

Food Security FOR ALL

Food Security will exist in our community when everyone has access to affordable, sufficient and nutritious food that meets dietary needs for an active and healthy life

DID YOU know?

In Alberta, 1 in 10 households experience food insecurity



Food insecurity can lead to health consequences for both **children** and **adults**

Children and youth



Lower birth weights in infants
More likely to face poor emotional and physical health outcomes
Elevated risk of nutritional inadequacies

Adults



Higher risk of the development of chronic conditions and chronic illness
Such as: mood disorder, diabetes, heart disease, high blood pressure, asthma, migraine headaches, bowel disorders

How do households cope with food insecurity?



skipping meals



reducing meal size



eating nothing for extended periods



eating excessively when possible



relying on low quality foods

How can you help?

Food Security FOR ALL

Ways YOU can help



Donate healthy, non perishable items

Great choices are canned protein, canned fruits and vegetables, hearty soups and school snacks



Watch for expiry dates

The Salvation Army spends up to \$15,000 annually for the disposal of expired food



Donate your time

The Salvation Army, The Friendship Centre and the Rotary Community Food Bank are always in need of volunteers. Get full details on volunteer opportunities at gpfooddrive.ca



Hygiene items

Please donate unopened male and female hygiene items (toothbrushes, feminine hygiene products).



\$\$\$ Donations

Consider donating money, this provides the opportunity to purchase high needs items. We have made it easy to donate online through the Community Foundation website:

canadahelps.org/en/dn/36924

The
Salvation
Army
Stats 2018

5,670 individuals access the food bank

5,408 families access the food bank

23,978 meals served at the soup kitchen

This message brought to you by the

Community Action to End Poverty

The CAEP is composed of key community stakeholders working collectively to develop strategies to eliminate poverty