Food for the Hungry (FH) Canada is dedicated to sustainable development by walking alongside community and family leaders to help them overcome poverty and reach self-sufficiency. You are making a real difference through your involvement in this much bigger picture!

Discover how Child Sponsorship, Gift Guide items, partnerships, Boot Camps, and more are changing lives in Canada around the world.

Fruit & Veggie Seeds

A LIFE-CHANGING GIFT is being made ON YOUR BEHALF!

Big impact can come in small packages. Fruit & Veggie Seeds provide a family with nutritious food and surplus produce to be sold for a profit. Also included in this gift is localized training on crop rotation and compost use – two techniques that are yielding generous harvests.

FOLLOW THE IMPACT OF YOUR GIFT ALL YEAR LONG!

Find Food for the Hungry Canada on Facebook, or visit blog.fhcanada.org

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