

## From Food Rescue to Health & Sustainability

Food for Life operates at the intersection of nutrition, health, equity, and environmental sustainability. Through our food rescue model, we recover fresh, high-quality food that would otherwise go to waste and redistribute it throughout Halton and Hamilton to over 90 food access points that support communities experiencing food insecurity.

In Canada, food insecurity is not caused by a shortage of food, but by income insufficiency and the rising cost of living. Experiencing food insecurity is also linked to significant adverse health outcomes, including chronic disease, poor mental health, and increased healthcare use. At the same time, nearly half of all food produced is lost or wasted each year—representing a significant environmental, economic, and social challenge.

Our approach addresses both realities at once. By prioritizing fresh, nutrient-dense foods guided by our Nutrition and Food Equity Policy, we support health and wellbeing, while also reducing food waste and its environmental impact. This report highlights how our programs contribute to sustainable food systems that benefit both people and the planet.

### Building More Efficient, Sustainable Systems



**46%**  
of food in  
Canada is  
wasted  
annually

**25.7**  
million tonnes  
of CO<sub>2</sub> emissions  
from avoidable  
food waste

Nearly **2.2**  
million visits  
to food banks  
across Canada  
in March 2025

By rescuing surplus food, we reduce food waste while maximizing the value of existing resources — **ensuring that every step of our operations supports sustainability and resource efficiency**



### Increase In Efficiency

Food for Life is committed to maximizing food moved per kilometre through smart, efficient routing — increasing lbs per km by 30% over 3 years, reducing our environmental footprint while getting more good food to communities, faster.

### Driving More Impact per Kilometre

**2023**  
49 LBS PER KM

**2024**  
61 LBS PER KM

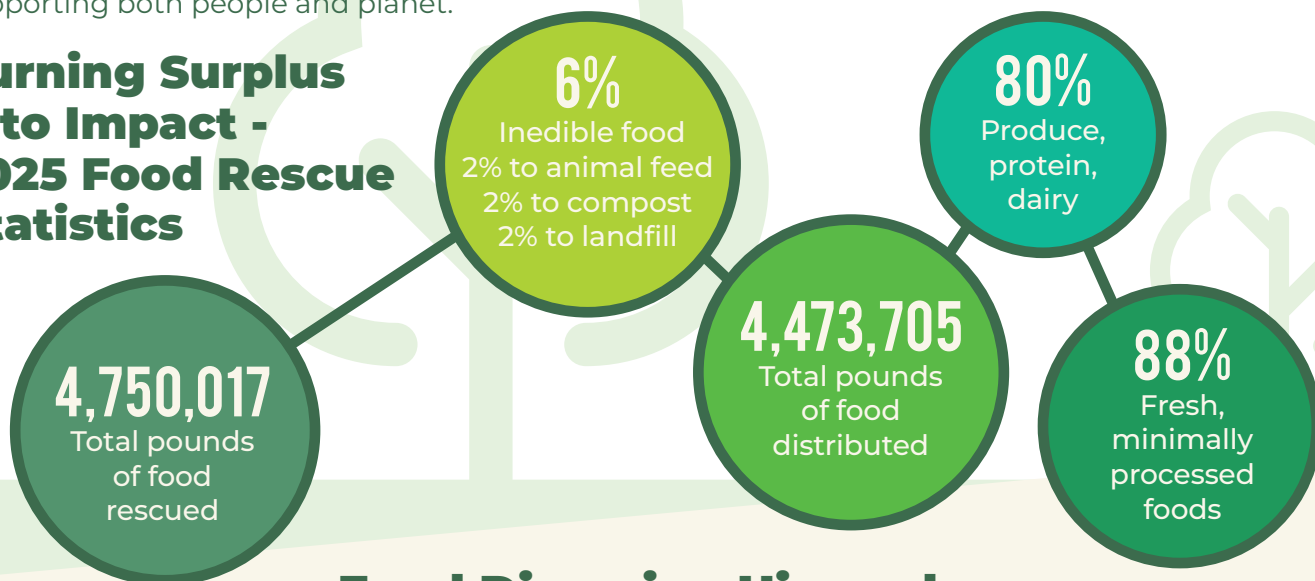
**2025**  
64 LBS PER KM



## Reducing Food Waste & Conserving Resources

Avoidable food waste is one of the largest contributors to greenhouse gas emissions, yet it is entirely preventable. Every pound of food that is wasted represents lost water, energy, labour, and resources used across the food system. Food for Life's food rescue model transforms this challenge into an opportunity. By rescuing and redistributing fresh, nutritious food, we reduce greenhouse gas emissions, conserve valuable resources, and maximize the full value of the food system, while supporting both people and planet.

### Turning Surplus into Impact - 2025 Food Rescue Statistics



### Food Diversion Hierarchy



<b>5,020,777 kg CO<sub>2</sub>e</b> ESTIMATED GHG EMISSIONS AVOIDED  Equivalent to removing ~1,090 cars from the road for one year	<b>8,839,186 litres</b> WATER FOOTPRINT PRESERVED  Water used to produce food that was rescued instead of wasted	<b>94%</b> RESCUED FOOD DIRECTED TO PEOPLE  Only 6% diverted to compost (2%), animal feed (2%), or landfill (2%)
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100% of cardboard and food packaging is recycled to ensure materials are diverted from landfill and handled responsibly.

Environmental impact estimates are based on the FAO Food Loss and Waste Calculator. Annual food rescue data was categorized by food type and input to estimate greenhouse gas emissions (CO<sub>2</sub>e) and water use associated with both production and potential landfill disposal. These figures represent modeled estimates of environmental impacts avoided through food rescue and redistribution.

By connecting community food support with nutrition, equity, and environmental stewardship, Food for Life is helping to build a more sustainable and resilient food system for all.