

Lend A Hand Give A Can
Youth Forum Service Project

For many of us, the word “need” is spoken without thought. How many times have you heard your friend declare that they “need” a new pair of jeans, or that they “need” a new tablet? These possessions are wants, whereas a need is considered the possessions a person requires to survive and live a safe and healthy life. The most common thing people need but go without is food. Across Canada there are approximately 1 in 8 households living with food insecurity, meaning they often do not know where their next meal is going to come from or if they will be able to eat again in the near future. This adds up to approximately 4.4 million Canadians at a loss for food and basic needs.

This is why the NL Youth Forum is launching a new service project known as “Lend a Hand, Give a Can.” This service project will consist of units and Districts across Newfoundland and Labrador coming together to construct and fill food pantries in their local communities. The food pantries will be a small structures where members of the community and members of Girl Guides can leave or acquire donations based on their individual and family needs. The idea behind the pantries is to support if you have the means, and take if you need the resources. A detailed list of how your unit/branch can participate will be provided. All of your donations will remain in your community, either in an existing food pantry or in one a unit in your district constructs.

As well as supporting those in need, girls will also be rewarded in completing aspects of the Girls First program, specific to your branch’s program. Units can pre-order a special, one-time crest designed by the Youth Forum for their participation in the service project. We would like to thank everyone in advance for their participation in the “Lend a Hand, Give a Can” service project. If you would like more information on how to participate, please reach out to nl-youth@girlguides.ca.

Sparks:

A Food Pantry is like a little cupboard that you may find in places like a parking lot of a store or church, or even at the end of someone's driveway. These pantries are filled with items such as canned food, cereal, rice, pasta and sometimes even soap or shampoo. Food pantries are looked after by members of the community in which the food pantry is located, and they are placed there to help people who need help getting food for their families. This means that the food in the pantry is free for people to take and once people take an item the community will come together and stock it back up with food for the next person that may need it.

Activity: Collect non-perishable food donations that will be going in the pantries! Find a pantry in your community to drop your donations to or connect with a Pathfinder/Ranger Unit in your District who may be building a pantry that needs to be filled.

Possible Donations:

- Canned soup
- Canned pasta
- Canned vegetables
- Canned tomato sauce
- Canned beans
- Canned milk
- Pasta noodles
- Kraft dinner
- Cake mixes
- Pancake mix
- Bottle syrup
- Sugar
- Juice Boxes
- Granola bars
- Baby food & Formula
- Teabags
- Coffee grounds

Girl's First:

- **Program Area:** Take Action
- **Theme Area:** Your Action
- **Activity:** Hunger Helpers

Brownies:

Some people in our communities can't go to the store or don't have enough money to get food, so almost every community has food pantries and food banks to help these people get enough to eat on a day to day basis. Food Pantries are starting to show up in more and more communities and are filled by more fortunate people, like us, and looked after by members of the community. Pantries can also be filled with hygiene items, such as toothpaste or shampoo. This year, we're collecting non-perishable food items to fill these food pantries to give help to people who may need it.

Activity: Collect non-perishable food donations that will be going in the pantries! Find a pantry in your community to drop your donations to or connect with a Pathfinder/Ranger Unit in your District who may be building a pantry that needs to be filled.

Possible Donations:

- Dry pasta
- Jarred sauce
- Canned vegetables
- Canned fruit
- Cereal
- Juice
- Granola bars
- Cake mix
- Fruit snacks

Girl's First:

- **Program Area:** Take Action
- **Theme Area:** Your Action
- **Activity:** Hunger Helpers

Guides:

Food Pantries are little holders that can be found in the parking lot of a store, in the driveway of someone's home, or somewhere else in your community. They are there for anyone who needs them. Non-perishable food items are put inside for people to take, and once the pantry is empty the community will fill it back up again. We are doing this service project because food pantries aren't very well known or popular in some places in Newfoundland and Labrador. We feel if we get the word out there, more people will start to know about them and help out in their community. Guides will be collecting food items to donate to the food pantries.

Activity: Collect non-perishable food donations or essential hygiene items that will be going in the pantries! Find a pantry in your community to drop your donations to or connect with a Pathfinder/Ranger Unit in your District who may be building a pantry that needs to be filled.

Possible Donations:

- Canned goods
- Quick meals
- Cereals
- Complete meal bags
- Kids lunch bags
- Fresh bread
- Canned soup
- Hygiene products

Girl's First

- **Program Area:** Take Action
- **Theme:** Your Action
- **Topic:** Hunger

Skills You'll Build

- Planning
- Character
- Social Awareness

Pathfinders:

Did you know that out of every single Canadian city, St. John's has the worst food insecurity? The rest of the province isn't doing so hot either. This needs to change.

As Pathfinders, you girls already know all about food insecurity. You've most likely participated in food collections before - but this service project is different. Now, you get to be in the hot seat. Your task is to build a free little food pantry for your community. A list of locations where food pantries already are and a blueprint to build them will be provided to you by the NL Youth Forum to help you narrow down your area (and will also give you places you can donate to!)

Once the pantry is built you can go to town with decorations and finishing touches. The most important part is that the creation of these pantries help those less fortunate have a decent meal on the table, seven days a week. This is what helping your community is all about, so go get excited!

Let's go Pathfinders!

List of Donations

- Canned vegetables
- Canned soup
- Brown rice
- Red or white beans
- Hats
- Gloves
- Toothbrushes
- Tea Bags
- Boxed pasta
- Chapstick
- Applesauce
- Pudding
- Canned Tomato Sauce
- Granola Bars
- Trail Mix
- Dried Fruit
- Nuts

Girl's First

Experiment & Create

- Design Space

Build Skills

- How-To

Take Action

- Your Action

Connect & Question

- Local Communities

Rangers:

Food insecurity is still very prevalent in Newfoundland and Labrador, with the province currently having the highest rates of food insecurity in Canada. 15.9% of households currently experiencing food insecurity, which is far too many. This year our goal is to make non-perishable food items more accessible to anyone, and everyone by supporting already existing Food Pantries, or building new ones and introducing Food Pantries to more of our communities.

To help fight food insecurity in the province, the NL Youth Forum has compiled a list of already existing Food Pantries your unit can donate to as well as a list of items to donate, and we also provided a blueprint, as well as a list of build materials you will need to help your unit build one!

Activity: Ranger units are encouraged to build a pantry to erect in their community, and connect with younger branches who can collect food items to fill them! Ranger units can also collect food items and fill existing pantries in their communities to help make food accessible to all.

Girl's First

- Take Action
 - Your Action
- Connect and Question
 - Local Communities
- Experiment and Create
 - Design Space

Existing Pantry Locations

These are some of the existing pantry locations, if you know of more, let us know!

Tuckamore Area

- 141 Frecker Dr, St. John's
- 721 Southside Rd, St. John's
- 46 Field St, St. John's
- 85 Cumberland Cres, St. John's
- 168 Water St, St. John's
- 38 Linegar Ave, Shea Heights, St. John's
- 37 Penney Cres, St. John's
- 7 Buckmaster Circle, St. John's
- 64 New Penneywell Rd, St. John's
- 10 McFarlane St, St. John's

Ocean's Edge

- 4 Commonwealth Ave, Mount Pearl
- 14 Pollux Dr, Mount Pearl
- 18 Princeton Cres, Mount Pearl
- 78 Keith Dr, Goulds

Con Ba Su

- 1489 Topsail Rd, Neils Pond Plaza, Paradise
- 93 Ashgrove Dr, Paradise
- Chamberlains - There's an installation to come by the SUF Lodge.
- 38 Conception Bay Hwy, Manuals
- 528 Conception Bay Hwy, Foxtrap
- 1219 Conception Bay Hwy, Upper Gullies
- 974 Conception Bay Hwy, Kelligrews
- Seal Cove, Robert Parsons Softball Field
- Kennedy's Lane, Holyrood
- Holyrood South Side, near mailboxes

- Holyrood North Arm, near Healeys Cove sign
- 6 NL-63, Avondale, next to the train station

Eastern Bays

- North Harbour, across from the mailbox

Trefoil Central

- 12 Byrd Ave, Gander