



**make
the
season
kind**

Join us and help support local food banks



**12 Days
of Giving**

Give food and hope for the holidays!

Food bank use is at an all-time high. Through CBC Sounds of the Season's 12 Days of Giving, you and your family can help provide emergency access to food to neighbours experiencing hunger this winter.

How it works:

1. Decorate a box or gift bag.
2. Each day for 12 days in December, collect one item from our most needed items list below. We have also included a few prompts to spark conversations with your kids about hunger and food insecurity.
3. Once you have filled your box or bag, visit dailybread.ca/kindfood to see how you can get your donation to your local food bank.

**Day
1**



PEANUT BUTTER

**Day
2**



PASTA

**Day
3**



CANNED FRUIT

**Day
4**



CANNED SOUP

**Day
5**



RICE

**Day
6**



OATMEAL

**Day
7**



BEANS (LENTILS,
CHICK PEAS, ETC.)

**Day
8**



PASTA SAUCE

**Day
9**



CANNED FISH
(TUNA IN WATER)

**Day
10**



100% FRUIT
JUICES

**Day
11**



CANNED
VEGETABLES

**Day
12**



BABY FOOD/
FORMULA

CONVERSATIONS WITH KIDS

- How would you feel if we (parents/guardians) had to miss a meal so that you could eat?
- What would you do if you found out that a friend or classmate's family was food insecure?
- Have you ever been hungry when it wasn't time to eat, or no food was available? How did you feel?
- What do you think we as a family could do to help end hunger in our community?

Thank you for your generous support during this time of great need.