



AGENCY Newsletter Fall 2019

They're eating better than ever!

Pilot Place Society

Pilot Place Society is a high-support residential program that provides individualized care for adults living with mental health illnesses. The program offers long-term housing with 24-hour support staff in a clean, safe, and home-like environment. The organization manages 3 homes in the downtown core, each housing up to 20 individuals. We sat down with Executive Director, Janet Huang, and staff members Frank Bell and Jack Welsh, to hear how partnering with Second Harvest and rescuing food through FoodRescue.ca have made a difference for Pilot Place.

Saving more and eating better

For many years the organization had been purchasing the food needed to provide 3 meals a day (and a snack) for the 3 locations. Since joining Second Harvest's direct delivery program in 2017, their food spending has decreased substantially, and their meals

include more heart healthy ingredients. Janet explains the dramatic difference this has made for their organization: "We save. I met with our financial auditor last year and he said, 'What's happened to the food budget? Are you feeding people bread and water?'" She laughed and explained to the auditor that the residents are eating better than ever because of their partnership with Second Harvest.

From residents to rescuers

FoodRescue.ca has also helped the organization mobilize residents to be more engaged in the community and in household activities. As Janet explains, several residents have been trained to do food rescues on their own with local shops like Starbucks. The team adds, "it has become another way to mobilize people to do more. That's the most important thing. Living with illness, people often lack motivation to do much—and since they're not currently

employed, we can only do so much to push people to do things like arts and crafts or group therapy—they're past that. Doing food rescues makes them feel like they are contributing in a meaningful way."

Pilot Place Society has been able to expand their programming and increase the number of outings they offer to residents. This year, they booked a cottage in July and August for the group to take day trips out of the city. "We're now able to afford some of these things from the savings in our food budget. It just means so much to them. Since most of our residents don't have families, things like this are really important for enriching their lives."

Give FoodRescue.ca a Try!

Looking to secure more food donations for your programs? Sign up for **FoodRescue.ca**, Second Harvest's free, online platform that connects food businesses directly with non-profit organizations. To date, more than 800 food donors are registered and over 650,000 lbs of food has been donated through the system. Visit **FoodRescue.ca** to learn more.

Feature Recipe

Turkey Bone Soup Created by Dowling Community Service Residence

Ingredients:

Bones and meat from a leftover turkey
Water, as needed
1 onion, small dice
2 carrots, small dice
2 stems celery, small dice
2 cloves garlic, minced
2 red bell peppers, diced
1 tsp oregano, dried
2 tsp parsley, dried
Salt and pepper to taste

Preparation:

1. Separate meat from the bones of leftover turkey. Place in the fridge.
2. Place the turkey bones into a large pot and fill the pot with enough water to cover most of the turkey bones, or until ¾ of the pot is filled.
3. Bring the pot to a boil and then reduce to a simmer for at least 2 hours on medium-low heat.
4. After the broth has simmered, strain into a pot and filter out the bones.
5. Add the diced onions, carrots, celery, garlic, bell peppers, dried herbs and turkey meat to the broth.
6. Bring to a simmer and cook until the vegetables are tender, about 20 minutes.
7. Remove from heat, season with salt and pepper to taste and serve hot.



Dowling Community Service Residence is a charity that provides supportive services to homeless individuals living with mental health issues through residential and outreach programs.

Agency Resource

Why CFIA updates are important for your organization

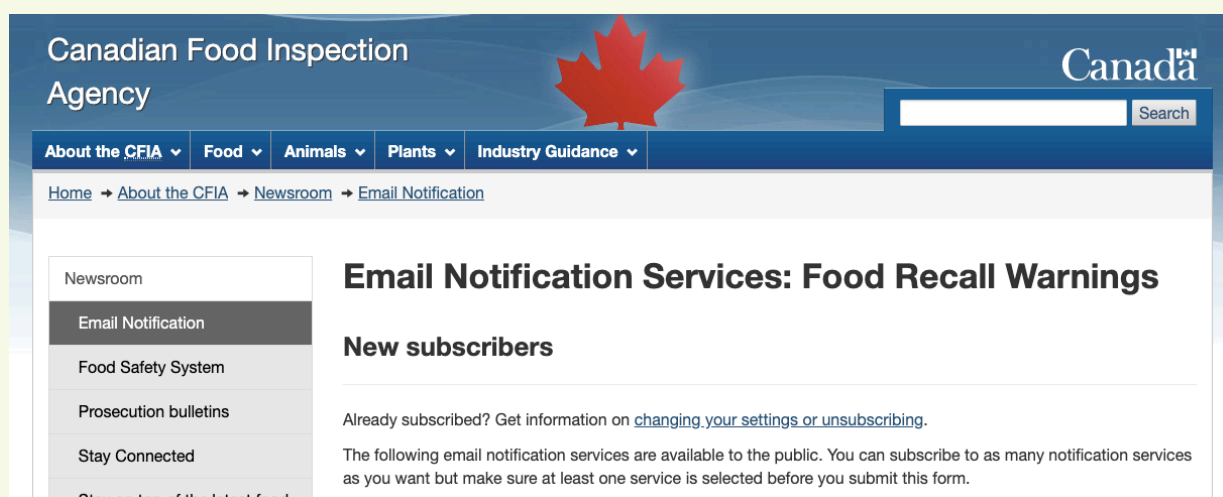
The Canadian Food Inspection Agency (CFIA) is a regulatory federal agency that is dedicated to ensuring food safety, and the protection of animals and plant resources. Through the enforcements of various acts and regulations, the CFIA determines food safety and nutrition standards for all food items sold in Canada. To help mitigate health risks, they work in collaboration with industry, consumers, and federal, provincial and municipal organizations.

When there is reason to believe that food is contaminated or poses a risk to human, animal or plant health, the CFIA launches an investigation and will recall food products if necessary. When a recall happens, companies are asked to remove the product from the market, and the CFIA issues a public advisory. In the past 4 months alone, the CFIA has recalled over 35 food items in Ontario that could have serious adverse health consequences or death if consumed.

Although many recalled food products are removed from grocery shelves, it becomes more difficult to regulate if they are placed in donation bins, or in transit to food banks or food distribution hubs. **To safeguard against food-borne illness, we ask that all partners subscribe to the CFIA's listserve and get up-to-date information on food recalls.**

To register for the CFIA listserve, visit www.inspection.gc.ca. In the search bar type: Email Notification Services: Food Recall Warnings. This will redirect you to the CFIA subscription page (as seen below). Provide your name and email address and submit.

Keep your operations healthy and safe: stay up-to-date with food recalls and check food items before you distribution them. Adding this food safety practice to your operations could prevent community members from being impacted.



Training & Education

Second Harvest is committed to supporting you with training and certification. Through our Food Safety Training Program, participants learn safe food handling, industry standards, and will receive 5-year certification upon completion. Training is currently available for \$25.00 per person.



Upcoming Food Safety Training Sessions

November 29: Parkdale Activity-Recreation Centre, 1499 Queen Street West

December 11: Don Montgomery Community Centre, 2467 Eglinton Ave East

January 24: St. Vincent de Paul Immaculate Conception, 2 Richardson Avenue

To register for any of these sessions, visit: www.secondharvest.ca/training

Our workshops can come to you! Second Harvest delivers 1-hour workshops on food waste reduction, food date labels, and (non-certificate) food safety basics. If you would like to learn more about the workshops we deliver, or would like to request a session, visit: www.secondharvest.ca/training to learn more. Email Jenelle at jenellerd@secondharvest.ca for all other enquiries.

Questions? Contact Us!



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Call Rose if you are an agency WEST of YONGE and you need support.



Jenelle Regnier-Davies
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Call Jenelle if you are an agency EAST of YONGE, and you need support.



Tom Montag
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Connect with Tom if you want to change or inquire about deliveries.



Virginia Krompkamp
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Contact Virginia if you are interested in learning more about FoodRescue.ca.

We're Closed

Second Harvest will be closed during the holidays in December 2019. There will be no food deliveries on these dates:

December 23-27, 2019
January 1, 2020

