



Kindness feeds bellies. Kindness feeds bellies. Kindness feeds bellies. Kindness feeds bellies. Kindness feeds bellies.

B **NK**

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BELLIES

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

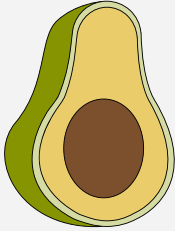


STATEMENT

Empower Communities through Innovative and Sustainable Food Drive Solutions

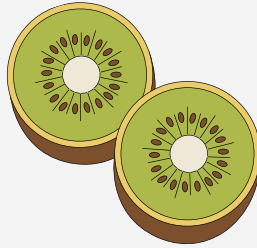
BANK ON BELLIES

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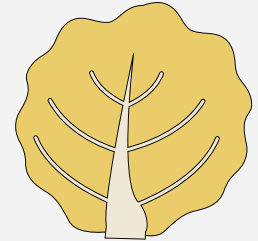
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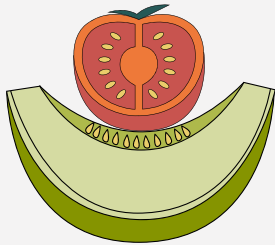
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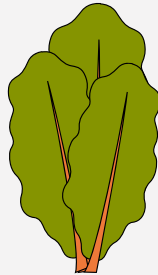
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A MESSAGE FROM THE FOUNDER



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 five 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 in Kerr Street Missions food market

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



EDUCATION & COLLABORATION

Learning is crucial when addressing food insecurity through food banks. Understanding its root causes and effective solutions, staying informed about poverty, nutrition, distribution, and marginalized communities' challenges, helps tailor efforts, and ensures support goes beyond short-term fixes. Collaboration with a diverse group of individuals further enhances the impact, fostering empathy, cultural sensitivity, and mature perspectives, making food banks a catalyst for lasting solutions.





BE A BANK ON BELLIES AMBASSADOR

YOU ARE THE CHANGE MAKERS THAT WILL LEAVE AN IMPACT ON THIS COMMUNITY STRUGGLING WITH FOOD INSECURITY BY EDUCATING AND ENLISTING SUPPORT TO THE ADOPT A SHELF PROGRAM.

Here are the needs this Adopt A Shelf program helps:

- Responding to market needs in a shorter time.
- Needing fewer volunteers to sort, as items can be placed on the market shelf almost immediately if there is an urgent need.
- Having a consistent supply of items that are high in demand, so our clients are able to budget.
- The food donation process becomes transparent.
- Allows the congregation, company or organization to really understand the needs of the community.
- Gives our clients the opportunity to know who is caring for them by highlighting your name and pictures on the adopted shelves
- Link [Adopt a Shelf - Kerr Street Mission](#)

WE CAN MAKE AN IMPACT IN 3 STEPS



STEP ONE

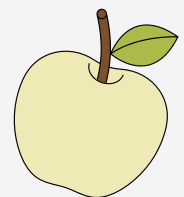


As a Bank On Bellies Ambassador you are taking the pledge to create stability in Kerr Street Missions Food Market, and support their Adopt a shelf program.

- Commit to collect 300 specific food items, like 300 cans of tomato sauce, matching the needs of about 300 families KSM serves weekly.
- Our goal is to fill all 52 weeks with Bank On Bellies supporters, providing food stability in challenging times and creating a reliable, long-term program for sustained impact.



**“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!”**





STEP TWO

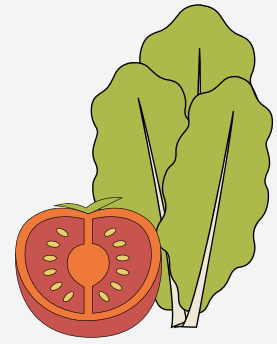
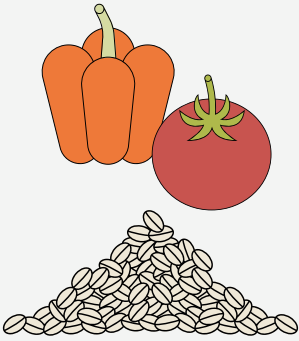


KINDNESS FEEDS BELLIES

Let's organize

1. Get support from friends and family; teamwork makes the dream work.
2. Assign roles to volunteers: organizer, promoter, content creator, food collector, and delivery.
3. Commit to collecting 300 non-perishable items for your chosen shelf(s).
4. In school food drives, allocate specific food items to each grade for nutritious and predictable donations. Simplify the language, 1 can from each student in each grade = 200+ item's. They will see the power of our collective effort.
5. In business food drives, choose a food item and commit to supporting a shelf.





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

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





STEP THREE

- **COLLECT FOOD, COUNT AND DELIVER TO KERR STREET MISSION**
- **PROVIDE THEM YOUR LOGO SO THEY CAN SHARE WITH THEIR COMMUNITY WHO CARED FOR THEM**
- **CELEBRATE YOUR HARDWORK AND ACHIEVEMENT**
- **SHARE THIS EXPERIENCE ON SOCIAL MEDIA TO INSPIRE OTHERS TO JOIN**

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