

Corporate Volunteer Program

OPPORTUNITIES to Host-A-Meal



No one wants to be hungry

Poverty makes it impossible for a person to afford food. According to Street Health, 69% of chronically homeless people experience hunger at least once a day because they could not get enough to eat. 96% had regularly used meal programs like soup kitchens, drop-ins and food banks as their primary source of food. With incredibly limited resources to satisfy their hunger, food banks and soup kitchens are becoming a primary source of food for the homeless.

Make a difference ... Host-A-Meal

At WoodGreen, we do our best to provide food for our clients but we cannot keep up the incredible demand. Want to share a wonderful team building experience with your colleagues and make a tangible and meaningful impact in your community? *Host-A-Meal* at WoodGreen!

All *Host-A-Meals* are held at 650 Queen Street East. We ask for no more than 8 volunteers per meal but will accept larger groups depending on occasions and additional support. Street parking is available and we are accessible by streetcar.

- **Breakfast:** Breakfasts are held at 650 Queen Street East and run from 9:00 a.m. to 12 noon with breakfast being served at 10:30 a.m. Cost is \$400.00 and will feed up to 75 people and includes an 'educational table' highlighting what our clients eat compared to that of what is recommended by Canada's Food Guide.
- **Lunch:** Lunches are held on Friday's and run from 10:00 a.m. to 1:00 p.m. with lunch being served at 12:00. The cost for lunch is \$500.00 and will feed up to 75 people and includes 'educational table'.
- **Dinner:** Dinners are held once a month on a Thursday. Dinner runs from 5:00 p.m. to 7:00 p.m. The cost for dinner is \$350.00 and will feed up to 28 people.

This day will change your life

For an individual struggling to put food on the table, even the basic items are unaffordable. If we forget to eat, it's not a big deal. For our clients, it is. Help those that truly need it most!

For more information, please contact Susan Melnick at (416) 645-6000 ext. 4005 / smelnick@woodgreen.org.

Program Includes:

- Facility Tour
- Food Safety and Preparation
- Opportunity to meet our clients and bring a smile to everyone's face.
- Clean-up

Unable to host a meal but still want to help?

Create food care packages with the following items for the greatest impact:

- Canned tuna or salmon
- Peanut butter
- Canned, hearty soups or chilli
- Crackers
- Ensure
- Soft granola bars
- Instant coffee / tea
- Powdered milk