

Bank On Bellies

An innovative approach to organizing food drives that promotes sustainable practices to support the needs of our community.

**Founder
&
Public
Speaker**

Georgia
Apostolopoulos



KINDNESS FEEDS BELLIES

MISSION

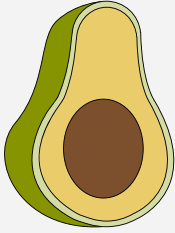


STATEMENT

Empower Communities through Innovative and Sustainable Food Drive Solutions

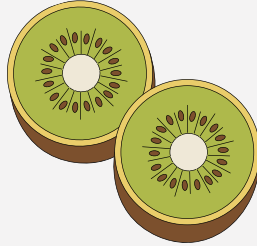
BANK ON BELLIES

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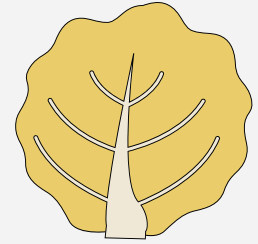
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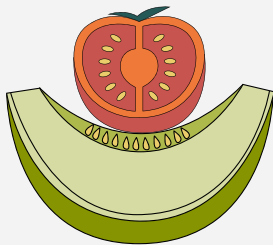
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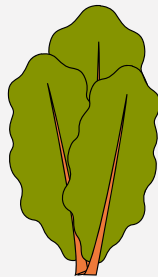
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A MESSAGE FROM THE FOUNDER



Hello, Bank On Bellies Family!

What an incredible journey we have been on together. It all started with a vision I wrote down in my journal six years ago, and it quickly developed into a series of neighborhood, school, and business food drives, pitching to the 100 Guys Who Care organization, an incredible Saks Fifth Avenue Fashion show, public speaking engagements and countless other milestones. Your heartfelt generosity and unwavering belief in my goals have empowered me to gain the confidence to navigate the intricate landscape of food insecurity in Halton.

Bank On Bellies has honed its focus on ensuring food market sustainability, with a particular emphasis on supporting Kerr Street Mission.



Throughout my journey one pressing issue has consistently emerged: the inconsistent nature of the food market. While food drives and donations are incredibly heartwarming and beneficial, they are unpredictable. Let me illustrate. Schools organize food drives, which is absolutely fantastic! However, food banks are often uncertain about the types of items they will receive. Consequently, clients cannot rely on consistent availability of specific food items in the market from week to week. Such market inconsistency poses challenges for meal planning, dietary restrictions, and especially for immigrant families who may be unfamiliar with certain food items.

Bank On Bellies is committed to being part of solving this instability by launching an ambassadorship program.. Through this program we will organize food drives that promotes sustainable practices to support the needs of our community.

It is my hope that you answer the call, as you have done before, to help those struggling with food insecurity.

With gratitude,

Georgia Apostolopoulos
#kindnessfeedsbellies

WE HAVE COME ALONG WAY



In grade 5, my teacher emphasized our moral duty to be compassionate and help those in need, highlighting the anguish of hunger. This inspired me to initiate "Bank on Bellies" after our school's emergency food drive. Witnessing families in our community struggling to afford meals, I aimed to collect 2000 non-perishable food items before Thanksgiving. With the incredible support of my neighborhood, family, and friends, I not only achieved that goal but raised 2844 food items. Recognizing that hunger doesn't take a break, I continued the effort, and to date, my kindness crusaders and I have gathered 18,722 non-perishable food items and \$34,791. Your inspiration fuels my mission, proving that #KindnessFeedsBellies.

LET'S KEEP

KINDNESS FEEDS BELLIES

GOING



Communities help communities, and it is with this sentiment I developed an ambassadorship program to help serve and create sustainability

What to consider when trying to activate change and implement sustainability.



EDUCATION & COLLABORATION

Learning is essential when addressing food insecurity through food banks. Understanding its root causes, staying informed about poverty wells, food distribution, and marginalized communities' challenges, helps efforts, to ensure support goes beyond short-term fixes.

Working alongside a diverse group of individuals creates a lasting impact, cultivating empathy, cultural awareness, and forward thinking perspectives, making food banks a catalyst for long-term solutions.





BE A BANK ON BELLIES AMBASSADOR

YOU ARE THE CHANGE MAKERS THAT WILL LEAVE AN
IMPACT ON COMMUNITIES STRUGGLING WITH FOOD
INSECURITY

WE CAN MAKE AN IMPACT IN 3 STEPS



STEP ONE

KINDNESS FEEDS BELLIES

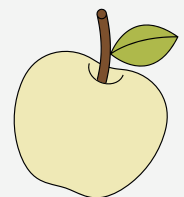


As a Bank On Bellies Ambassador you are taking the pledge to create stability in your local Food Bank and support a specific program initiative.

- Learn the needs and demands of the food bank& the clients they serve. Each community has unique and diverse needs.
- Commit to collect a specific number of food items, like 50 cans of tomato sauce. That way the Food Bank can expect and plan for your donation.
- Set a goal on how you can maintain collection, ie. food drives, invitation donation friends/family events (the host of the gathering asks their guest to bring a healthy non-perishable food item)
- All efforts big and small will provide stability in your chosen food bank



**“DO NOT BE AFRAID TO THINK
BIG AND TAKE ACTION.
EDUCATE YOURSELF, BUILD A
PLAN AND COLLABORATE
WITH OTHERS; MEANINGFUL
IMPACT TAKES TIME, SO STAY
THE COURSE DON’T GIVE UP!”**



KINDNESS FEEDS BELLIES



STEP TWO



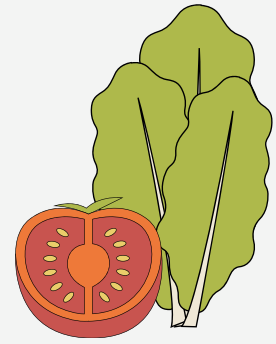
KINDNESS FEEDS BELLIES

Let's organize

1. Share your goals with family & friends and enlist support. teamwork makes the dream work.
2. Assign roles to volunteers, ie. content creator, food counter, and delivery.
3. Commit to collecting healthy non-perishable items to support physical and mental health
4. For in school food drives, allocate specific food items to each grade for nutritious and predictable donations. Simplify the language, “One can from each student in each grade() = 200+ item’s.” They will see the power of their collective efforts.
5. Communication between you and the organization is key to running successful food drives/events so make sure they are part of your team!



Kindness feeds bellies



“By shifting the focus from quantity to quality, we are reshaping the way we approach giving and effecting essential changes for food banks.”

“Through nutritious donations, we prioritize both physical and mental health.”



“Eating well is more than just fuelling your body; it is a crucial act of self-care to support your mental and physical well-being. And by committing to donate healthy nutritious food you echo the message that ones whole self matters. That is why my mantra is “kindness feeds bellies”



THE FUTURE IS BUILT BY US

Together we
can make a
sustainable
impact

Together we
are the change
makers

LET'S CONNECT

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Kindness crusaders