



FOOD FOR THOUGHT

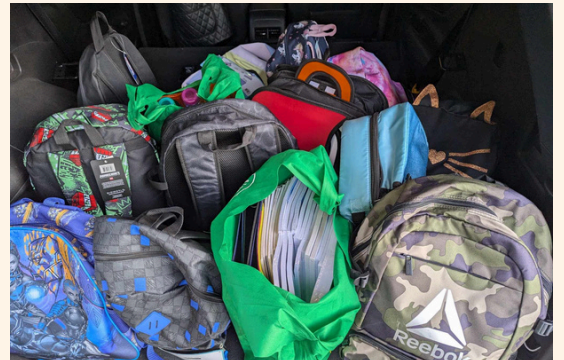
SEPTEMBER 2024

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MONTHLY HIGHLIGHTS

Back to School Supplies

We would like to thank **The Well London** for providing us with school supplies that we could distribute to some of our families. Their community really came together to raise funds to help kids as they returned to school and we appreciate their hard work!



FOOD BUNDLES PROVIDED IN SEPTEMBER

73

As the kids returned to school we received a very large amount of help requests in the first week. Thanks to stock that we had from our previous food drives we were able to assist those families as needed. Thank you to those who donated!



What's Up For...

OCTOBER

More Food Drives Scheduled

Freshco at Trafalgar/Highbury

Saturday October 5th - 10am to 2pm

Food Basics at Commissioners/Highbury

Saturday October 12th - 10am to 2pm

Metro at Cheapside/Adelaide

Saturday October 19th - 11am to 2pm



Q&A

Q. How many children in London,, Ontario are experiencing food insecurity right now?

A. 1 in 5 children in our city experience food insecurity every day. Food insecurity is closely linked to financial constraints and has a lasting impact on health and development.



Zucchini Pizza Bites

Ingredients

Zucchini (the wider the better)

Pizza Sauce

Mozzarella

Your Preferred Pizza Toppings



Directions

- Preheat your broiler, slice zucchini and arrange in a single layer on a baking sheet. Broil 1 to 2 minutes until crisp tender.
- Sprinkle the zucchini with salt and pepper
- Top each slice with sauce, cheese and any of your favourite toppings.
- Broil the bites until the cheese is melted.

ENJOY!

Q&A

Q. How much food is wasted in London, Ontario homes each year?



A. Each household wastes around \$600 annually, with food waste being higher in families with children.