

# Impact Update



At Second Harvest, we witness the same painful contradiction every day: families and individuals across Canada are going hungry, while good, nutritious food is still being lost. The urgency of this moment is undeniable, and closing this gap has never mattered more.

This work is only possible because of you. Our community of donors, partners, volunteers and frontline organizations is what turns possibility into impact, ensuring that surplus food reaches people, not landfills, and that no one is left behind.

We are now past the halfway point of our fiscal year, and together, we have made meaningful progress. Since September, we've rescued more than **56 million lbs** of healthy food, a **30% increase over the same period last year**, reaching thousands of social service organizations across the country that are providing essential nourishment to millions of people every single day.

Behind these numbers are real people: parents skipping meals so their children can eat, seniors forced to choose between groceries and rent, and individuals turning to food programs for the first time in their lives. At the same time, the organizations serving them are under growing strain, doing everything they can with limited resources to meet rising demand.

### And that demand continues to grow.

Across Canada, more people than ever are relying on hunger relief programs to get by. While short-term supports have helped, they have not kept pace with the rising cost of living or the depth of need we are seeing in communities. Ongoing geopolitical tensions have also driven up fuel costs, making everyday life more unaffordable for many, while also increasing the cost for Second Harvest to move fresh, nutritious food to where it's needed most. The pressure is mounting, and the system is being stretched to its limits.

Yet, there is a powerful truth at the heart of our work: **when we come together to rescue and share surplus food, we create immediate relief for people facing hunger while also protecting the world around us.** It's a simple act with far-reaching impact, one that nourishes communities today and helps safeguard tomorrow.

But we cannot do this alone.

This moment calls for all of us: every pound of food rescued, every partnership formed and every contribution made helps ensure that more people have access to the food they need.

**Thank you, thank you, thank you for standing with us in this work.** Your support is not just meaningful, it is vital.

*With gratitude,*



Lori Nikkel, CEO, Second Harvest

<b>Second Harvest</b>	
<b>Serving size</b>	<b>\$1=5 Meals</b>
<b>Region Served</b>	
<b>Canada</b>	
<b>Meals Provided</b>	<b>56.62 million+</b>
Communities Supported	<b>900+</b>
Non-Profits Supported	<b>4,100+</b>
<b>Value of Food Rescued \$233 million+</b>	
Total Food Donors	<b>10,800+</b>
% Perishable	<b>87%</b>
% Produce, dairy, protein	<b>66%</b>
<b>Environmental Impact</b>	
Lbs of GHGs averted	<b>182.79 million+</b>
Equivalent of passenger vehicles off the road	<b>27,724</b>
<b>Mission: No Waste. No Hunger.</b>	
Statistics reported from September 1, 2025 to February 28, 2026	

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## Tamogo Supports Thousands with Food and Community in North York

See the impact Tamogo is making:



“It’s nice being at Tamogo, because it feels like home,” Sharifa, lead volunteer, shared. “It’s only here that I feel like I belong somewhere. We’re giving back to the community, but still it’s like we’re giving ourselves back to us.”

That sense of belonging defines Tamogo Foundation Canada, a North York organization supporting more than 5,000 people with legal, settlement, employment, housing and food services.

“I noticed that a lot of newcomers were being taken advantage of,” Founder Alicia Nyamde, said. “As a social worker and a settlement worker, I needed to do my part to help.”

As demand grew, food insecurity became more urgent. After struggling to meet needs alone, Tamogo partnered with Second Harvest.

“We get a lot of produce,” Alicia noted. “Fruits, vegetables, eggs, milk, snacks for kids, meat. We just can’t wait for the [Second Harvest] truck to get here.”

Thanks to this partnership, Tamogo can now extend support to a nearby school and a local group home.

## Get Involved

**Your support means so much. Thank you for helping us ensure good food reaches people who need it.**

**Volunteer:** Share your time and make an impact. Visit [secondharvest.ca/volunteer](https://secondharvest.ca/volunteer)

**Upcoming Events:** Join us at community events. Visit [secondharvest.ca/events-calendar](https://secondharvest.ca/events-calendar)

**Fundraisers:** Explore fun and impactful ways to give back, including lotteries, raffles and more. Visit [secondharvest.ca/fundraisers](https://secondharvest.ca/fundraisers)

## Making Room to Breathe: Supporting Families Across Prince Edward Island

See the impact Gifts from the Heart is making:



In Charlottetown, Gifts from the Heart supports thousands of Islanders across PEI with essential goods and food.

“We have 3,500 families that access our services, plus three community fridges,” said Founder Betty Begg-Brooks, who has spent more than six decades helping others.

Since joining Second Harvest’s food rescue network in 2020, Gifts from the Heart has distributed over 104,400 lbs of food.

“[The partnership with Second Harvest] is life-saving in many ways,” said Vice President Leigh Reed. “You can’t put a value on a partnership like this ... we can pass on that to anybody and everybody.”

“People are so grateful,” Bryce Arsenault, a volunteer who delivers supplies across the Island, said.

“If we can take one thing off their bottom line, then we have done our job.” Leigh reflected. “More than that, it’s about letting them know that they’re not alone. Everyone is important that comes through that door.”

