

## Monthly Message: Start the New Year off right, supporting the food bank

Your New Year's Resolution can help someone down the street.

Start the year by helping reduce hunger. Make a resolution that actually changes lives.

Supporting the food bank can be simple yet powerful!

A resolution to support the food bank is a great idea because it directly helps your neighbours who are struggling to meet basic needs. Here's why it matters:

? Fights hunger locally - Food banks provide immediate help to families, seniors and individuals who don't have enough to eat. Supporting them means fewer people go hungry in our community.

? Strengthens the community - When basic needs are met, people are healthier, kids do better in school, and families are more stable. That benefits everyone.

? Efficient use of resources - Food banks are good at turning donations and funding into meals, often partnering with local grocery stores and farms to reduce food waste

? Shows shared values - A resolution sends a clear message that this community cares about compassion, fairness and taking care of one another.

? Encourages action - It often inspires volunteering, donations and long-term support ? not just words but real help.

There are many easy ways to make a resolution to help the food bank that will make a REAL difference in this community.

? Give Regularly - Donate monthly (even a small amount adds up). Committing to adding one to two extra non-perishable items to every grocery shop provides a great benefit to the food bank. Focusing on high-need items, such as cooking oil, condiments, canned goods, and size 5/6 diapers, helps fill existing gaps.

? Give Your Time - Offer a specific skill, such as driving deliveries, social media, fundraising, set a personal goal, tie donations to habits (for example: No coffee Wednesdays and donate that money)

? Use Your Voice - Share the food bank's needs on social media, talk openly about food insecurity to help reduce the stigma and start a workplace, school or neighbourhood food drive.

? Learn To Advocate - Learn how food insecurity affects your local community and support policies as well as organizations working on long-term hunger solutions.

Let's make a ?12 months of giving? challenge! Decide to donate \$10 a month to fight hunger or donate one bag of groceries a month to make a difference for our neighbours.

Together, we can make this a year in which no one in our community goes without food!

Start 2026 by feeding hope!

This community voice was written by the Shelburne Food Bank.