

## Take a bite out of hunger.

**“If you want to eliminate hunger, everybody has to be involved. ~ Bono**

Food security exists when all people, at all times, have both physical and economic access to sufficient, safe, and nutritious food to meet dietary needs and food preferences for an active, and healthy life. - [The SEED](#)

*Food availability:*

- *Having sufficient quantities of food available on a consistent basis.*

*Food use:*

- *Appropriate use based on knowledge of basic nutrition and care, as well as adequate water and sanitation.*

*Food access:*

- *Having sufficient resources to obtain appropriate foods for a nutritious diet.*

### Why is this important?

- Food insecurity takes a serious toll on people’s physical, mental and social health.  
- [Vital Focus](#)
- [Almost 1 in 7 \(15%\) of Canadians reported living in a food insecure household.](#)
- Imagine you had no food. How would you feel? What would you do? Where would you go? Visit our [Community Information portal](#) to learn about food security initiatives in our community.

This DIY invites you to take action. Create a campaign in support of local food security.



DYK? Children and youth who experience food insecurity are more likely to have a range of health problems throughout their life, including increased behavioural and learning problems, even if their socioeconomic status changes later in life. In a study of youth ages 15 to 16, food insecurity was associated with depression, thoughts of death and suicide attempts - [The SEED](#)

## Take a bite out of hunger.

### Activity Steps:

- Learn about the United Nations Sustainable Development Goal of Zero Hunger.
- Visit PIN's Community Information database for organizations supporting food security.
- Decide on an organization you would like to support. Call them. What do they need most?
- Create a fundraising campaign! Need ideas? We can help!
  - Make it a theme. For example, collect breakfast items - breakfast of champions!
  - Halal, gluten-free, nut-free, dairy-free or vegan.
  - Eat local, give local
- What is your goal? 100 lbs., 100 cans?
- Plan the plan.
  - How will you get the word out? Posters, video messages, Instagram stories, TikTok?
  - How will you collect during COVID? Curbside collection, dinner at the door?
- Thank. How will you show appreciation to the donors?
  - A thank you email with a link to the organization?
  - 'Thanks for taking a bite of hunger!' hand-made card? GIF? Video message?
- Deliver. Arrange to take the donations to the organization of your choice.

### Reflection

- Did you learn more about your community?
- Do you have a better understanding of local food security issues?
- Were you happy with the campaign? Did you achieve your goal?
- What is your takeaway from this experience?
- Would you do this again?



### **PIN Points:**

PINnetwork.ca hosts two databases to explore

1. Volunteer Opportunities supporting food security.
2. Community Information including local resources for individuals experiencing homelessness