

Reflection on Second Harvest Session with Charlotte Demeslay

Published 8/30/2024 by [Anitta Toma](#)

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The recent session with Charlotte Demeslay, Senior Manager of Retail and Food Service at Second Harvest, was incredibly enlightening and inspiring. Second Harvest's mission of "No Waste, No Hunger" is implemented through rescuing surplus perishable food from various stages of the supply chain –ranging from farms and manufacturers to grocery stores and restaurants –and redistributing it to charities and non-profits that serve people in need.

One of the most impactful aspects of Second Harvest's work is their focus on rescuing perishable foods such as proteins, dairy, and fresh produce. These foods are essential for maintaining a nutritious diet but are often the hardest to secure for food-insecure individuals and families. Charlotte highlighted that a staggering 58% of food produced in Canada is wasted annually, contributing significantly to greenhouse gas emissions. She emphasized that if food waste were a country, Canada would be the third-largest emitter of greenhouse gases after the United States and China, which underscores the critical environmental implications of this issue.



Photo by [Kramynina](#)

The session also emphasized the importance of community involvement and the role businesses play in supporting food rescue initiatives. While many businesses are willing to donate surplus food, operational challenges can impede these efforts. Second Harvest's Food Rescue app helps overcome these challenges by making it easy for businesses to donate surplus food and connect with non-profits.

Charlotte's insights revealed the broader implications of food rescue for sustainability and social responsibility. By reducing food waste, Second Harvest not only helps to alleviate hunger but also minimizes the environmental footprint of food production and distribution. This dual impact underscores the importance of systemic changes in how we handle food surplus.

This session deeply resonated with me and solidified my interest in volunteering with Second Harvest. Volunteering with Second Harvest would allow me to connect with like-minded individuals and contribute to positive change within my community. It also provides an opportunity to develop new skills and gain experience in logistics, project management, and community outreach, which are invaluable for both personal and professional growth. Volunteering with Second Harvest aligns with my passions for sustainability and social responsibility, and I am eager to contribute to their mission of "No Waste, No Hunger."

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