

# It Takes More Than Food To Solve Hunger

In Timiskaming 9.4% families struggle to put food on the table. Not having enough money for food has a negative impact on our physical, mental and social health.

The real reason people need food banks is because they don't have enough money for healthy food.

Government policies can make a difference and include:

- 🎯 Social assistance rates that cover real living costs
- 🎯 A basic income for everyone
- 🎯 Policies that encourage good jobs with regular hours and benefits.

Everyone needs enough money to meet their basic needs with dignity and put food on the table.



NO MONEY FOR FOOD IS...

**CENT\$LESS**



**Take the next step**

Send a message to let the Premier of Ontario know that everyone needs enough money to feed themselves and their families.

For more information visit [www.timiskaminghu.com](http://www.timiskaminghu.com)

# Make Your Donations Count

Thinking about donating items to your local food bank or hosting a food drive?

## Healthy Items to Donate:

- 🍴 Canned tuna or salmon in water
- 🍴 Peanut butter, other nut butters, nuts and seeds
- 🍴 Brown rice or whole grain pasta
- 🍴 Breakfast cereals – whole grain, hot or cold
- 🍴 Beans; canned, baked, kidney
- 🍴 Canned vegetables and fruit
- 🍴 Canned chicken or ham
- 🍴 Whole grain crackers
- 🍴 Iron fortified infant cereal
- 🍴 Personal hygiene products

## Food Banks Canada Guidelines for Donations:

- 🍴 Food banks can accept and give out canned food 1 year past the best before date and dry goods 6 months past the best before date.
- 🍴 Best before dates tell you when products are at their best. They are not a sign of food safety.
- 🍴 Liquid nutrition supplements and infant formula have expiry dates and must never be given out past this date.
- 🍴 Home-made food or home canned products are not accepted.

### Other Ideas:

- Check with your local food bank to see if they accept fresh foods like vegetables, milk, bread, eggs and meats.
- Many food banks use donated money to buy nutritious food and vouchers for fresh food.
- Try to donate foods that are lower in salt (sodium) and added sugar.

Thank you for making a nutritious food donation.  
Your donation helps hungry people get emergency food today!

For more information, call the Timiskaming Health Unit  
1-866-747-4305.



Services de santé du

**TIMISKAMING**  
Health Unit