

"If Immediate food/feeding is out of what keeps people poor, then POVERTY is definitely out of the way" -African Proverb

STOP



FOOD WASTAGE

FOOD RECOVERY

DONATE IT

Your small act of kindness can make a BIG difference. Donate food and help us feed those in need and Reduce Waste.

WHAT WE DO;

- Neighbourly Nourishment
- ✓ Food Bank Giveaways
- ✓ Food Home Delivery (Seniors)

Reducing food waste off our landfill, giving to individual in need

CONTACT US: HELP@HELPHANDS.ORG

Donation in-kind or cash



REAL CANADIAN SUPERSTORE

Du Monde.com Delivery ASAP



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