

Spike Out Hunger!

June 5, 2008 is National Hunger Awareness Day. Last year over 750,000 Canadians used a food bank in one month; 41% of those were children. Of the 649 food banks in Canada more than 1/3 (225 food banks) have difficulty meeting demand.

Ontario is the core of business and governmental activity in Canada, yet over 44% of poor Canadians who rely on food banks are in this province. In Peel Region, those relying on food bank assistance spend 75% of their income on housing, which leaves only \$2.82 a day per person. That's \$2.82 per person to spend on everything else after housing... everything: food, clothes, transportation, living needs.



These are desperate statistics affecting those who live in our neighborhoods. Hunger is a real problem, and we each need to be a part of eliminating it. YOU can help and make an immediate and direct impact. DONATE to your local food bank.

For more ways to be involved and for ideas on how to raise money, food and awareness, visit the National Hunger Awareness Day website at www.hungerawarenessday.ca.

Summer is the slowest time for donations to our food banks. Let's do something to help change that. We're asking teams to collect the food items listed below, not only for the benefit of thousands of Canadians, but for the chance to win a great prize! **Each team that collects ALL the items from this list will be entered into a draw to win a special prize!** Each set of 25 items that your team collects earns a draw for a chance to win. ALL items donated are appreciated and will be used by the University of Toronto: Mississauga Food Bank. Please bring donations to the KSF Food Booth at the Village Oasis on June 7th.

_____ 1 can each:	condensed chicken noodle soup AND condensed vegetable soup (NO tomato soup)
_____ 1 can each:	condensed cream of chicken soup AND condensed mushroom soup
_____ 1 package:	dry pasta (egg noodles or other style)
_____ 1 jar:	pasta sauce
_____ 1 package:	cookies
_____ 1 box:	cereal
_____ 2 cans:	tuna
_____ 2 cans:	vegetables
_____ 1 item:	bottle of juice OR package of individual juice packets
_____ 1 bottle:	condiments: ketchup, mustard, mayonnaise
_____ 1 bottle:	salad dressing
_____ 1 jar:	peanut butter
_____ 1 jar:	jam or jelly
_____ 2 boxes:	Jello
_____ 1 each:	shampoo AND conditioner
_____ 1 item:	deodorant
_____ 1 item:	personal care item (soap, toothbrush, toothpaste, body lotion)
_____ 1 can:	baby formula
_____ 1 box:	baby cereal
_____ 1 item:	reusable grocery bag