

# second harvest times

Delivering fresh surplus food to those in need.

## Thrill of the Grill

"MOST OF US take grilled burgers for granted, but that's just not a reality for many children in our communities," said Food Network's Chef At Home, Michael Smith, after serving some 120 high-need children at the annual Feeding our Future barbeque, held July 17<sup>th</sup>



*Chef Michael Smith serves burgers and hot dogs at Feeding Our Future's Annual BBQ.*

in Riverdale Park. "To be out there on the front lines, asking these kids whether they want cheese or tomatoes on their burgers and seeing the smiles light up their faces... now that's a thrill you don't often get."

Burgers were not all that thrilled the children from Kiwanis Boys & Girls Club and Cabbagetown Youth, the two day camps invited to share in this year's barbeque and games. Freshly grilled hot dogs and veggie dogs, veggie burgers and grilled vegetables were also on the menu, along with tossed salad, fresh fruit and juice boxes. But the kids really took a shine to the mini unfrosted cupcakes which they could have custom-decorated on the spot.

All of the food was donated by the Sodexo Foundation, and served up by Sodexo volunteers and special guest, celebrity chef Michael Smith. As national spokesperson for the program, Chef Smith's passion and commitment comes through with unbridled enthusiasm. "There are thousands of children in this country who don't look forward to summer, because it means they don't get their subsidized breakfast or lunch at school. Through Feeding our Future, these kids will have at least one healthy meal a day during their summer vacation."

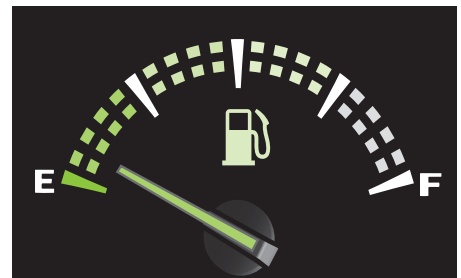
Created by Second Harvest in partnership with the Sodexo Foundation in 1999, Feeding Our Future now operates in eight cities across Canada. In Toronto, the Geoffrey H. Wood Foundation also provides funding to the program. The innovative program addresses the needs of inner-city families who want to send their children to free summer day camp but are unable to provide them with a daily lunch.

"Many of these programs are administered at board or committee levels," said Smith, who believes strongly in giving back. "But Feeding our Future has become a shining example of how communities and corporations can work together to make a difference in alleviating hunger."

During July and August, dedicated volunteers, many of whom are Sodexo employees,

gather at York University to make hundreds of delicious nutritious lunches, which are then picked up by Second Harvest and delivered to 13 day camps in the GTA. Similar situations are taking place in Vancouver, Calgary, Winnipeg, Halifax, Ottawa, Montreal and Hamilton.

This summer, Second Harvest's goal is to deliver over 30,000 lunches to children through the Feeding our Future program.



### We Need Gas!

Second Harvest has seven large refrigerated trucks on the road every day, picking up and delivering food. It costs approximately \$235 to fill each truck every week.

At this point, Second Harvest's fuel costs are 55% higher this year than they were last year, and that is not something which was anticipated. Second Harvest has committed to delivering fresh food to 250 social service programs in the city. We cannot and would not break that promise. If you can help financially, please use the enclosed donation form or donate on-line and help keep our trucks on the road. **Thank you.**



# Guest editorial

## Stevie Cameron



*Stevie Cameron is the co-founder of St. Andrew's Out of the Cold program and a Second Harvest Board Member.*

WHEN THE TRUCK ARRIVES on Sunday afternoons, it's a little like Christmas. What will we find this week? We stand out there in the cold, our aprons flapping in the wind, peering into the back of the truck to see what's on offer. A couple of cases of mangoes? A box of tomatoes? Several dozen cartons of juice drinks? Four dozen heads of romaine? And once we've heaved it all on to trolleys and pushed it inside, we start to improvise.

Why not Mango Crisp? Famed television chef Michael Smith, host of Chef at Home and other programs on the Food Network, once

worked with a Second Harvest drop-off at St. Andrew's to create Mango Crisp, and it is now standard fare.

The other items this week? Well, what about roasted tomato and garlic soup and Caesar salad? The juice drinks can be set at each place as a treat to add to the regular offerings of apple juice, milk, tea and coffee. We've got some parmesan cheese left over from their donation last week and there's extra bread today so we can even make croutons.

St. Andrew's Church is an anomaly in the Second Harvest food distribution system because we buy most of the food we use to serve dinners to about two hundred and fifty people on Monday nights all through the winter months. We also serve breakfasts on Tuesday morning, and these we offer all year round.

Most of the 250 programs receiving food from Second Harvest are getting up to one hundred percent of what they need for their menu programs, but most of these agencies are running seven days a week year-round. St. Andrew's meals are part of the Toronto-wide – indeed country-wide – Out of the Cold system, with each agency operating independently to do what it can in its own community to feed the poor and hungry and homeless. Most of the Out of the Cold programs are run by churches and most operate only in the winter months, working with one another to make sure a church is open for a meal every night of the week.

When we started our Out of the Cold program at St. Andrew's seventeen years ago we found it impossible to beg, borrow and scrounge enough food to meet the instant demand for our meals so we began fundraising to buy our food. This worked, but it still wasn't enough. That's when Second Harvest stepped in.

For the last six years their trucks have come by at the end of their regular deliveries with whatever is left over. It's been a wonderful success. Our cooks love the chance to improvise – there may not be enough chicken or ground round on the truck for two hundred and fifty but there's always enough to make extra food to offer on busy nights when we run out the main menu – as we almost always do. Often there's enough to make a whole salad for everyone or a big batch of a spectacular vegetarian dish or fruit dessert. The food from Second Harvest has also allowed us to begin a new, smaller, program we called Meals to Go, food for people who are in trouble. When illness, death or some calamity hits someone we hear about, we send individual dinners for as long as they're needed.

For our hungry guests, the arrival of the Second Harvest truck is a godsend but for our ambitious cooks, it's a culinary challenge. Everyone wins.

**STEVIE CAMERON**

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

*We do not rent, sell or trade our mailing lists. If you do not wish to receive our newsletter or be solicited for further donations, please contact us.*



# bits pieces

AS WE MOVE INTO AUGUST, it's hard to remember all of those wintry days when it felt like summer would never come. But come it did, as we felt on June 8th at Toronto Taste. Our annual gourmet graze seems to kick off the summer season for many of our guests, and the weather cooperated beautifully.

I'd like to acknowledge the hundreds of volunteers who made the evening a success. The steering committee started meeting in November, planning everything including which chefs would be invited to participate, to how to improve our auctions, to how to decorate the Japanese Canadian Cultural Centre. The volunteer support was in full force on the weekend of Toronto Taste, with over 300 volunteers putting in long hours setting up the venue, taking tickets, clearing tables, emptying garbage, and many more unglamorous jobs.

Volunteers inspire me. I look at the people who come to our warehouse to sort through

food, ensuring that everything going out on the trucks is of good quality; I think about the folks who ride the trucks with our drivers and help them load and unload the truck whether it's a stinking hot day or pelting with rain, and I can't help but feel so grateful for their help.

One of our volunteer board members, Angela Robertson, has stepped down. Angela is the Executive Director of a remarkable agency, Sistering. We've been delivering food there for years, and are proud of the partnership. They are an organization that offers practical and emotional support to women through programs which enable them to take greater control over their lives. Guided by the principles of Anti-Racism/Anti-Oppression, Sistering works to change social conditions which endanger women's welfare. Angela was an important member of the board, offering a front line perspective on hunger and why Second Harvest is so vital to our community. We will miss her.

Finally, I recently spent a morning up at York University in the kitchen helping to make lunches for the Feeding Our Future program. It was hard work, but it was rewarding to see those sandwiches loaded onto the Second Harvest van, en route to hungry kids across the city. To all the people at Sodexo as well as the Second Harvest volunteers who get up early every weekday morning, make their way to York, and spend their time putting together those lunches -- thank you!

*Zoë Cormack Jones*

**Zoë Cormack Jones**  
Executive Director



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WITH GRILLS SIZZLING and corks popping, The Japanese Canadian Cultural Centre was buzzing on June 8th for this year's extremely successful Toronto Taste, Second Harvest's annual summer fundraising gala, now in its 18th year. Over 1,500 guests stayed cool by drinking sweet and tangy martinis, bold red wines and ice cold creamy beer while noshing on such culinary treats as Kobe Beef Hotdogs, Watermelon Gazpacho, Scallop Cervice, Organic Lamb Patties on Golden Beet Carpaccio and and nICE WINE sorbet. The evening's entertainment included musical acts like the Choir Girlz, Suhashini Arulanandam and Danny B.

The silent, live and wine auctions were all a resounding success and Carlo Rota was fantastic as emcee for the evening. This year's raffle did not disappoint with such exciting prizes as all-inclusive trips and culinary appliances. Lucky raffle winners were Victor Gustavian (1<sup>st</sup> prize), Andris Grinbergs (2<sup>nd</sup> prize), George Ngo (3<sup>rd</sup> prize), and Blair Weber (4<sup>th</sup> prize). The winner of the Thermador refrigerator was Lilo Bulger.

For the 13<sup>th</sup> year, our gratitude goes out to our amazing Presenting Sponsor, The Daniels Corporation. And of course, none of this would be possible without the help of all of our dedicated volunteers. Special thanks go to Stevie Cameron and her crew from Out of the Cold at St. Andrew's Church on Simcoe Street, as well as our friends at Sodexo who fed the more than 300 volunteers.





# Food Donor profile

AMONG ALL PHOTOGRAPHY STUDIOS across the GTA, Douglas Bradshaw Photography remains the largest and longest standing food donor to Second Harvest. Since 1997, they have donated enough food to provide for about 20,000 meals to the Toronto community.

Operating for over 25 years in downtown Toronto, Douglas Bradshaw Photography is a reputable photography studio, specializing in commercial photography of food. Douglas Bradshaw's famous food shots can be seen on packaging, editorial publications, and promotional materials for leading national brands, such as McCain, and for private labels, such as Tim Hortons.

Being mindful of the leftover food he had after each photo shoot as well as the need that he saw in the Toronto community, it quickly became apparent to Bradshaw that he couldn't put the food to waste. Since his studio's inception, Bradshaw had been donating the surplus food to various food banks



and agencies, but in 1997 he began consistently donating to Second Harvest.

When asked why he continues to donate to Second Harvest, Bradshaw remarked on Second Harvest's great pick-up service. "Second Harvest always picks up the food in a timely fashion either the same day or next day after we make the call". He also adds that "Second Harvest has enough networks of agencies that are available to pick up the food if they can't do the pick-up themselves."

Douglas Bradshaw's donations are significant not only for the quantity and frequency, but for the quality as well. The food that Bradshaw donates is fresh and near perfection, since it is often food that his clients handpick for the photo shoot. Depending on what food is in the spotlight

that day, Second Harvest receives a variety of fresh food, including produce, prepared entrees, and artisan bread.

Second Harvest has already received 1,345 pounds of food from Douglas Bradshaw Photography this year. The agencies served are incredibly grateful for these donations and so is Bradshaw. Making reference to good karma, Bradshaw remarks, "I wouldn't be in the business if there wasn't an outlet like Second Harvest to pick up the food".

Other photography studios that have made food contributions to Second Harvest this year include Champion Photography, Colin Ericson Photography, David Scott Photography, James Tse Photography, Kevin Hewitt Photography, Wallace Studios, and Westside Studios.

**Thank you all for your support!**

**SECOND HARVEST is lucky to have both old friends and new who support us. Here are a few examples of some long-standing, and well as some new donors we welcome to our family.**

## WHO'S A NEW SUPPORTER?

**National Bank** is a new donor to Second Harvest, and has committed to a five-year pledge. We look forward to National Bank's further involvement with Second Harvest.

**The Epicure Foundation** is guided by a strong sense of responsibility and desire to utilize Canada's abundance to enrich each community. They are committed to promoting food security in Canada and were established in 2007 to enhance the lives of Canadians through educa-

tion and poverty relief. We are thrilled to be one of their first recipients for this new foundation.

**Mizan** is a registered, not for profit, charitable organization which was established by a group of Muslims in Toronto. They aim to provide a facility for the local collection and distribution of Zakat (ordained charity) according to the Qur'an and Sunnah. Zakat is a valued Islamic resource practiced as an act of worship that serves the needs of Muslims.

## WHO ARE OUR LONG-TIME SUPPORTERS?

**ConAgra** is one of our "hat-trick" partners who give Second Harvest food, funds, and folks (volunteers!) and have made a financial commitment for the next five years, in addition to running a Lunch Money Day campaign.

# Agency profile

## John Innes Community Centre

IT MAY SURPRISE MANY TORONTONIANS to know that hidden amongst the hustle and bustle of the downtown core, is a fun-spirited escape for children living in the inner-city.

Near Moss Park at Sherbourne and Queen Street East, the John Innes Community Centre has been running their free day camp programs for the past 20 years. Five years ago, Second Harvest stepped in and began delivering fresh packed lunches to the John Innes Day camps through the Feeding Our Future program. "It was very difficult managing kids who hadn't had lunch, dinner or breakfast," says David Hains, Executive Director for the Centre. Now the children have fresh nutritious food for lunch and sometimes even take some home for dinner. "If they want to take extra food, they can do that," says David. "Not only are we providing a meal during the day-time, the food from Second Harvest allows the kids to have dinner as well." The centre offers

three day camps for children aged six to seventeen and also offers a Leadership camp for developmentally challenged youth. These campers learn skills which enable them to return the following year to work as camp counselors.

The John Innes Community Centre is feeding approximately 100 children a day plus another 100 homeless and displaced people from the area. The centre works with local

shelters and agencies to run the Homeless Baseball League every Monday evening in Moss Park and many Caribbean men aged 17 to 70 living in the neighborhood enjoy the Dominos Club at the Centre as well. Both programs are providing a sense of belonging and community for people from the area. "We don't have traditional programming in this neighborhood," says David. "We figure out what the problem is and we deal with it."



David Hains  
(2nd from the right)  
and his Day Camp staff

Our extremely generous friends at **The Sprott Foundation** have donated to Second Harvest once again. In addition to supporting our recent warehouse expansion, they also donate quarterly to our operations, ensuring our trucks stay on the road every day.

**Capital One** also contributed to our expansion plus their recent donation covers the cost of this newsletter (design, printing and mailing) and the cost of the design and printing of the Annual Report. They were also a sponsor of Toronto Taste, and purchased a number of tickets to the event.

**RBC Foundation** has donated once again to Second Harvest, most recently for programs helping children and youth in our community.

### AND, SPEAKING OF COMMUNITY:

**The Toronto Recreational Sports League** surpassed their goal and donated over \$2,000 which was raised at their annual soccer tourna-

ment. This tournament, over the last 6 years, has raised over \$10,000 for Second Harvest.

At their recent wedding, **Lisa Tobias and Rob Lowe** made a generous donation to Second Harvest in lieu of a take-home gift for their guests.

**Echoage** is a great idea which encourages children to choose a recipient charity for their birthday party. The child asks their guests to bring cash to the party instead of a present. Half of the money goes to the charity, and the birthday boy or girl can buy a present with the other half of the money. The program has many benefits. It makes kids aware of various local environmental charities; keeps gift wrap, cards, and the plastic enveloping most gifts from landfill; and helps the charities financially. To date, Second Harvest has received \$6,381 through Echoage donations. For more information, go to [echoage.com](http://echoage.com).

# Food for Thought

OUR VISION STATEMENT at Second Harvest is no one need go hungry in the communities we serve. How do you define “community”? Is it the street that you live on? Is it the neighborhood you live in? Your city or province or country? Or even beyond that?

Since 1985 Second Harvest has been rescuing fresh food and delivering it to agencies serving people in need. In the last 23 years, we have built a solid reputation for doing this extremely well. As a result, we receive phone calls and emails regularly from around the world with requests from people who want to set up similar programs to Second Harvest.

We have consulted with people in Brazil, South Africa, Israel, Denmark, North West Territories, Collingwood, and most recently, the Bahamas. A remarkable 21-year old woman from the Bahamas, Alanna Rodgers,

is creating “Hands for Hunger”, and recently secured funding for a team from Second Harvest to go to the Bahamas to help in the initial stages of the program. Alanna and her team have already secured food donations from resorts, grocery stores and Starbucks. They recently received funding for two refrigerated trucks, and will soon start delivering that fresh food to agencies like an AIDS camp, Salvation Army and Red Cross.

Her challenges are very different from Second Harvest’s here in Toronto. For instance, in the Bahamas, there is no charitable tax receipt system, so if a donor is going to financially support the program it will be solely because they feel it is the right thing to do.

Other countries face different problems. The founder of the program in Denmark had the challenge of convincing the government that poverty did indeed exist in their country.

In Israel, one of the challenges was coordinating night-time pick-ups, which is when the majority of surplus food was available.

Second Harvest has been able to offer guidance on each of these issues. With the number of requests for help increasing, we have decided to use our experience and expertise to write a handbook which can be used to help people start a program like ours anywhere in the world.

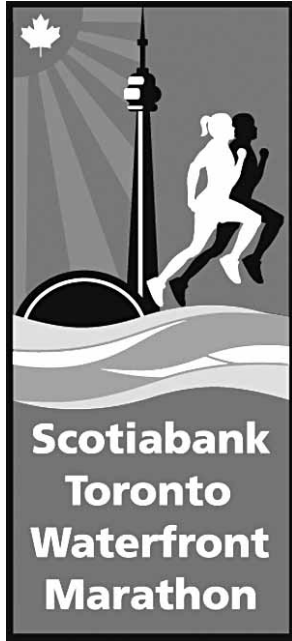
Every time we meet with one of these individuals who are trying to use the Second Harvest model, we are reminded that we are all the same; whether we speak Hebrew, Portuguese, or Danish. We are all part of a larger picture, and it behooves those of us with knowledge to help those who need it, so that no one need go hungry in the communities we serve.



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

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SECOND HARVEST / SCOTIABANK  
**TORONTO WATERFRONT MARATHON**  
SEPTEMBER 28<sup>th</sup>, 2008

By joining the Second Harvest team at the Scotiabank Marathon, you'll help keep our trucks on the road! Run or walk for Second Harvest on September 28th! For more information, or to sign up, call Jordan Mlynek at 416-408-2594 or fax this registration form to Jordan at 416-408-2598. You can register online at [www.torontowaterfrontmarathon.com/en/charity/secondharv.htm](http://www.torontowaterfrontmarathon.com/en/charity/secondharv.htm).  
**WE NEED YOUR PLEDGES!**

## Registration Form

Name: Last \_\_\_\_\_ First \_\_\_\_\_

Address: Street \_\_\_\_\_

City \_\_\_\_\_ Province \_\_\_\_\_ Postal Code \_\_\_\_\_

Phone: Daytime \_\_\_\_\_ Evening \_\_\_\_\_

Email: \_\_\_\_\_

Date of Birth: \_\_\_\_\_ YYYYY/MM/DD \_\_\_\_\_ Age on Race Day: \_\_\_\_ Male  Female

Please list any medical conditions: \_\_\_\_\_

\_\_\_\_\_

If you own a ChampionChip enter the number here: \_\_\_\_\_

PLEASE INDICATE  
WHICH RACE  
YOU WILL BE RUNNING:

- 5km  
 Half Marathon  
 Full Marathon

SHIRT SIZE:

- Small  Medium  
 Large  Extra Large

### RELEASE, WAIVER, AND INDEMNITY

In consideration of the acceptance of my application and the permission to participate as an entrant or competitor in the SCOTIABANK TORONTO WATERFRONT MARATHON, HALF-MARATHON AND 5K RUN/WALK Sunday, September 28<sup>th</sup>, 2008 I for myself, my heirs, executors, administrators, successors, and assigns HEREBY RELEASE, WAIVER AND FOREVER DISCHARGE The City of Toronto, The Toronto Police Service, The Toronto Police Services Board, The Chief of Police, The Toronto Transit Commission, Athletics Canada, OTFA, ORA, RCP INTERNATIONAL, Scotiabank, Adidas, Sporting Life Inc., and all other associations, sanctioning bodies and sponsoring companies, and elected and appointed officials, successors and assigns, OF AND FROM ALL claims, demands, damages, costs, expenses, actions and causes of action, whether in law or equity, in respect of death, injury, loss or damage to my person or property HOWSOEVER CAUSED, arising or to arise by reason of my participation in the said event, whether as a spectator, participant, competitor or otherwise, whether prior to, during or subsequent to the event AND NOTWITHSTANDING that same may have contributed to or occasioned by the negligence of the aforesaid. I hereby agree to periodic mailings, both electronic and physical, from RCP INTERNATIONAL, and to allow the use of any photographs taken of me in the run, by the organizers, for future event promotional purposes. Such photos are not to be used for any other commercial or re-sale purposes. I FURTHER HEREBY UNDERTAKE TO HOLD AND SAFE HARMLESS AND AGREE TO INDEMNIFY all of the aforesaid from and against any and all liability incurred by any or all of them arising as a result of, or in any way connected with my participation in the said event. BY SUBMITTING THIS ENTRY, I ACKNOWLEDGE HAVING READ, UNDERSTOOD, AND AGREE TO THE ABOVE WAIVER, RELEASE and INDEMNITY. I WARRANT that I am physically fit to participate in this event.

I, \_\_\_\_\_, agree to the above.

Signature \_\_\_\_\_ Date \_\_\_\_\_