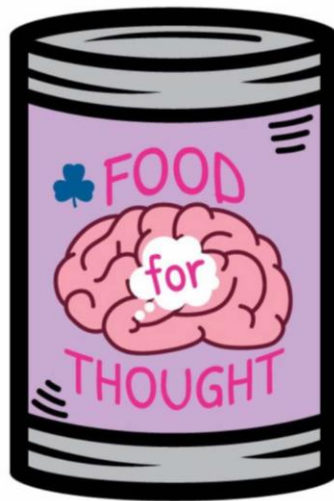




Food For Thought Service Project

Developed by the 2024-2025 NL Youth Forum

All-Level Provincial Service Project

Food is one of our most basic human needs. It is critical to our health and survival, and affects almost everything we do. In 2024, nearly 18,000 meals and snacks were provided to Newfoundlanders and Labradorians who visited Food Banks throughout the year.

The Food For Thought Service Project was developed by the 2024-2025 Youth Forum in response to the growing need for aiding our Food Banks, and to help build understanding, empathy and compassion for those who use Food Banks and reducing the stigma through continuous learning and dialogue.

This Service Project can be completed by any level of Guiding, from Sparks to Trefoil Guild, all are encouraged to participate. We recommend completing activities that cover all three aspects of the Service Project: Collection, Education and Volunteering (if possible). If you have any questions, please email nl-youth@girlguides.ca. Service Project Crests can be purchased on the Girl Guides of Newfoundland and Labrador website.

GGC recognizes the reality of financial barriers, and understands that this topic may be stigmatizing for some members and their families. In some cases, you may wish to discuss the Service Project's themes with the families of the youth involved. GGC believes in the dignity and value of all people, and that all people have something to share and contribute. But it's important that we recognize the need to address inequities in systems and structures, and not place blame on individuals who are experiencing barriers.

A reminder that per GGC's policies, we cannot collect money for other organizations as a charitable organization, nor can we use unit money to purchase gift cards. If someone donates money towards your Food Drive, use the money to purchase food items to add to the donations.



Be sure to tag @NL_YouthForum in your social media posts!

List of Food Banks Across Newfoundland and Labrador

*Is your local Food Bank not listed here?
Choose whichever location you would like to work with.*

Food Bank	Location
<u>TaKuaKautik Food Bank</u>	25 Ikajuktauvik Road, Nain
<u>St. Timothy's Anglican Church Food Bank</u>	Blake's Waterfront Street, Rigolet
<u>Labrador Friendship Centre - Community Food Bank</u>	49 Grenfell Street, Happy Valley-Goose Bay
<u>St. Peter's Anglican Church Cartwright Food Bank</u>	2 Willow Lane, Cartwright
<u>Labrador West Ministerial Food Bank</u>	610 Hudson Drive, Labrador City
<u>Burin Area Food Pantry</u>	46 Topsail Road, Black Duck Cove
<u>Straits Area Food Bank</u>	Plum Point Motel, Route 430, Plum Point
<u>St. Anthony and Area Food Sharing Association</u>	2 Maraval Drive, St Anthony
<u>Ingornachoix Ministerial Association Food Bank</u>	21 Main Street, Port Saunders
<u>Gros Morne Community Church Food Bank</u>	38 Main Street, Rocky Harbour
<u>Peninsula Used Clothing and Food Bank</u>	85 Highway 410, Baie Verte
<u>Deer Lake Regional Food Bank</u>	13A Northmain St, Suite 3, Deer Lake
<u>Green Bay Food Bank</u>	135 Main Street, Springdale
<u>Salvation Army Food Bank - Triton and Brighton</u>	246 Hwy 380, Triton
<u>Food Bank Network of the Bay of Islands</u>	6 Herald Avenue, Corner Brook
<u>Pasadena Pentecostal Church Food Bank</u>	3 Fourth Avenue, Pasadena
<u>Fogo Island Pride - Food Security</u>	9 Main Street, Fogo
<u>Salvation Army Summerford Food Bank - New World Island</u>	172 Main Street, Summerford
<u>Mary Phyllis Young Food Bank</u>	811 Oceanview Drive, Port Au Port
<u>Stephenville Emergency Food Bank</u>	103 Carolina Avenue, Stephenville Cinema Arcade, Stephenville
<u>Salvation Army Food Bank - Buchans</u>	18 Lakeview Avenue, Buchans
<u>Lewisporte Interfaith Goodwill Centre and Food Bank</u>	160 Main Street, Lewisporte
<u>Botwood Interfaith Goodwill Centre</u>	48 Commonwealth Drive, Botwood
<u>Trinity Bay North (Catalina Area) Community Care and Share Food Bank</u>	189-193 Main Street, Trinity Bay North
<u>Cape Freels Ministerial Food Bank</u>	41-45 Main Street, New-Wes-Valley
<u>Salvation Army Food Bank - Grand Falls-Windsor</u>	16 Hardy Avenue, Grand Falls-Windsor
<u>Bishop's Falls and Area Food Bank</u>	20A Lincoln Road, Grand Falls-Windsor
<u>Gander and Area Food Bank</u>	111 Memorial Avenue, Gander
<u>Salvation Army Food Bank - Gander</u>	157 Airport Boulevard, Gander
<u>Salvation Army Food Bank - Gambo</u>	JR Smallwood Boulevard, Gambo
<u>Salvation Army Food Bank - Channel-Port aux Basques</u>	98 Main Street, Channel - Port-Aux-Basques

<u>Bay D'Espeir Community Food Bank</u>	St. Albans Community Centre, 10 Church Road, St. Albans
<u>Salvation Army Food Banks - Clarenville</u>	281 Balbo Drive, Clarenville
<u>Salvation Army Food Bank - Lower Island Cove</u>	2 Main Street, Lower Island Cove
<u>Grand Bank-Fortune Community Food Bank</u>	2 Smallwood Drive, Grand Bank
<u>Helping Hands Family Aid - Marystown Food Bank</u>	Ville Marie Drive, Marystown
<u>Salvation Army Food Bank - Faith and Hope/Marystown</u>	407 Creston Boulevard, Marystown
<u>SSVP Carbonear Food Bank</u>	4 St. Clare Avenue, Carbonear
<u>Salvation Army Food Banks - Carbonear</u>	100 Water Street, Carbonear
<u>Society of St Vincent de Paul Food Bank - Harbour Grace</u>	434 Harvey Street, Harbour Grace South
<u>Helping Hand Food Hampers - Bay Roberts</u>	Patterson Street, Bay Roberts
<u>Caring by Sharing Food Bank - Bell Island</u>	Quigley's Line, Bell Island
<u>Northeast Avalon Foodbank</u>	16 Coady's Lane, Torbay
<u>NL Food Umbrella</u>	692 Torbay Road, St. John's
<u>Conception Bay South/Paradise Community Food Bank</u>	81-3 Conception Bay Highway, Conception Bay South
<u>McSheffrey Resource Centre Food Bank</u>	10 Brother McSheffrey Lane, St. John's
<u>Single Parent Association of Newfoundland (SPAN) - Food Bank</u>	472 Logy Bay Road, St. John's
<u>Virginia Park Community Centre - Family Programs</u>	43 Harding Road, Building 4, St. John's
<u>Divine Mercy Food Bank</u>	101 MacDonald Drive, St. John's
<u>MUN Campus Food Bank</u>	Room CA1000, Global Learning Centre, 21 Burton's Pond Road, MUN, St. John's
<u>Emmaus House Food Bank</u>	2B Bonaventure Avenue, St. John's
<u>Bridges to Hope Food Aid Centre</u>	37-39 Cookstown Road, St. John's
<u>Connections for Seniors</u>	157 Pennywell Road, St. John's
<u>Buckmaster's Circle Community Centre</u>	129 Brigade Street, St. John's
<u>St. Teresa's Conference Food Bank</u>	120 Mundy Pond Road, St. John's
<u>St. John's Status of Women Council - Safe Harbour Outreach Project</u>	170 Cashin Avenue Extension, St. John's
<u>Salvation Army Ches Penney Centre of Hope - Food Bank and Community Meals</u>	18 Springdale Street, St. John's
<u>NL Eats</u>	716 Water Street, St. John's
<u>Mary Queen of the World Food Bank</u>	775 Topsail Road, Mount Pearl
<u>Salvation Army Food Bank - Mount Pearl</u>	106 Ashford Drive, Mount Pearl

Part 1 - Collection **Organizing a Food Drive**

What is a Food Drive? A Food Drive is an organized event to collect food items that are then donated to support local food banks and community organizations. Food drives help provide food to people in need, such as those who are low income, experiencing homelessness, vulnerable seniors, and victims of disasters.

How to Organize a Food Drive:

1. The first step in organizing a Food Drive is first contacting your local Food Bank or Community Organization. If you are doing this on your own as a youth member, you may wish to ask your parents or Guider for assistance. Establish communication with the Food Bank or Community Organization - find out if they are currently taking donations, and what are their most requested items. Let them know you are planning to host a Food Drive and what your plans are (date, location, audience, etc.). See the following page for a list of the top items currently requested by local Food Banks.
2. Decide what type of Food Drive you will have:
 - a. If your Food Bank only needs specific items, make sure to include that information in your social media posts and flyers to highlight what they need. Consider narrowing down your drive to a few specific items if that makes it easier (ie Pasta Drive, Canned Goods Drive, etc.).
 - Don't forget you don't have to collect JUST/ONLY food - many food banks appreciate hygiene products, Holiday treats, Baby Products like diapers and formula, etc.
 - b. How will you collect the food? Consider:
 - Door-to-door in your neighbourhood
 - Table at your school (either throughout the school day, or at a special event)
 - Admittance to an event (attending the game will cost you one non-perishable food item, etc.)
 - Drop box somewhere in town - your community centre, grocery store, etc.
 - c. Some Senior Organizations also look for people to sponsor local vulnerable seniors. Perhaps you or your unit could consider this as an option.
3. Take it to social media! If you are a youth member and are of social media age, use it! Social media can be very powerful! Whether you use Facebook, Instagram, Tiktok, Snapchat, or any other Social Media, make sure to use Hashtags and to tag Girl Guides of Canada, Girl Guides of NL, and even your own unit in your posts! If you are able, share in local community groups, tag local politicians and schools, and get your parents to share too! If you do not have access to social media, consider posting flyers in the neighbourhood where you plan to host the Food Drive, or ask an adult/Guider to post for you! Don't forget to tell your friends and family, they can also help spread the word.
4. Consider challenging another Unit to see who can collect the most items - or partner up with other Units in your District to spread your Food Drive even wider!

Part 1 - Collection

Most Requested Items for Donation in Newfoundland and Labrador

Are you or your unit thinking about conducting a Food Drive? Every Food Bank is different, consider reaching out to your local food bank to see what their most requested items are from their users. Below is a list of items from some local Food Banks of some of their most desired items.

Some things to consider:

- Check if the Food Bank has a fridge:
 - If they do not have fridges, consider collecting only non-perishables
 - If they do have fridges, items like produce, bread, dairy, meats and eggs are always appreciated
- Some items require other items to prepare them that they may not have access to:
 - Items like Kraft Dinner require milk and butter, Pizza Kits require cheese and other toppings
- Some packaging can easily be broken in transit, like glass, so avoid where possible
- Avoid expired food

Canned Sandwich Meats (Tuna/Ham)	Baking Supplies (Sugar, Flour, Yeast, etc)	Peanut Butter, Jam, Cheese Whiz
Canned/Powdered Milk	Canned Fruits and Veggies	Pasta Sauce
Canned Beans	Dried Legumes and Beans	Cans of Soup/Stew
Cereal and Oatmeal	Macaroni and Cheese	Tea and Coffee
Dry Pasta and Noodles	Boxed and Pre-Made Rice	Canned Pasta
Crackers	Cookies	Juice/Drinks
Condiments and Seasonings (Ketchup, Mayonnaise, Mustard, BBQ Sauce, Salt/Pepper, etc)	Snacks (Granola/Protein Bars, Apple Sauce, Fruit Cups, Poptarts, Fruit Snacks)	Hygiene Items (Deodorant, Shampoo, Soap)
Toilet Paper	Menstrual Products	Diapers and Formula
Cooked Dinner Hampers: Turkey, Vegetables, Cranberry Sauce, Stuffing Holiday Treats		

Part 1 - Collection **Little Free Pantries**



What is a Little Free Pantry? A Little Free Pantry is a place where people can donate non-perishable food items in their community. You may have seen one in your community - or you may have seen one of its cousins, a Little Free Library. These are cupboards set up in communities to help fill the gaps in aiding those in need. Sometimes people need a little more help even after receiving help from the Food Bank. Those who need food and other supplies can go to a Little Free Pantry for help, and those who are fortunate enough to have extra food can donate what they can. Every Little Free Pantry is different.

Starting a Little Free Pantry

If your community does not have access to a local Food Bank, perhaps you or your unit could consider starting a Little Free Pantry? But what does that involve?

What is involved will depend on where you build it, and who will be responsible for it:

- Most Municipalities may require you to apply for a permit to set up a Little Free Pantry. Before making any plans, reach out to your Municipal Council to see what their rules and regulations are.
- If you are building a Little Free Pantry from scratch note that most Towns/Cities will require you to maintain your Pantry - repairing any future damage and structural integrity.
- Keep in mind the cost of building one of these pantries may be expensive - see if any local businesses are willing to donate the materials, and see if there is anyone local willing to donate their time to help build it such as your school's Wood Shop Teacher, or a local carpenter.
- Designing the pantry is the fun part! Go online and look up some inspiration from other Little Free Pantries for what you want yours to look like. Consider:
 - Do you want glass see-through doors?
 - Will you paint it in fun colours?
 - What sort of closing/locking mechanism will you use to protect it from the elements?



What goes in a Little Free Pantry?

There are plenty of things that you can stock your Little Free Pantry with! See the Most Requested Items for Donation in Newfoundland and Labrador List for some ideas.

Once you have gotten your permits, and have finished building and stocking your pantry, you can add it to the map on the [Little Free Pantry Website \(www.littlefreepantry.org\)](http://www.littlefreepantry.org)!

Part 2 – Education

Learning About Food Banks

Part 2 of this Service Project will help you build understanding, empathy and compassion for those who use Food Banks, and help reduce the stigma through continuous learning and dialogue.

Learn from an Expert:

One of the best ways to learn about Food Banks is to speak with someone who operates one! Use the List of Food Banks Across Newfoundland and Labrador from this document and reach out to your local Food Bank to invite someone to come to an upcoming meeting. Consider preparing questions at a previous meeting to ask them, or use some of the ones provided below:

- How old do you have to be to volunteer at a Food Bank?
- What else is required to volunteer at a Food Bank?
- How can someone in need use a Food Bank?
- What items are not donated enough?
- What goes on behind the scenes?
- What does a Food Bank Coordinator do?
- Who funds the Food Bank?
- How does the Food Bank operate?
- What does a volunteer shift at a Food Bank look like?
- Can our group help at the Food Bank?

If your local Food Bank allows it, consider volunteering there!

Go Beyond Food Banks:

Some people may require more than just access to Food Banks. In Newfoundland and Labrador there are shelters across the province that provide access to basic needs beyond just food. Providing access to shelter for many across the province and also heavily rely on donations to operate. It is important that we recognize the need to address inequities in systems and structures, and not place blame on individuals who are experiencing barriers.

Research local shelters near you. Check with the shelter to see if there are any items that residents frequently need and consider collecting those items for your Food Drive.

Resources:

While conducting your Food Drive and learning about Food Banks in NL, consider the following resources below:

The Gathering Place (St. John's): <https://kindnesswanted.ca/>

Bridges to Hope (St. John's): <https://bridgestohope.ca/>

Thrive Community Youth Network (St. John's): <https://www.thrivecyn.ca/>

Labrador Friendship Centre (Happy Valley-Goose Bay): <http://www.lfchvqb.ca/home/>

Part 2 – Education **Food Insecurity**

This section covers topics that may be sensitive to some. Please be considerate of those in your unit who may currently be experiencing food insecurity at home.

What is Food Insecurity? Food insecurity is when someone doesn't have reliable access to enough safe and nutritious food to live an active, healthy life. It can range from worrying about running out of food to going days without eating.

It is more common than many realize - worldwide there are 2.33 billion people who are struggling with food insecurity. In Canada 17.8% of families do not have proper access to food. Food Insecurity can be caused by lack of access to food due to global conflicts, climate change/global warming, pests, and natural disasters. It can also be caused by a personal lack of funds. Many Canadians rely on government funding to be able to afford the high costs of living. Groceries are 26%-30.25% higher in price than they were in 2019. Food Banks do not get enough donations to supply everybody with the correct amount of food that they need. If you have the means to donate, please consider doing so!

For more information, you can watch these videos:

CBC Kids Short: Food Insecurity Explained for Kids

<https://www.youtube.com/watch?v=YfRtUgn7GRk>

What is Food Insecurity? An Explanation

<https://www.youtube.com/watch?v=z0J2VELZ4RU>

CTV News - Poverty, Food Insecurity Surging in Every Canadian Province

<https://youtu.be/b4auS2cKtRU?si=hNRxLmAqF9-tm0f5>

Global News - Who is "food insecure" in Canada? New data shows "very high" need

<https://youtu.be/6of1NNTeXOY?si=SXzw0oDTRLLOf8y0>

Ted Talk - The Shocking Truth About Food Insecurity Ted Talk

https://youtu.be/HakCAdPrImS?si=KKdpfEZsfljaj_2D

Ted Talk - Food Insecurity is a Public Health Concern

<https://youtu.be/DHBpWM0rNZI?si=tJsYxLi-8JknblqG>

Tufts University - What is food insecurity?

<https://youtu.be/m7DylyQ8lf4?si=KZSGI8Y5geWEkP3z>

University of Vermont - Food Insecurity 101

<https://youtu.be/MKBDvZnEELI?si=fjhOykMzPe2cVYXF>