

# SOUNDS OF THE SEASON

Join us and help support local food banks



make the season kind

# 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/SOTS22FOOD](https://dailybread.ca/SOTS22FOOD) 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.