

# second harvest times

Delivering fresh surplus food  
to those in need.

## 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 Thursday, November 20<sup>th</sup> at 5:30 p.m. in the TD Tower, 55 King Street West, 54<sup>th</sup> 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, 2008.**

BY ORDER OF THE BOARD OF DIRECTORS



*Frank Amodeo, Treasurer*

*Second Harvest extends a warm welcome to all members. Kindly call Alice Liew at 416-408-2594 or [alichel@secondharvest.ca](mailto:alichel@secondharvest.ca) to confirm your attendance.*



**Zoë Cormack Jones**

*Executive Director, Second Harvest*

As some of you will already know, I am retiring at the end of December. Although I won't be officially working at Second Harvest, I do intend to continue helping in the social services, perhaps by lending a hand to some of the agencies we have served over the years. I look forward to this.

Looking back over the last eleven years has made me realize how lucky I was to have worked in an organization that I was proud of; with staff, volunteers and donors who were loyal; performing a job I felt passionate doing.

Second Harvest has gone through incredible changes in the last eleven years. In 1997, we distributed 1.7 million pounds of food. Last year, our drivers delivered over 5.7 million pounds. In all those years, there was only one day when our drivers were unable to make their way through a storm to the agencies waiting for our food, and that was this year, when the City of Toronto urged everyone to stay off the roads. (Even then, I had to argue with one of our drivers that it was not worth the risk!)

People have been asking me about the highlights of my career at Second Harvest and I have to say there are many. One was moving to 1450 Lodestar Road seven years ago. This space had a warehouse with room for a walk-in refrigerator and freezer; loading docks for our trucks; and enough office space for our growing staff. This past spring, when we "broke ground" on our renovations, although it was tinged with sadness that we had to expand to help all of the agencies waiting for our food, I felt grateful that we had built such strong supports in the community that enabled us to expand.

What else is a highlight? The success of our Turkey Drive, which every year serves as a wonderful reminder of the generosity of our community.

The growth of Lunch Money Day, which came via an idea I heard at a conference for Feeding America (formerly America's Second Harvest). Again, this campaign has proven to

*...Zoë continued on Page 2*



me that I'm living in a city where people take care of one another.

Toronto Taste is going into its nineteenth year. Considering the average lifespan of an event like this is seven or eight years, it is astonishing that we are still making a great profit with this gala.

Another highlight is the introduction of our conferences for our agencies, which allow the front-line chefs to come together, learn from our speakers and from each other, and share their challenges.

Second Harvest is well respected in our city, and I have many people to thank for that. Our staff is second-to-none and I will miss them. I remember returning from a holiday and, while on the highway, I received a call that our office alarm had gone off. I drove directly to the office, and at one in the morning, there were already two staff members who had received the call and had quickly responded. I think about how the staff pitches in and works together so well, from an event like the Turkey Drive, to collecting money at six in the morning on Lunch Money Day, to

simply staying late to put together packages for mailing out to our donors.

I am grateful to have worked with our board and committee members, who provided the delicate balance of support and advice, while being respectful of my decisions. Despite many of them being in very senior positions, they are a responsive and down-to-earth group.

Second Harvest has been extremely fortunate to be part of a larger network, both within Toronto, and in North America. I salute all of the people in our "industry" who have committed to feeding those in need, whether it's the folks at Daily Bread Food Bank, or the people at Feeding America. I have learned a great deal from others who are doing the same type of work, and when I have attended Feeding America's conferences, I return to Toronto feeling that yes, we certainly do a good job here.

I couldn't have done this job without the support of my family and friends, who cheerfully have rolled up their sleeves and helped "the cause", whether it was my husband driving a truck when we were desperate, my friends from the "Y" sharing their multitude of talent and connections, my son and daughter collecting turkeys, or my brother donating items to Toronto Taste's Silent Auction.

I truly appreciate your generosity.

Perhaps the constant in the last eleven years has been the volunteer spirit that propels Second Harvest. When Joan and Ina started this in 1985, they were volunteers, and that spirit has not left. Whether it's the people who are sweating in the dish pit at Toronto Taste, or going cross-eyed entering data into our computers, or not leaving the office because you didn't want me to be left on my own, you were there. Although it must seem very far removed from the front lines of hunger, you did make a difference to Second Harvest, and I thank you for that.

Should you be reading this newsletter because you have given food to Second Harvest, or money, or your time, I sincerely thank you for your support. It is so reassuring to know that we are all working together towards a common vision... that no one need go hungry in the communities we serve.

Zoë Cormack Jones



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For additional copies, contact us at 1450 Lodestar Road, Unit 18, Toronto, Ontario M3J 3C1.

Tel: 416-408-2594 • Fax: 416-408-2598 • Email: email@secondharvest.ca Charitable Registration No. 13386 5477 RR 0001

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# Guest editorial



*Second Harvest's  
Executive Director, Zoë Cormack Jones  
and Susan Daghish, shown at  
Toronto Taste 2001.*

IT IS HARD TO BELIEVE that Zoë is retiring. It seems like yesterday that I met her. It was 1997.

Second Harvest began with two women, Joan Clayton and Ina Andre voluntarily collecting perishable food from restaurants and delivering it to a few organizations that fed hungry Torontonians. The concept caught on and rapidly outgrew mere volunteer efforts. After a succession of unsuitable Executive Directors, the Board was extremely discouraged that we would ever find the right person to lead us into the next stage of development. Then Board member Lucy Waverman suggested Zoë.

As soon as we met Zoë, we knew she was it. We offered her the position. Zoë, we soon discovered, favoured a consultative method of management. Within weeks, crisis management was a thing of the past. Board micro-management was no longer required. Staff morale went up and so did productivity. We were on our way to great changes.

Zoë brought wonderful advancements during the years we worked together. She upgraded our biggest fundraiser, Toronto Taste, to its present status. She introduced an

important new funding source, known as "Lunch Money Day". Our fleet grew. Our volunteer base grew. Our financial donors increased. Our food donors multiplied. We were able to help more and more agencies. With a more reliable source of donated food, they were able to direct their resources to implement much needed programs within their own agencies. My favourite project is still Harvest Kitchens. It is a brilliant partnership endeavour.

Zoë has taken Second Harvest to a level the Board of Directors could not have imagined when we hired her. When I retired I moved out of the GTA, but Second Harvest continues to be my favourite charity. I eagerly look forward to the Second Harvest Times, and am constantly amazed by the growth reflected in its pages.

The contrast between "before Zoë" and now is incredible. For example, our first tiny office was very peculiar, hidden in the bowels of College Park in downtown Toronto. Now Second Harvest operates in a huge, multi-functional space. Then trucks picked up food in the morning and delivered it to agencies the same day at the whim of the drivers. Now food is collected, collated, inspected and delivered on the basis of each agency's needs.

Zoë is the most wonderful judge of character, hiring just the right person for the job. Whenever a new project was rolled out, Zoë found the perfect person to manage it, ensuring the project's success. Zoë is a leader, mentor, and enabler extraordinaire. It is her ability to listen, to plan, to envision that has attracted exceptional people to Second Harvest, be they staff, donors, volunteers or Board members.

Zoë's retirement is the end of an exciting era at Second Harvest. She leaves a strong, healthy, vibrant organization for her successor to pick up where she has left off. I wish Zoë all the best in retirement, I can certainly recommend it. Because of Zoë's exemplary leadership, I feel confident that the Board of Second Harvest will soon find a suitable candidate to take the organization to its next exciting phase.

## **SUSAN DAGLISH**

*Board Member 1993 - 2001  
Board President 1997 - 2001*

**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.**

# Volunteer profile

## Pina Di Leo

THERE'S A NEW HERO among Second Harvest's team of volunteers and she spends her Friday mornings sourcing and collecting fresh fruits and vegetables at the Ontario Food Terminal. Etobicoke resident, Pina Di Leo, recently joined Second Harvest to become the first ever Volunteer Produce Raiser. This position was created by Second Harvest in response to a growing demand for fresh produce among its member agencies.

The Ontario Food Terminal is the largest wholesale fruit and produce distribution centre in Canada. Every Friday, Pina approaches up to 22 warehouse tenants at the terminal, asking if they can help Second Harvest by donating their fresh surplus produce. After Pina is finished tracking donations, a Second Harvest driver arrives to pick up the wonderful fruits (and vegetables) of her labour.

Prior to June 2008 when Pina first arrived on the Ontario Food Terminal scene, it was up to the Second Harvest drivers to approach the tenants, collect the food, and load the food in their trucks. Now, thanks to Pina's presence, the Second Harvest drivers are able

to pick up and distribute more produce much more quickly.

"I knew that I could contribute towards Second Harvest because I felt that I had the gift of working with people," says Pina. "It pains me to think of the many children and young teens going to school hungry every day. We need to nourish them today to change tomorrow."

Pina's gift has resulted in substantially more produce donations for Second Harvest and ultimately its member agencies. On average, donations from the terminal have increased 100%. One Friday, Pina filled a truck with ten skids of produce, translating to approximately 16,000 pounds. When asked about her most memorable success, Pina replied, "Of course getting a full truck of fresh food is a great success, but I would have to say that convincing a new donor to contribute is equally memorable."

In addition to her lively, go-getter attitude, Pina has a great understanding of the language and terminology used in the food industry from her work experience with companies like Loblaw Companies Ltd.

Both her exuberant passion and her solid experience in the field have allowed her to effectively communicate and ultimately convince produce managers to donate.

When asked why she is so excited to raise produce, Pina asserts, "Knowing that I am doing my part for a worthy cause is enough. The fact that I am surrounded by great food, generous donors and their staff is a bonus."

Pina Di Leo is truly an ambassador for Second Harvest.



Pina Di Leo at the Ontario Food Terminal with Second Harvest driver Hektor Habili.

## Ever seen a Turkey Drive?

ON THE FIRST TWO WEEKENDS 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 25<sup>th</sup> will have one.

This year's goal is to collect 5,000 turkeys, which Second Harvest will deliver in time for Christmas dinner. If you'd like to help us collect turkeys, contact Jennifer MacKiddie at 416-408-2594. If you'd like to donate a bird, just drop by participating Loblaws stores. Please check [secondharvest.ca](http://secondharvest.ca) or call our office closer to December for details.



## Thank you to...

FINANCIAL DONATIONS arrived large and small in this last quarter, and we appreciate every dollar that we receive.

Great-West Life, London Life and Canada Life started our summer off beautifully with a corporate contribution of \$35,000. This is the first of a three-year commitment to Second Harvest's Harvest Kitchens program. As Wendy Cutts, Program Manager for Community Relations said, "We share your feelings of sadness over the fact that it became necessary to expand your operations, and remain proud to support effective programs, such as Harvest Kitchens, to address both the issues of hunger and unemployment."

When Jordan Mlynek, Second Harvest's Senior Coordinator of Events and Campaigns, married Mike Kic this summer, they made a donation to Second Harvest in lieu of take-home gifts.

Also this summer, our friends at CIBC Mellon ran a Golf Tournament (thanks to CIBC'er Christine Chen who sits on our Toronto Taste Steering Committee) with proceeds coming to Second Harvest.

Some months after the LCBO introduced its bottle deposit on wine and liquor containers in 2007, Paula Gardner volunteered to collect and return all bottles consumed by the residents in her 21-unit condo building and give the proceeds to charity. A dedicated recycling bin was provided for these bottles, and Paula would make the trip to her local Beer Store once a month. About one year into the project, the deposit refunds added up to \$141 and Paula was thrilled to donate the money to Second Harvest. "It may sound like a small amount, but it's a lot when you think of it as 282 meals," said Zoë Cormack Jones. "We hope this will inspire other multi-unit dwellings to follow this example of charity beginning at home."

And sometimes we just never get tired of saying "Thank you and thank you again." The Sprott Foundation helped cap off our year with a very generous summer donation.



*Paula Gardner, President of the Board of Directors, Hunt Club Residences, presents a year's worth of bottle deposits to Zoë Cormack Jones outside the Second Harvest warehouse.*

## Look for Second Harvest at...

FALL IS THE TIME for consumer and trade shows, and Second Harvest will have a presence at many of these shows.

The Gourmet Food and Wine Expo, which runs at the Metro Toronto Convention Centre from November 20-23, has once again chosen Second Harvest as their charitable partner. If you're attending the show, please return your wine glass to the Second Harvest volunteers at the exit, and Second Harvest will receive \$1 for every returned glass.

Connecting parents and kids to a healthy lifestyle is the theme of this year's Healthy Kids Expo. Get inspired to make wise choices for your family's health and green living, October 24 -26 at the Direct Energy Centre. Not only does Second Harvest have an information table at the Expo, we are also picking up the surplus food at the end of the show.

We will also have an information booth at the Toronto Congress Centre, during Grocery Innovations Canada, October 26<sup>th</sup> and 27<sup>th</sup>.

The Canadian Arthritis Network and The Arthritis Society will be donating surplus food from their October conference at the Marriott Toronto Downtown Eaton Centre. In addition, they are extending an invitation to a free Public Forum called "Then and Now: 60 Years of Arthritis Research", which will be held Thursday, October 16<sup>th</sup> from 7:00 to 9:00 p.m. at the Marriott. The Forum will feature arthritis experts from across Canada presenting their personal and professional perspectives on how Canada's arthritis research landscape has evolved to the present day, and attendees will have the opportunity to ask questions and gain insider information on emerging prominent research initiatives

within Canada. To register, please call 1-800-344-6926.

Earlier this fall, our drivers picked up excess food from the Ethnic and Specialty Food Expo, Toronto Vegetarian Food Fair, SYSCO Connections 2008, and the Canadian Health Food Association Expo East.

### TAX RECEIPTS

Second Harvest will automatically issue a tax receipt for a donation of \$20 or more. If your donation is for less and you would like a tax receipt, please call our office and we will be happy to issue one. Thank you.

# Agency profile

## 416 Drop-In Centre

IF YOU'VE EVER HAD TROUBLE planning your household's meals for a week, imagine what Chef Luis goes through as he plans a whole week's worth of hot lunches for the women who frequent the 416 Drop-In Centre on Dundas Street East.

On a typical day, anywhere from 70 to 120 women show up around noon for one of Luis' delicious and nutritious meals. The Venezuelan-born cook, who has been feeding the women at 416 for four years, says this is the best job he's ever had. From creating a daily menu board to plating the meals, presentation is very important in making the women feel cared for and welcome. "At the beginning nobody ate vegetables, but now they do because we make them look good," says Luis.

This sense of pride is carried through to the many mental health and addiction services that 416 provides to women who are coping with abuse, isolation, addiction and/or mental health issues. Hot meals at breakfast and lunch, financial and medication assistance, showers, laundry facilities, clothing, a mailing address, phone access and a replace-

ment I.D. clinic are just some of the ways that 416 Drop-In supports women in a safe daytime refuge.

"Our women are so sweet, yet so disempowered," says Rosie Smythe, the Centre's Executive Director. "We have tried really hard to create a respectful environment, and hope that our clients will use what they learn here to change their lives and become viable members of their community."

Officially known as 416 Community Support for Women, the Centre is open 365 days a year from 8:00 a.m. to 4:00 p.m. It is often the only place that welcomes women who may have been shunned from other centres due to the chronic nature of their mental health issues or their on-going substance abuse problems.

Food service is a major part of the program at 416, and Second Harvest is just one of the food providers for the agency. In addition to a full time cook who prepares up to 200 meals each day, a full time driver picks up all of the agency's donated food and clothing on a daily basis, including food bank provisions. Thursday is food bank day at 416, when

clients can also listen to guest speakers on subjects ranging from breast cancer to the effects of tobacco.

"The women who come here have a lot of physical health problems. When lunch is their only meal of the day, the food must be delicious," says Smythe. "We also allow our clients to have seconds, because we know that many of them won't eat dinner."

The Centre's high population of aging women poses specific dietary concerns, namely a shortage of eggs, milk and yogurt. Second Harvest tries to meet this demand whenever possible during its twice weekly deliveries of fresh surplus food. Another way that Second Harvest helps this agency is by brokering a regular Friday afternoon pick-up from a Bay Street firm.

"Our clients are very appreciative of our services. Some are able to give back by answering the phones, greeting at the front door, and helping with kitchen clean-up," says Smythe. "We don't want them to come here just for good food, but for mental and spiritual nutrition as well."



*A changing daily menu is one of the ways resident cook Luis shows how much he cares about the women he feeds.*



*Theona, a former client, has been volunteering on kitchen duty every Monday and Saturday for the past six years.*

ON FEBRUARY 26<sup>TH</sup> 2009, Torontonians will be asked to donate their lunch money to Second Harvest. Last year on Lunch Money Day, Second Harvest collected over \$380,000. This year's goal is \$410,000 and the campaign is already off to a great start with Mackenzie Financial Charitable Foundation returning as the Presenting Sponsor.

Now is the time to sign up to run a campaign in your office or school. There are lots of fun ways to get your colleagues involved in



fighting hunger. Call Jordan at 416-408-2594 for more information.

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 online at [secondharvest.ca](http://secondharvest.ca)

Every \$5 donated is enough to provide food for 10 meals, and if you help us reach our goal, Second Harvest will be able to provide food for over 800,000 meals!

**Thank you to everyone who ran Lunch Money Day campaigns in 2008. We'll be emailing you soon with information about Lunch Money Day 2009!**

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|--|---|---|---|
| <i>Adecco Employment Services</i>                | <i>Environics Communications</i>                  | <i>Ministry of Training Colleges &amp; University</i> | <i>Summerlee Office Solutions Ltd.</i>            |
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| <i>AY Jackson S.S</i>                            | <i>Global-Matrix</i>                              | <i>Ontario Arts Council</i>                           | <i>TELUS - 74 Laird/300 Bator</i>                 |
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| <i>Denison Mines Group</i>                       | <i>Mackenzie Financial</i>                        | <i>Signature Vacations</i>                            | <i>WebFeat</i>                                    |
| <i>Deutsche Bank AG, Canada Branch</i>           | <i>Madinatul Uloom Academy</i>                    | <i>Sir Wilfrid Laurier Collegiate</i>                 | <i>WeirFoulds LLP</i>                             |
| <i>Di Clemente, Angelo</i>                       | <i>Maidstone Bakeries</i>                         | <i>Smart Centres</i>                                  | <i>West Hill United Church</i>                    |
| <i>Dr. Steve Colomby</i>                         | <i>Maple Leaf Foods (St. Clair Ave. W.)</i>       | <i>Soak Wash Inc.</i>                                 | <i>West Indian Vol. Comm.</i>                     |
| <i>Earl Beatty P.S.</i>                          | <i>Maple Leaf Foods, Inc. (Mississauga)</i>       | <i>Soberman LLP</i>                                   | <i>Wholesale Energy Group</i>                     |
| <i>Earl Haig S.S.</i>                            | <i>McCain Foods Limited</i>                       | <i>Sobeys (Whitby)</i>                                | <i>Williams Sonoma - Eaton Centre</i>             |
| <i>Emily Carr S.S.</i>                           | <i>McClean &amp; Kerr LLP</i>                     | <i>Sodexo - York University</i>                       | <i>Williams Sonoma - Sherway</i>                  |
|  | <i>Medix School</i>                               | <i>Sodexo Canada</i>                                  | <i>Williams Sonoma - Yorkdale</i>                 |
|  | <i>Ministry of Community</i>                      | <i>Starbucks - Store #4460</i>                        | <i>Willowwood School</i>                          |
|  | <i>and Social Services</i>                        | <i>Starbucks Coffee Canada (HO)</i>                   | <i>Workplace Safety and Insurance Board</i>       |
|  | <i>Ministry of Intergovernmental Affairs</i>      | <i>Straticom Planning Associates</i>                  | <i>York West Senior Citizens Centre</i>           |

# Food for Thought

On the second weekend in October, people across Canada will be sitting down with their families and friends for a Thanksgiving dinner, giving thanks for the bounty of food they will enjoy, as well as whatever else they are grateful for receiving.

Every day as Second Harvest's drivers pull up to the social service agencies that receive our food, they are greeted by people who give thanks for our existence. Whether they are receiving bagels that aren't quite round, or six boxes of lettuce that need a bit of a clean-up, or yogurt that is two days away from its best-before date, the "thank you" that our drivers receive is heartfelt.

Back at our offices in Downsview, there is much for which to be thankful. Every time our Dispatcher receives a call from a food donor, we are grateful. Usually, this person does not

want recognition and is just as thankful that we're able to provide a service that picks up food which would otherwise go to waste, and ensures that food is delivered to people in need.

When the mail arrives, and there is a cheque from someone, whether it is \$10 or \$10,000, we are grateful. It means that we have made a connection with someone, or some company, that believes in us and what we do.

Whenever a volunteer walks through our door, fulfilling a commitment to help us, we are grateful. That person might be coming to us once, to help sort food in the warehouse, or they might be one of our long-standing volunteers who have worked with us for years; we could not keep operating without all of our volunteers' help.

Our drivers provide the face of Second Harvest. They are our front-line workers who

interact daily with our food donors, our recipient agencies, and every driver on the road who sees our trucks. They take that responsibility seriously, and for that, we are grateful.

We are grateful that our founders, Ina Andre and Joan Clayton, established Second Harvest. We know that Second Harvest was based on a simple idea, yet it was Ina and Joan's hard work that made Second Harvest take off.

From all of us at Second Harvest, thank you for the role you have played in helping us deliver fresh food to those in need. We appreciate it.



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

If undeliverable within 5 days, please return.

