



MEDIA RELEASE

For Release – May 31, 2011

### **Change What You Know about Hunger – National Hunger Awareness Day**

May 31, 2011 is National Hunger Awareness Day in Canada. Close to 900 000 Canadians walked through the front door of a food bank in March 2010. Since 2006, Hunger Awareness Day has raised awareness about the solvable problem of hunger in Canada. The theme this year is Make a Change, Make a Difference, inviting Canadians to make a change big or small that can impact the issue of hunger in our country.

Recently re-elected MPs Harold Albrecht, Peter Braid and Stephen Woodworth came to The Food Bank of Waterloo Region for a food bank style “Lunch-In” with other local friends of the community: Ray of Hope, House of Friendship, Nutrition for Learning, Opportunities Waterloo Region, Salvation Army, and St. Vincent de Paul to sort food, have a food bank lunch and to chat about this pressing issue. You can follow the discussion and National Hunger Awareness Day activities on Twitter at #hungerawarenessday.

As part of the event, results of the spring food drive activities were announced. “Success of the past few months’ activities including the recent one-day DIG IN food drive, Canstruction, Easter and other events shows us how awesome this community is,” said Wendi Campbell, Executive Director of The Food Bank. “As people become busy with their summer activities it is good to know that we have raised over 170,000 lbs of non-perishable food to help our agencies feed the hungry through the next few months.” Each week The Food Bank distributes 18,000 lbs of non-perishable food to 76 food programs.

For more information on National Hunger Awareness Day or hunger in Waterloo Region, contact The Food Bank of Waterloo Region at 519-743-5576.

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