

Food Challenge List



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 the poor in this country 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 neighbourhoods. 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 by donating the items listed below. **Each team that collects all the items from this list will receive raffle tickets for each player.** ALL items donated are appreciated and will be used by Eden Food Bank. Please bring donations to the October 25th event.

- 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 box: dry soup mix such as Lipton chicken noodle and onion soup mixes
- 1 jar: pasta sauce
- 1 family sized box: crackers
- 1 package: cookies
- 1 box: cereal
- 1 carton: dry rolled oats
- 1 bag: flour
- 1 box: salt
- 2 cans: canned fruit
- 1 jar: instant coffee
- 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
- 2 boxes: Jello
- 1 item baking items such as cake mixes, muffin mixes
- 1 each: shampoo AND conditioner
- 1 item toothbrush
- 1 package: soap
- 1 can: baby formula
- 1 box: baby cereal
- 1 package: small bottled apple juice (for babies)
- 5 items: plastic grocery bags