

Volunteer Opportunities

For Corporate Teams



YEAR-ROUND OPPORTUNITIES

Group Food Sort

Food sorts are a unique opportunity for groups to help prepare Second Harvest food donations for delivery to non-profit organizations across the Greater Toronto Area. Your team will learn about the impact of community involvement while ensuring Second Harvest's partners receive their vital donations. You will be provided with a Second Harvest food sort facilitator for the duration of your shift with the option to participate in a shared or private experience.

Days: Tuesday, Wednesday, Thursday (Other days may be possible by request)

Times: 9:30 - 11:30 a.m. or 1:30 p.m. - 3:30 p.m.

Requirements: 10 - 50 volunteers per shift (25 people max. in each sorting space), 16+ years of age

Location: Second Harvest Warehouse, 120 The East Mall, Etobicoke

Offerings	Food Sort	Food Sort Plus	Food Sort Plus Lunch and Learn
2-hour food sort shift	✓	✓	✓
1-hour education session		✓	✓
Use of classroom or conference room for off-site meeting			✓
Space to host a catered lunch			✓

SEASONAL OPPORTUNITIES

Feeding Our Future

The Feeding Our Future program reaches children that do not always have access to healthy food in the summer months. Volunteers help prepare lunches for children attending summer camps across Toronto.

Dates: July and August - Monday through Thursday, 3-4 hour shifts

Requirements: 10-12 volunteers per shift, 16+ years of age

Location: Second Harvest Warehouse, 120 The East Mall, Etobicoke

Helping Hands For The Holidays

The Helping Hands For The Holidays combines all the fun of a food sort with a variety of holiday-themed activities, including snacks, games and an ugly sweater contest. Options to participate in a shared or private experience available

Corporate Dates: First week of December, 9:30 a.m. - 11:30 a.m. or 1:30 p.m. - 3:30 p.m.

Community Date: First Saturday of December, 9:30 a.m. - 11:30 a.m. or 1:30 p.m. - 3:30 p.m.

Requirements: 10 - 50 volunteers per shift (25 people max. in each sorting space)

**Depending on demand, more corporate shifts can be added.*



LEADERSHIP OPPORTUNITIES



Leadership Team Truck Ride-Along

Join a Second Harvest Driver-Ambassador on their delivery route and see first-hand the impact of your support in the local community. This opportunity is reserved for board members and corporate partner leadership teams. We can accommodate 2-3 people per day, with 1 volunteer assigned per truck.

Dates: Monday-Friday, Shift starts at 7:15 a.m. to approximately 2:30 p.m.

Location: Second Harvest Warehouse, 120 The East Mall, Etobicoke

NATIONAL OPPORTUNITIES

Snack Packing in the Community

Snack Packing is a custom and unique opportunity for groups to help coordinate Second Harvest food donations for delivery to agencies in your community. Your team will learn about the impact of community involvement while ensuring Second Harvest's partners receive their vital donations.

Dates: Seasonal (Spring & Fall)

Times: 9:30 a.m. - 11:30 a.m. or 1 p.m. - 3 p.m. local time

Locations: Vancouver, Calgary, Edmonton, Winnipeg, Montreal, Ottawa, Halifax
(other cities may be available by request)

Requirements: 10-15 volunteers per shift



Snack Packing at your Workplace

Snack Packing at your workplace is a flexible, team-building program that brings employees together to assemble healthy snack kits for community organizations. The experience can be tailored to your needs, ranging from fully facilitated by Second Harvest staff to independently run events, and takes place right at your workplace.

Dates: Monday - Friday

Times: Two-hour shifts (exact time determined by your workplace),
between 9 a.m. - 5 p.m.

Location: Vancouver, Calgary, Edmonton, Winnipeg, Regina,
Toronto, Ottawa, Montreal, Halifax (other cities available by request)

Requirements: 20-500 people

Nourishing Notes

A creative team-building opportunity that is delivered to you! This group volunteer experience offers an interactive and inspiring way to support communities across Canada. Participants create handwritten, thoughtful messages that will accompany food deliveries to organizations across Canada. This initiative fosters connection, boosts morale, and spreads kindness, all while making a tangible impact.

Dates: Flexible (year-round)

Location: Any workplace, across Canada

Group Size: 10-50 people



LEARNING & ENGAGEMENT OPPORTUNITIES



Training Sessions

Second Harvest offers a roster of dynamic training sessions that can be held virtually anywhere across Canada, in-person at our Headquarters in Toronto or offsite (within the Greater Toronto Area). Each presentation is approximately 1-hour in length and can be adjusted depending on the audience.

Topic	Description
Reducing Food Waste At Home	Learn about the avoidable crisis of food waste and what you can do in your everyday life to be part of the solution.
Busting Date Labelling Myths	Best before dates are a major driver of food waste. Dive into the world of food date labelling and dispel myths that lead to unnecessary food waste.
Planning Nutritious Meals on a Budget	Food costs have dramatically increased over recent years. Learn about healthy eating with a budget-friendly lens to plan nutritious, zero-waste meals.
Food Safety Basics	Food safety is essential to protecting the health of our communities. Explore every day safe food handling practices to use in your kitchen.
Lunch & Learn Experience	Participate in any of the interactive education sessions listed above while enjoying a catered lunch in our Second Harvest classroom (up to 50 people).

The impact of partnering with Second Harvest

Support

Provides essential resources to nonprofit partners, enabling them to better serve their communities.

Reach

Expands the reach of food assistance programs, ensuring more individuals and families receive the help they need.

Empowerment

Empowers recipients by providing them with nutritious food, contributing to their overall well-being.

Perks of Participation

- You'll receive a thank you email which will include photos taken on the day, information on the effect of your impact and a short survey related to your experience.
- Your company's social media posts about volunteering at Second Harvest will be re-shared as stories on some or all of our social media channels. Please be sure to tag @SecondHarvestCA in all of your posts.



@secondharvestCA



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