

TOGETHER, WE FEED NEIGHBOURS

thefoodbank.ca

HOW CAN YOU HELP?



- 1 MAKE A DONATION.**
\$20 will feed a family for 4 days.
- 2 MOST NEEDED ITEMS**
 - Canned Meat & Fish
 - Canned Fruit & Vegetables
 - Pasta Sauce
 - Dry Beans
 - Rice
- 3 ORGANIZE A FOOD and FUND DRIVE.**
Find information and resources at thefoodbank.ca
- 4 SUPPORT** community events and Food Drives

**\$1 PROVIDES
3 MEALS**

HOW THE FOOD BANK HELPS



Each year **5 million pounds** of emergency food is distributed from The Food Bank of Waterloo Region to neighbours in our community through more than **80 member agencies** and community food programs including:

Emergency Food Hamper programs provide fresh, frozen and non-perishable food. Hampers provide food for approximately 3 days.

Community Meal programs provide breakfast, lunch or dinner served at various locations in the region.

Residential programs include crisis transition and long term shelters. They provide support and nourishment for individuals.

WHO NEEDS OUR HELP?



More than **32,640 men, women and children** received food assistance last year in Waterloo Region.

People seek food assistance because of **unexpected job loss, physical or mental health concerns, or other crises.**

35% of households seeking assistance are families with children.

Our Mission

Through community partnerships we obtain and distribute emergency food from our neighbours for our neighbours.

Our Vision

To channel our community's energy so no one goes hungry.

