

## THE GREAT COMMUNITY LIVING FOOD DRIVE

There are a number of ideas we hope to introduce to you that will become events worth repeating and participating in over and over again. These are projects and activities that we can do together as one big Community Living Team.

We hope not only to promote success in achieving a common goal, but also a chance to encourage active living and healthy life styles. Who knows we may even have some fun and get to know people in the process!

Jessica Carswell and Kaitlyn Utman are going to take the lead in organizing these events, but they are also very open to getting some help along the way, so please contact them if you can lend a hand.

The first event we are going to do is: **“The Great Community Living Food Drive”**. Together, through our donations, we can create a mountain of food during the entire Month of May. All items collected during The Great Community Living Food Drive will then be donated to the local Salvation Army Food Bank.

Currently there are over 850,000 Canadians being assisted by Food Banks. 36% of usage goes to helping children and youth. Healthy eating has a positive impact on our personal health and well-being; it lowers disease, increases productivity and learning development, and benefits psychological health and family life.

Each week during May is Community Living Month we will focus on different items to bring in and some may not be food related as the food bank also appreciates personal care and laundry products.

### **There are several reasons for each of us to participate:**

- It is one project we can do together.
- It feels good to give.
- It's easy to participate.
- We may encourage other organizations to take up the challenge.
- We can help to create a healthier community.
- Your name will be entered into a draw with a chance to win Community Living Wear.

#### Week 1:

Canned items (fish, meat, stew, vegetables, fruits, soup, beans, ravioli), coffee, tea, sugar.

#### Week 2:

Cereals (whole grain); juice (box and canned); peanut butter, cheese whiz, jam, ketchup, mustard, relish, mayonnaise, pancake mix, syrup, rice.

#### Week 3:

Household cleaning products, personal hygiene products, and laundry products.

#### Week 4:

Baby diapers, baby formula, nutritional school snacks.

This is only a recommended schedule of items. Please bring all of your items to Community Supports. We really just want to thank you for your contribution. Together we can make a difference.