

It's a myth that food banks make their users dependent. In a study of one provincial food bank most clients made less than 1/2 of the maximum number of annual visits.



**Our Me to We Team is doing a
“We Scare Hunger” Campaign
Oct. 24th - 31st**

*Single-Parent Families with children are more vulnerable to **hunger** than any other kind of household.*

*Adults living without **enough food** are 1.7x more likely to have been diagnosed with a mental *health issue*.*

We would greatly appreciate any non-perishable food items you are able to bring in, for the food bank, during this time.

Thank you!

The rate of food insecurity in **Nunavut** is more than 4 x higher than *the Canadian average*.

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LEARN HOW TO TAKE ACTION AT WE.ORG/WESCAREHUNGER #WESCAREHUNGER