

# CRAFTY TUESDAYS



## FOOD BANK SHOPPING LIST ROLL

This fun craft is all about recycling some common household items and then turning them into a convenient shopping list paper holder. It's also a wonderful community service project that can count towards the girls' programming: for Sparks: 'In My Community' and for Brownies' 'Key to My Community'!

### MATERIALS:

- Toilet paper roll
- Scissors, tape and glue
- Pipe cleaner or string
- 8.5 x 11 cardboard
- Blank white paper
- Hole punch
- Variety of shopping flyers
- Food bank wish list (for the Guider)



### INSTRUCTIONS:

- 1.** Cut long strips of paper the same length as the toilet paper roll. Glue several sheets together to create a long ream of paper.
- 2.** Tape the end of the first sheer of paper to the toilet paper roll and start rolling up the paper. Set aside.
- 3.** Cut out from the shopping flyers any food items that are on the food bank wish list.
- 4.** Glue the images onto the cardboard to create the collage - careful not to cover up the images!
- 5.** Using the hole punch or scissors (a Guider should do this), make a hole where the paper roll will attach to the cardboard to function as a quick sheet of paper to write down the items needed to buy.
- 6.** Put the pipe cleaner (or string) through the paper roll and through the holes on the cardboard. Tie at the back of the cardboard firmly but still allowing room to roll when a sheet of paper is needed.

That's it! Bring your Food Bank Shopping List Roll home and share it with your family. Explain to them that it should be hung on the fridge. Every time you do a family grocery shopping, quickly review the images, roll out some paper off the roll and write out your shopping list. Talk with your parents about what they could add to the list and donate to the food bank!

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## Background Information for 'Food Bank Shopping List Roll' Craft

According to Food Banks Canada\*, the most needed food items include:

- Pasta products & Rice
- Canned meats and fish
- Dry and canned soups & stews
- Canned fruit & vegetables
- Breakfast cereal
- Peanut butter
- Canned/Powdered milk
- Fruit Juices
- Pasta Sauce
- Beans & Legumes
- Baby Food

*Hunger affects children and families in specific ways:*

**Children** - Children continue to be over-represented among food bank recipients in Canada. This year, 37.8% of food bank clients were under 18. Child poverty has remained at the same level for two decades, despite the fact that the federal government committed to end child poverty by the year 2000. Child poverty is directly tied to the level of household income. Among households accessing food banks, families with children make up more than 50% of recipients.

**Families with children** - Over half of households who turn to a food bank for assistance are families with children. The single parent family is still one of Canada's most economically vulnerable groups. It is likely that many of the single parent households assisted by food banks (27.5% of the total), as reported in Hunger Count 2010, are headed by women: according to Statistics Canada, 80% of single-parent families are headed by women.

\* <http://www.foodbanksCanada.ca/factsandstats.htm> July 2011