

SHARING HOPE AND HEALTH THROUGH THE POWER OF RESCUED FOOD.

Since 1995, Food for Life has been ensuring that our friends and neighbours in need have access to **GOOD**, healthy food.

During this time of uncertainty, our work is more important than ever. Families on reduced income and seniors with limited mobility are driving the need for our increase in services.

GOOD FOOD BUILDS COMMUNITY

“Without Food for Life’s grocery deliveries, many would go hungry,” says Fred, a senior whose apartment receives **GOOD** food from Food for Life.

We have seen a 30% increase during the pandemic. Your help is needed more than ever to ensure we can be there to meet the current and emerging needs.

Together we can build a community where no one goes hungry.

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Volunteer
Donate

foodforlife.ca



RESCUING FOOD. IMPACTING LIVES.