



DONATING FOOD CARE PACKAGES TO YWS

Thank you for helping us provide homeless youth with a food package! This is a vital resource to ensure our youth are nourished while helping to maintain their budget to live independently! When a youth moves to independent living, they are able to access our aftercare program with housing supports such as Food Care Packages. These packages contain all of the items they need to ensure that they do not have to worry about making the choice between food and shelter. Every year we see about 75-100 youth move into independent housing. Last year, more than 500 food care packages supported youth in their living situations.

What is in a Food Care Package?

In each package:	Items not to include in the packages:
<ul style="list-style-type: none"> • Recyclable or reusable bag with handles • Cereal • Kraft Dinner • Mr. Noodles • Canned meats (i.e.: tuna) • Coffee • Snack foods • Condiments (i.e.: Nutella, peanut butter) • Pasta sauce • Chunky soup • Pasta/rice • Tomato sauce/Paste 	<ul style="list-style-type: none"> • Baby Food • Beans • Lentils • Expired or best before foods • Chickpeas • Tomato Soup

Here is a step-by-step guide for how to help YWS by making Food Care Packages:

- 1) **Assemble a team:** This can be a class, a school, a corporate group, a church group, or just a bunch of friends.
- 2) **Make a plan:** Be creative! Will this be a competition against other teams? Will you have incentives to push people to donate?
- 3) **Start planning:** This may be done through asking people to bring in food items listed as part of a donation drive or having your team members responsible for ordering or purchasing different items
- 4) **Assemble packages:** When all your donations are in, now is the time to start assembling the packages. Make sure each package has one of each item.
- 5) **Deliver kits:** Drop off your packages at Youth Without Shelter (6 Warrendale Court, Etobicoke ON, M9V 1P9).

Questions?

Contact the Engagement Specialist, Soyoung Lee– volunteer@yws.on.ca or 416-748-0110 ext. 39



Don't Forget:

If you are in high school, all your hours can count toward your volunteer hours. Keep track of time spent and we will sign off on your hours when the project is complete.