



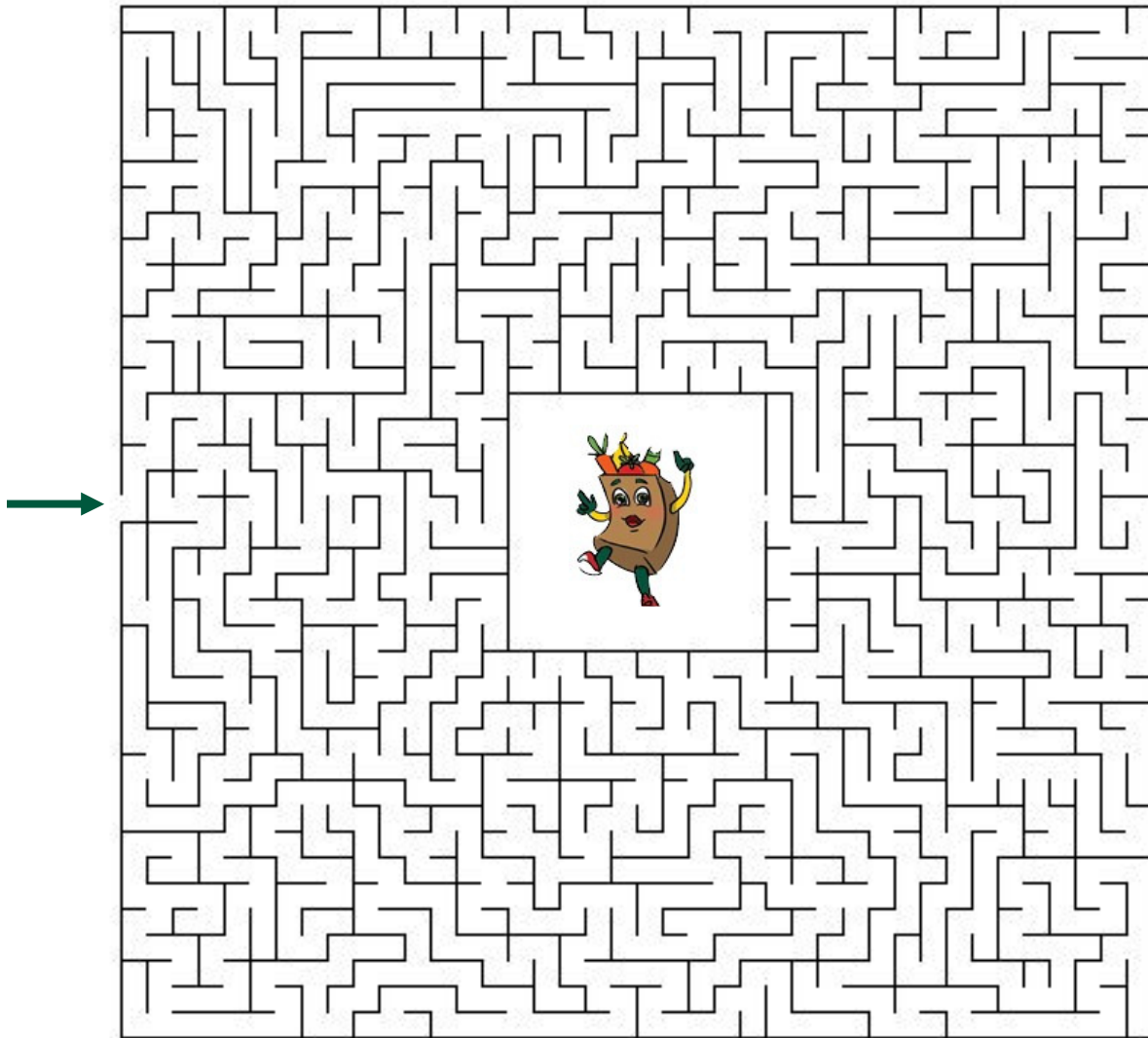
'Kids Who Care'

Elementary School Activity Package

Hi, my name is Gary the Grocery Bag. It's nice to meet you! I hope you learn a lot about The Mississauga Food Bank. Let's start by colouring me in!



Find the Food



Our neighbours living in poverty can't always afford to buy food, so they go to a food bank to feed their families. We believe no one in Mississauga should go hungry. So we need friends to organize food drives and collect donations from schools, grocery stores, companies, and amazing kids like you.

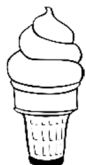
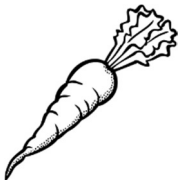


Where do I go?

Write the food name in the box. Then match the food to the right food group



Grapes



Fruits & Vegetables



Grains



Protein & Alternatives



Dairy & Alternatives

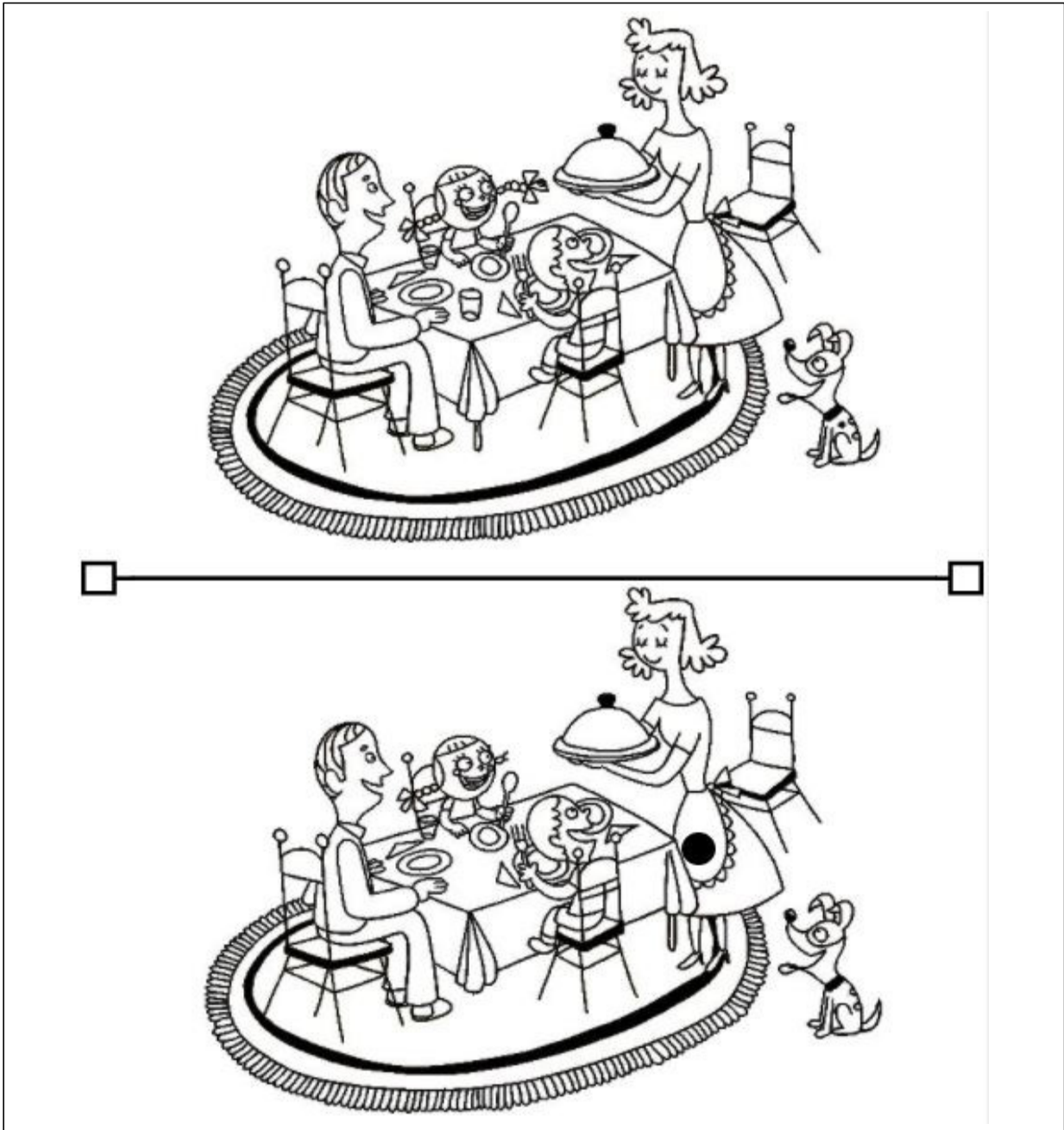


The Mississauga Food Bank wants to provide everyone in Mississauga with fresh healthy food using the four food groups.



Spot the Differences

Can you spot the 5 differences?



Everyone wants to come home to a freshly cooked meal. The Food Bank makes sure that is possible for food bank clients.



NAME: _____ DATE: _____

The Mississauga Food Bank

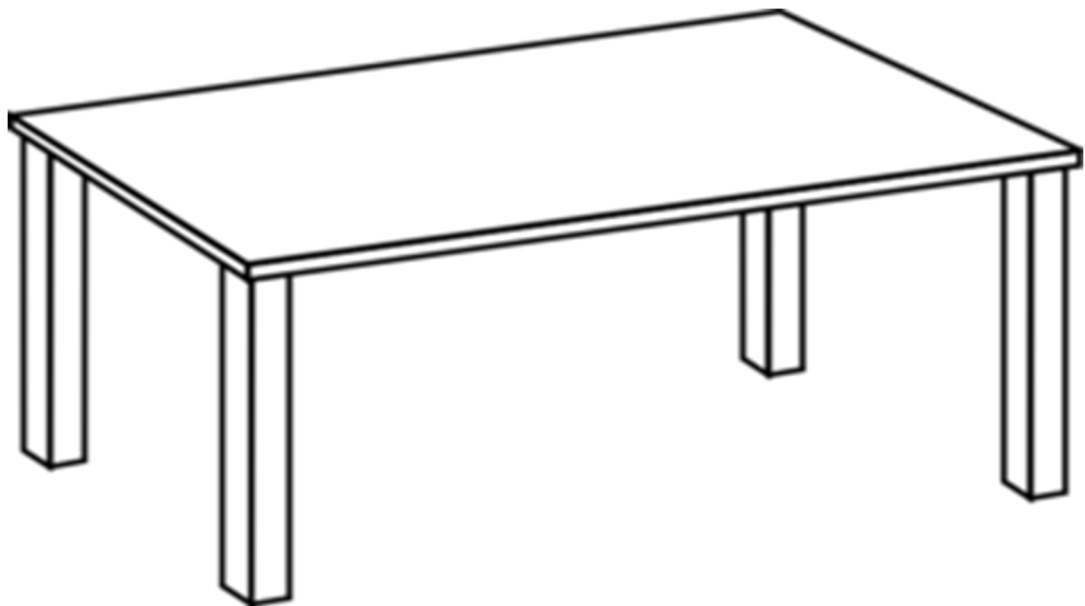
X W V J N X K T V G Y A F C X
D J H J N Y R T N A P V R S E
A Q H R D M E V D C E Q H X K
I M E W C F T Y H E D H U I S
R E L G M A F B W A J D N I E
Y W P Q I G N O A T O P G L L
L O F D Q U Q S O J I R R V B
L R M R O A F X P D Q U Y Y A
D G P Q F S P O G R B B R J T
Q A D P J S D B O P O A S F E
U U C H U I J X G D O T N V G
Z Q M K O S J X Q I L S E K E
X A M U I S E J D F T P L I V
J X U C X I O T K F V U K S N
L U D S H M N T E T M F W E K

FOODBANK
FOOD
CANS
FRUIT
VEGETABLES
PROTEIN
DAIRY
HUNGRY
AQUAGROW
PANTRY
MISSISSAUGA
HELP

Help find these words in the puzzle. The Mississauga Food Bank provides food for 2.9 million meals each year. Many people in Mississauga cannot afford groceries so food banks help them have healthy food for their families.



Kids Who Care Food Drive



Food Drives are a great way to help your neighbours! Running a food drive is fun and easy. Can you draw a picture of your amazing food drive?



How can you help The Mississauga Food Bank?

- 1) Food Drives
 - Host your own food drive and collect food donations
- 2) Donate
 - Non-Perishable Food
 - Money
- 3) Fundraisers
 - Raising money through birthday parties, lemonade stands or other creative ideas
- 4) Volunteer
 - Helping to sort food or collect donations
- 5) Teaching
 - Help teach others about The Mississauga Food Bank

Thank you for helping me finish this book. Let's work together to end hunger in Mississauga!



Three Ways I am Going to Help End Hunger in Mississauga

Don't forget how you've decided to help! Write down below the 3 things you will do to help end hunger in our community.

Name: _____

1) _____

2) _____

3) _____