



*"Just because we have to keep apart physically does not mean we cannot (virtually) come together in solidarity, compassion and kindness to help those in need. Let's use the spirit of Ramadan, regardless of faith or background to unite in common humanity"*

*Ziyaad Mia, Founder of Give 30*

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Ramadan is a time of year when people voluntarily go without food and drink in daylight hours to show empathy for those who experience hunger on a regular basis.

The Give 30 campaign takes place during the holy month of Ramadan, and encourages everyone, regardless of faith, to give in support of local food banks like The Mississauga Food Bank.

The Mississauga Food Bank urgently needs your help to feed hungry neighbours in our community.

### Here's how you can help:

- **[Make a financial donation!](#)** \$60 provides 120 meals x 2 with the match to equal 240 meals!
- **[Host a contactless food drive](#)** to collect most needed items for emergency hampers.
- **[Set up a Ramadan fundraiser](#)** or consider hosting a virtual iftar to raise funds.
- Challenge yourself to give up something for 30 days (e.g, coffee sugar, etc) to show your solidarity.
- **Send us photos and videos of your family participating in our Give 30 campaign** and you could be included in our campaign thank you video!
- Your advocacy can inspire others to join the fight against hunger. Be sure to spread the word on **[Facebook](#), [Instagram](#), [Twitter](#), or [LinkedIn](#).**

Working towards a Mississauga where **no one** goes hungry.





### Thinking of Hosting a Contactless Food Drive?

- The Mississauga Food Bank delivers and picks up food drive supplies to organizers.
- Participants pull up to the curb of the donation location and remain in their vehicle.
- Organizers and volunteers move donations out of vehicles and into donation boxes.

### 5 Steps to Get Started

1. Set a goal - four donation boxes hold about 1,000 pounds of food.
2. Set a date and time and choose a venue that will allow for a good traffic flow.
3. [Complete our Registration Form.](#)
4. Assign responsibilities to volunteers to help on the event day.
5. Promote your curbside food drive among your network.

### Thinking of Hosting a Virtual Iftar Fundraiser?

- Hosting a virtual Iftar allows us to share a meal with our loved ones virtually, while also sharing a meal with a neighbour in need by raising funds.
- You can announce how many meals you helped to raise during your virtual Iftar event!

### 3 Steps to Get Started:

1. Set a date for your virtual Iftar and invite your friends and family by sending them a link to join the video call.
2. [Complete our Registration Form](#) (remember to include your fundraising goal. E.g. \$500 will help to provide 2,000 meals!)
3. We'll send you back a fundraising page that you can share with your loved ones.

For more information on how to get involved today contact Shelita Yacoob, Community Partnerships Coordinator at [shelita@themississaugafoodbank.org](mailto:shelita@themississaugafoodbank.org) or 905-270-5589 ext. 237

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