

NEW WESTMINSTER SOCCER CLUB'S "ROYAL CITY RIOT" U9 GIRLS ARE HOSTING THEIR 2nd ANNUAL "GIVE HUNGER THE BOOT" – FOOD BANK DRIVE

Date: **Sunday October 21, 2018**

Time: **11:30 a.m. - 2:00 p.m.**

Location: **Moody Park Pool (701 Tenth St, New Westminster)**

We hope YOU can help us "Give Hunger the Boot!" and ask all families to bring non-perishable food items for donation as we try to fully stock the shelves of the New West Community Food Hub and other locations in the Lower Mainland.

All New Westminster Soccer Club teams are encouraged to contribute. If you have a home game in New Westminster on October 20th or 21st, we hope that you will let your opponents know about the drive and ask them to take part. Please collect donations at your home game and drop them off on Sunday October 21st at Moody Park. Together, we can really "Give Hunger the Boot"!

Where is the Food Bank in New Westminster?

The New West Community Food Hub, which is wheelchair accessible, serves our community out of the Olivet Baptist Church gym on Thursdays.

Most Needed Items

The Greater Vancouver Food Bank (GVFB) is always on the lookout for the high protein, whole grain, lower sodium (salt), and lower sugar items like:

- Canned fish, chicken or turkey
- Canned black beans, chickpeas, and kidney beans
- Dried Lentils
- Nuts and/or seeds (pumpkin, sesame, or similar)
- Natural Peanut butter
- Brown rice, barley and whole wheat pasta
- Powdered skim milk
- Canned vegetables
- Canned fruit
- Hearty stews with 10g or more protein

Due to health and safety issues they do not accept the following items:

- Homemade items
- Expired food
- Products containing alcohol
- Open packages of food

If you don't want to bring non-perishable food items, you can donate monetarily. Your money goes further due to GVFB's unique buying power. For every \$1 donated, they are able to purchase \$3 of food. We will have a bucket for cash donations but please note that you will not be given a tax receipt. To get a tax receipt, please donate online at <https://www.foodbank.bc.ca/>. Please note in your donation that it is part of our drive!