighbours, an equally-needy segment of our population.



1450 Lodestar Road, Unit 18, Toronto, Ontario M3J 3C1

If undeliverable within 5 days, please return.

