

# FOOD FIGHT

SHOW **Kids** YOU CARE

*Kids living in poverty in Canada need us to fight for their right to have access to nutritious food each day. **Show Kids You Care** leads a national network of breakfast, lunch, snack, and afterschool meal programs to feed hungry kids living in poverty. This is the journal of our fight for food for all.*

## THE FIGHT

1,100,000 kids in Canada live in **poverty**  
Where there's child poverty, there's child **hunger**.

## THE GOAL

**Provide nutritious meals in nurturing environments to  
Show Kids *how much* You Care**

## TAKING A BITE OUT OF CHILDHOOD HUNGER

The Great Big Crunch is an annual celebration of healthy eating amongst kids in Canada

FoodShare Toronto started The Great Big Crunch in 2006 and now kids in schools in communities around Canada are joining them by joining together on March 10th to all take one big bite out of a piece of fresh fruits or vegetables.

Research shows that when kids enjoy healthy food together they are more likely to try other healthy foods when they are available.

SKYC's Executive Director, Kristy Taylor will be joining Federal MPs on Parliament Hill to show kids throughout Canada that our leaders believe in healthy eating and wants kids to celebrate healthy food every day!



## 20 YEARS AND STILL GROWING



20 years ago in September, a brave single mom sat at her kitchen table and took the first step... she asked a few friends what they thought of her starting an organization that would help provide food to kids going to school without lunch...

She didn't really know how it would happen, or who would support her, or how long she could help.... Her friends told her it was a great idea, and they offered to help!

They started by collecting day-old bagels, and getting donations of fruit that we're quite 'right' for market... and delivering them to a few local schools.

### **Things have changed a lot in 20 years.**

We now lead a network of nearly 1,000 breakfast, lunch and snack programs that help feed kids living in poverty and other difficult situations in Canada/ The meals offered in these programs are culturally diverse, they're sourced as locally as possible, and they're kid-friendly!

We are so excited as we look forward to the next 20 years. We are so glad to have people who are just as passionate as we are about making sure kids have access to have nutritious food when they need it.

**Show Kids You Care is an independent registered non-profit organization.**

*Leading Canada's National Network of Meal Programs for kids living in poverty in Canada.*

To inquire about this publication, provide feedback, or be removed from our contact list please call 1-800-447-2458

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## 5 THINGS YOU SHOULD KNOW ABOUT FOOD INSECURITY IN CANADA

1. *It significantly affects health:* it is linked to conditions such as asthma and depression
2. *It is a strong predictor of healthcare utilization and costs:* healthcare costs are 76% higher among those with severe food insecurity
3. *It isn't always represented by food bank use:* nearly twice the number of people who use food banks actually live in food insecure situations
4. *It is alleviated by adequate and secure household income:* 11% of people in the workforce face food insecurity; people need better employment and more consistent employment
5. *It can be reduced with even just a little bit of income:* research shows that a modest increase in income changes families' abilities to keep food on their tables

Source: *PolicyOptions.org*

### Q AND A

This question was recently received in a note from a loyal donor, Janet Archer from Kitchener ON:

"Why doesn't Canada have a system in the schools which supplies cooked lunches for all children who cannot go home for lunch, just as the U.K. does? Junior and Senior schools had kitchens and cooks to do this. The children could also get milk in the morning break. Why is Canada so cheap where children are concerned?"

Tough question. Good question. It's one we struggle with every day. Canada is the only country in the G8 that doesn't have a meal program for kids. It is very frustrating, especially for the kids who live in homes where there simply isn't enough food. Creating a school meal program for all kids in Canada is one of our 'big picture' priorities— in the meantime, each day we do our best to work with volunteers across the country to help provide nutritious meals to kids in need. But more must be done!

- Kristy Taylor, Executive Director, SKYC