### **OUR GOAL:**

Supporting, volunteering, and advocating for food bank workers to alleviate stress on local food banks.

Improving food systems
through the promotion of
local eateries and
encouraging cooking to
increase the sustainability of
food systems.

### **CONTACT US**



@Meal Exchange



@mealexchange.club@we sternusc.ca



@MealExchange



@MealExchange

## **FOODX**

Improving Food Security Day by Day.

# VOLUNTEERING WITH ARK AID

#### TRICK OR EAT

#### **EAT THINK VOTE**







Volunteer at local soup kitchens to support communities in need of food security.



Go door-to-door to gather non-perishable food items and donate them to food support services.



A Bi-Partisan debate on food security issues between MP-candidates.

