Canada has participated in every one of the U.N.'s 19 peace forces* — the only U.N. member to have done so. Not only does that manifest Canada's commitment to the U.N. in general and to peace-keeping in particular, it also highlights the value of Canada's contribution. Canadian peace-keeping units are seen to be technically proficient and, while representative of Canada's ties to the West, also perform their peacekeeping duties in a neutral manner.

Canadian military personnel have donned the blue beret of the U.N. to help keep the peace in various parts of the Middle East, in Cyprus, Congo, Zaire, Korea, West New Guinea, and on the Indian-Pakistani border. Canada actively participates in three current U.N. peace-keeping operations: twenty officers are deployed with the United Nations Truce Supervision Organization (UNTSO) between Israel and its Arab neighbours; 220 personnel are with the United Nations Disengagement Observer Force (UNDOF) on the Golan Heights; and 515 personnel are with the long-standing United Nations Force in Cyprus (UNFICYP). A U.N. presence is contemplated for Namibia, and Canada has indicated its willingness in principle to contribute to a force when required to do so.

The purpose and scope of each peace-keeping endeavour have varied enormously. At one extreme was the United Nations Command Korea (UNCK) set up when 16 nations responded to a Council recommendation to support South Korea against the North Korean invasion in 1950, by sending troops to fight under a U.N. flag. This was the only case of the U.N. putting a world police force into action — and the decision escaped a veto only because the Soviets were at the time boycotting the Council. At the height of this seven-year operation, Canada was contributing 8,000 troops; 25,000 Canadians served in Korea, with 300 killed and 1,200 wounded.

^{*} Since 1945, the U.N. has dispatched seven multi-national forces to restore the peace (four to the Middle East, as well as to Cyprus, Congo, Zaire, and West New Guinea); one to fight (Korea); and another eight to supervise peace (three in the early and later stages of the Korean conflict, three to the Middle East, two with respect to the India-Pakistan conflict). Other peace-keeping efforts have not come under the auspices of the United Nations (such as two in Indo-China and one in relation to the Nigerian Civil War) but have drawn on the U.N. paradigm for their inspiration and their operations.