



Imagine a world where nobody is left hungry. This Goal aims to make sure that everyone has access to the food they need and that our food is being grown in sustainable ways. Nourish your community by organizing a food drive, supporting local farmers or donating to a breakfast program at a local school.

ZERO HUNGER

Scouts is the Start of Good Nourishment

DID YOU KNOW?



In a single month, Canadians visit food banks **1.1 million** times.



35.2% of people relying on food banks are children, even though children only represent **20%** of Canada's population.



Each year, Canada throws out close to **2.2 million** tonnes of edible food!

IN THE FIELD

A Recipe for Good Nutrition!

Where does your food come from? Of course, you probably bought it at a store—but where was it before it got to the store? As a small team or as a Section, choose a meal that you often eat at camp. Then, break the meal down into ingredients and trace where everything comes from. Is anything local? Does anything travel on a ship to get to Canada? Learn more about why it matters where food comes from and share what you have learned with your family or Section. You might even be able to visit a local farm to table store or restaurant to learn more about buying local!



ARE YOU UP FOR THE CHALLENGE?

What can you do to reduce the food waste you create and throw away less food?



How can you try and add healthier and locally-produced foods to your diet?



What are some of your favourite foods? How are they grown or made?



FURTHER AFIELD

- Start basic—**Canada's Food Guide** offers great information on the different kinds of foods that you should try to eat every day. Use it to plan your next camp menu!
- Check out a local farmer's market near you and buy some local food. The price might be a bit higher than the store, but it's worth it for the great taste!
- Help others to get the nutrition that they need by getting involved with your **local food bank**! Food banks could always use a hand, whether it's helping to collect food, sort food or distribute food!

SCOUT READY



- Vertical Gardens
- Cooking with Leftovers
- Start a Seed Library!
- Planting from Kitchen Scraps
- How Far Has Your Food Come?
- Everyone Needs a Slice
- Farmers Market
- Flavours of the Rainbow
- Food Waste