

# Get Involved!

The pandemic has caused economic hardship in our communities, leading many to turn to food banks for the first time. Among new clients, 76% reported that they began accessing the food bank because of job loss and reduced work hours due to COVID-19.

## Here is how you can help:

- Advocate for change. In June, the legislature typically adjourns for the summer and MPPs return to their home ridings. This is the perfect opportunity to have your voice heard. Contact your MPP's constituency office to let them know you want to see the government commit to strong poverty reduction targets so that every person in the community can afford basic necessities, like food.

**Take action at [dailybread.ca/advocate](https://dailybread.ca/advocate)**

- Make a financial donation or sign up to be a monthly donor. Your donations will help to ensure that everyone can access the food they need as we work towards long-term change to end poverty.
- Register to be a Community Champion and organize a food drive or fundraiser in support of Daily Bread. Every dollar raised provides one balanced meal for someone experiencing hunger.
- Drop off non-perishable food donations at your nearest firehall or order online from your favourite grocery store with delivery to Daily Bread Food Bank, 191 New Toronto Street, Etobicoke, ON, M8V 2E7.

Learn more at [dailybread.ca](https://dailybread.ca)

## Most Needed Items:



CANNED VEGETABLES



CANNED FRUIT



CANNED TOMATOES



CANNED FISH AND MEAT



PEANUT BUTTER



PASTA



RICE



PASTA SAUCE



CANNED SOUP



OATMEAL



BEANS (LENTILS, CHICKPEAS, ETC.)



100% FRUIT JUICES



**Daily Bread**  
Food Bank

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