



Kids Helping Kids Service Challenge

This challenge focuses on projects and activities that impact or affects children. To be eligible for the service challenge recognition girls or Units must participate as follows:

- ✓ Sparks-2 projects from the following list
- ✓ Brownies-3 projects from the following list
- ✓ Guides 4 projects from the following list
- ✓ Pathfinders and Rangers 4 projects from the following list

The National service project focus is to eradicate hunger and poverty. Because of this we have tried to include projects that reflect this focus. We encourage you to review the national challenge so that you can use your projects towards this challenge as well. New projects will be added as they arise, if you have any suggestions or comments please pass them on to Monika at the provincial office mtheissen@girlguides.mb.ca unless otherwise stated, all completed projects are to be sent to the provincial office by June 30th or December 1st so that we can coordinate a drop off to the recipients. Please include your Units name and the number of girls that participated as well as a picture.

Winnipeg Harvest/Food Banks

Check with your food bank to see how you can help. Here are some ideas:

- ❖ Volunteer hours at a food bank or soup kitchen
- ❖ Do a community food drive, setup in a mall, school, or a community event
- ❖ Ask for food donations all month instead of dues
- ❖ Make a tower of tuna, a castle of KD or a con construction-use your imagination!

Take a picture of your activity and send it in to the office. Donate your food directly to the food bank. Register your totals on the national challenge website. See the resources section at the back of this challenge for a list of food banks and community contacts. Also provided is the top ten food donations wish list.

Girl Guides give HUGS

Put together HUGS for children in need. **ALL ITEMS MUST BE NEW** and are to be placed in a large Ziploc bag. Please feel free to include a note from your girls saying "Here's a HUG from Girl Guides" or you're Unit. Send these to the provincial office by December 1st only (due to the winter nature of the items). Each HUG kit includes:

- ❖ **H**-Hat
- ❖ **U**-underwear
- ❖ **G**-gloves (mitts)
- ❖ **S**-socks

Birthday Buddies

Birthday Buddies is an organization that provides birthday gift packs to children living in Winnipeg's second stage housing for abused women. Each child's birthday gift pack includes a birthday cake, card, candles and a gift. Their gift is a new backpack containing a present suitable for their age, a book, writing journal, pens and other personal items. Gifts are chosen to suit the child's interest. You can help by donating a toy and or gift suitable for 1 to 18 year olds (ages 1 to 12 are needed the most) birthday cards, candles, and backpacks. Or, make up a personal kit including such items as toothbrush, comb, brush, hair accessories ECT. **ALL PERSONAL ITEMS MUST BE NEW**. Help make every child's birthday special.

Project Linus

Project Linus is a 100% volunteer non-profit organization that collects blankets for children undergoing difficult circumstances. Their goal is to comfort severely ill and traumatized children by offering security blankets. Make your blanket a quilt, comforter or receiving blanket. Some ideas for blankets include:

- Crochet-best for older girls and or adult members
- Squares-girls can paint or otherwise decorate individual squares, which are then sewn together. For very young girls, handprints (with or without name and age) would be appropriate
- Fleece-choose one color of fleece for the background and apply cutouts in other colors
- Old pajamas-cut squares of fabric from old, washed pajamas from a recycled, cozy blanket

Blankets must be handmade and washable. The ideal size is 40"x60". Smaller sizes are also appreciated, but very large blankets should be avoided, as the recipients tend to drag their gifts around with them.

Osborne House

Osborne house mission statement:

Osborne house empowers women and their children who are experiencing domestic abuse by providing them with a safe and supportive environment and through residential and non-residential programs and services.

Osborne house provides a 24-hour, 7 days a week, short-term safe and supportive residential environment for abused women and their children. The staff provides physical needs (food, shelter and clothing) as well as emotional support, factual information, referrals and facilitating support groups to empower women to make informed choices. They also provide short term counseling, support groups and services for abused women requesting assistance in making informed decisions about establishing themselves in a non-abusive environment. While they are residing in the shelter, and after leaving the shelter provides support for the children of abused women, by assisting the children that are affected by family violence to understand the dynamics of abuse in the context of family relationships.

Wish List (NEW OR GENTLY USED)

For Babies

- ❖ Sleepers (large)
- ❖ Toddler clothing
- ❖ Baby wipes and diapers
- ❖ Formula for babies
- ❖ Nightlights
- ❖ Bottles
- ❖ Food
- ❖ Cereal

For Children and

Teens

- ❖ Art and craft supplies
- ❖ Books, CD's

- ❖ PJ's and slippers
- ❖ Board games
- ❖ Teen movies
- ❖ N64 games
- ❖ PlayStation games
- ❖ Shampoo and soap
- ❖ Large children's pillows

Kitchen Goods

- ❖ Cookies (no nuts)
- ❖ Pasta (all sorts)
- ❖ Macaroni and cheese
- ❖ Condensed milk

- ❖ Tuna
- ❖ Cake mixes
- ❖ Cereal
- ❖ Nutritional snacks (no nuts)

For Mom

- ❖ Hair dryers
- ❖ Curling irons
- ❖ Deodorant and make up
- ❖ Self-help books
- ❖ Housecoats
- ❖ Movies
- ❖ Umbrellas
- ❖ Day timers/organizer

Alpha House

Alpha house provides long term living for women and their children who have left abusive situations. Residents live in Alpha house for up to nine months while participating in one on one, children's counseling and support groups. They believe that everyone deserves a joyful life free of fear and intimidation. When residents arrive at Alpha House they come with little to nothing because they have had to flee from their

homes. They work very hard at making “Alpha House a Home” for our residents so that they feel a level of comfort in their suite at a time filled with sadness and fear of the unknown. When residents are ready to leave, it is their goal to send them with enough of the basics to be able to start fresh in their own home, so they constantly need to replenish the suites.

Wish List

- | | | |
|------------------------------|-----------------------|-----------------------|
| ❖ Kitchen or bathroom linens | ❖ Movies | ❖ Non-perishable food |
| ❖ Clothing | ❖ Blankets | |
| ❖ Art and craft supplies | ❖ Toys (for all ages) | |
| | ❖ Reading material | |

Manitoba House

The dream for this drop in began over in 1992 while the dreamer watched two young boys try to get into their house after school one day. No one was home so they got angry, kicked the door a few times, swore and took off somewhere. What was birthed that day was a desire to provide a safe place for kids. Children between the ages of 6-12 are targeted. In 1998 a condemned boarded up building became available.

Wish List

- | | | |
|--|---|--|
| ❖ Any kind of markers | ❖ Kids soap in pump bottles | ❖ Sewing machine |
| ❖ Paint to mark on windows, other types of washable paints | ❖ Underwear for girls (ages 5-12) | ❖ Popsicle sticks |
| ❖ Smocks | ❖ Face masks (like apricot scrub or mud mask) | ❖ Kid's recipe books |
| ❖ Glitter pens | ❖ Storage containers | ❖ Kid's DVD's |
| ❖ Beads | ❖ Knitting needles | ❖ Kid's CD's |
| ❖ Construction paper | ❖ Yarn | ❖ Boxes of granola bars |
| ❖ Drawing paper | ❖ Cement, molds or kits for making mosaics | ❖ Craft foam |
| ❖ Sidewalk chalk | | ❖ Computer games (preferably learning games) |
| ❖ Hemp | | |

Community Initiative

Take part in a local service project that fits the Kids Helping Kids focus. Be sure to call your local media to publicize the event.

Good Grooming Kits

The grooming kits should consist of the following items in a Ziploc bag, labeled "Compliments of Girl Guides"

- ❖ Toothbrush
- ❖ Comb
- ❖ Shampoo
- ❖ Toothpaste
- ❖ Soap

ALL ITEMS MUST BE NEW. Please do not take them directly to the hospital. Individual items will also be accepted to fill more kits and for donations to Ronald McDonald House.

Ronald McDonald House

Ronald McDonald House provides an inexpensive home for parents and their children to stay in while their children undergo treatment for illness at the Children's Hospital. A craft kit can help lighten up a child's life after a week of tests and anxiety. Kits should be self-contained in a Ziploc bag with the instructions and labeled "Compliments of _____" (fill in your Unit name). Or you can collect some items from their wish list. ALL ITEMS MUST BE NEW.

Recreational items

- ❖ Movie passes
- ❖ PlayStation games and memory cards
- ❖ Xbox games
- ❖ New board games

Office Supplies

- ❖ 8.5x11 white copy papers
- ❖ Printer cartridges for HP desk jet 960C, Canon MP780, HP desk Jet 5740

Household supplies

- ❖ Fabric softener sheets
- ❖ Garbage bags (small white)

kitchen and large green)

- ❖ Batteries (AAA, AA, C, D and 9 volt)
- ❖ New white face clothes, hand towels, bath towels and terrycloth floor mats
- ❖ New washable standard size pillows

Pantry/Kitchen items

- ❖ Canned goods (soups, stews, tuna, salmon)
- ❖ Kraft dinner
- ❖ Cheerios, corn flakes
- ❖ Pasta, rice

- ❖ Cake mixes
- ❖ Frozen dinners
- ❖ Condiments (ketchup, mustard, relish, BBQ sauce, salt, pepper and cooking oil)
- ❖ Sugar
- ❖ Flour
- ❖ Plastic wrap
- ❖ Tin foil
- ❖ 10 ounce glasses
- ❖ Grocery store certificates
- ❖ Wooden spoons,
- ❖ Sharp knives
- ❖ Potholders
- ❖ SOS pads
- ❖ Disposable gloves

Agape Table

Agape Table was founded in 1980 by a volunteer Board of directors, Agape Table was established to serve free hot meals to people in the inner city. The need for this service has risen and today, 25 years later, Agape Table still serves a hot meal at the breakfast hour. Guests of Agape Table are single parents, the working poor, expecting mothers, unemployed, children, seniors, people with disabilities, and other people without food. Mission: Agape Table is committed to providing a community based program, nourishing the body, mind and soul of our guests in a cost effective and financially responsible manner.

Agape Donations:

- Soup in a bag
- Dried soup mix

See the provincial website for recipes, mix in larger quantities than the jar recipes provided and label the bag, i.e. for 20 people.

Christine Melnick Books

Share the Magic; donate a new or gently used book to Christine Melnick's Share the Magic Program. Christine Melnick is a member of the Manitoba Legislature and a huge supporter of Girl Guides of Canada, she collects new and gently used books to create and stock libraries for children and families where they may not have easy access to a local community library. The books can be dropped off at the Provincial office and will be forwarded to Christine's office.

West Broadway Youth Outreach Inc

West Broadway Youth Outreach Inc is a non profit organization that offers a wide variety of sport activity and other programs such as homework club for inner city kids.

To assist this organization you can donate any of the following:

- Non-perishable snacks
- Juice boxes
- Microwave popcorn
- Nail polish
- Nail files
- Used and new board games
- Cards
- Lego
- Laundry soap

These can be dropped off at the provincial office on June 30th or December 1st.

Kids Helping Kids Resource

Food bank and Soup Kitchen Directory

Beausejour & Area Food Bank

P.O. Box 880

Beausejour, MB R0E 0Co

T: 204-268-6300 F: 204-268-6304

Email: chaoskennels@mts.net

Selkirk Food Bank

730-B Sophia Street

Selkirk, MB R1A 2C7

T: 204-482-9178 F: 204-482-3750

Dauphin & District Community Food Bank
Society

Box 1003

Dauphin, MB R7N 0B2

T: 204-638-7853 F: 204-638-4799

Swan Valley Food Bank

P.O. Box 2945

307 4th Avenue West

Swan River, MB R0L 1Z0

T:

Evergreen Basic Needs Committee Inc

P.O. Box 89

Gimli, MB R0C 1B0

T: 204-642-9736 F: 204-642-9736

Email: bagera@mts.net

Teulon & District Food Bank & Services Inc

P.O. Box 603

Teulon, MB R0C 2B0

T: 204-886-2570 F: 204-886-2778

Samaritan House

630 Rosser Avenue

Brandon, MB R7A 0K7

T: 204-726-0758 F: 204-729-9951

Email: exec@samaritanhouse.net

Website: www.samaritanhouse.net

Winnipeg Harvest

1085 Winnipeg Avenue

Winnipeg, MB R3E 0S2

T: 204-982-3663 F: 204-775-4180

Email: harvest@xpressnet.com

Website: www.winnipegharvest.org

Agape Table Inc-serves the needs of the hungry in the inner city of Winnipeg, Manitoba

Call 204-786-2370 website: www.agapetable.ca

Siloam Mission- is a faith based agency that serves 300-400 poor and homeless at no cost or preconditions through its meal program, food bank, clothing bank, counseling, agency referrals, chiropractic treatments, literacy classes, income tax preparations, optional spiritual services. Etc. Call 204-956-4344 website: www.siloammission.com

The Main Street Project-has been serving the needs of Winnipeg's most vulnerable residents for more than 30 years, by providing emergency shelter and food services, we work to support our client's basic needs, while ensuring the opportunity to make real choices and meaningful progress. Clothing, unprepared food and other donations can be dropped off at our 75 Martha Street address during regular business hours Monday to Friday.

University of Manitoba Food Bank is located at 518 University Centre. Hours of operation are 8:30 am to 4:00 pm Monday through Friday during regular session. The U of M Food bank evolved out of the growing need for additional assistance for students coping with the financial costs of post secondary education. Call 204-474-9850 email: foodbank@cc.umanitoba.ca

Mission Statement:

The University Of Manitoba Food Bank seeks to reduce hunger on campus by providing food donations to full-time students who cannot afford safe, healthy, acceptable food. The Food Bank is a resource to facilitate learning and we are committed to offering confidential, caring service to those in need.

Kids Helping Kids Resource

10 Most Wanted Items

- ❖ Canned fish and poultry – tuna or salmon packed in water, chicken or turkey
- ❖ Baby food – jars of chicken, beef, vegetables or fruit, formula with added iron
- ❖ Canned fruit and vegetables packed in own juice
- ❖ Canned beans, chili or stew
- ❖ Peanut butter
- ❖ Whole grain pasta/whole wheat pasta
- ❖ Rice – brown, converted or parboiled
- ❖ Canned spaghetti sauce or tomatoes
- ❖ Cereal – high fiber, non-sugar coated
- ❖ Canned soup – lentil, pea or vegetable

Please share what you can spare of these non-perishable food items.

Quick Facts

Winnipeg Harvest distributes food for hungry people through more than 300 neighborhood agencies throughout the city and province. Partner agencies include churches, community centers, schools, post-secondary education facilities, daycares, soup kitchens and community kitchens.

- ❖ 136 food banks provide grocery hampers to individuals and families
- ❖ 16 of these food banks are in communities outside of Winnipeg
- ❖ 32 day cares, mostly inner city, depend on food from Winnipeg Harvest to stretch their food budgets
- ❖ 2 community kitchens, where low-income people cook together and take home prepared food, rely on Harvest to stretch their food dollars
- ❖ 106 community organizations for children and youth as well as school meal programs depend on Winnipeg Harvest to provide up to 100% of their snack or meal needs
- ❖ 13 soup Kitchens serve soup and meals to those who are hungry on the street or have no other resources for their food needs

Almost half of the food banks are faith-based organizations. For more information about Winnipeg Harvest Agencies or food access for your organization call 204-982-3674 or email Karen@winnipegharves.org

Food Bank Facts

Use these facts to let your girls know why food banks are necessary and how they are helping.

Who uses food banks? Single people, families, children, seniors

Between 1997 and 2008, the number of people using food banks has increased 6%

Each month over 704,000 hungry Canadians receive food from a food bank

- ❖ 14.5% are employed
- ❖ 50.3% are families with children
- ❖ 37% are children
- ❖ 5.7% are seniors

Food banks began 26 years ago as a short-term solution to hunger. They are now a necessary supplement to Canada's frayed safety net.

- ❖ 50.8% of food bank users receive social assistance cheques that do not cover basic needs
- ❖ 12.7% receive disability support cheques that are not enough for sufficient and adequate food

The percentage of working poor who use food banks has more than doubled from 6% in 1989 to 14.5% in 2008. For 1 in 6 Canadian families, work does not pay enough to live and eat. In 2001, 653,300 workers had a low family income, earning an average of \$25,080 per year; 1.9 million Canadians live in those families.

Hunger in Canada exists because of deep and persistent poverty.

- ❖ Shortage of full-time jobs with stable, livable wages
- ❖ Income security system that fails to protect those in need
- ❖ Lack of affordable social housing
- ❖ Lack of affordable and accessible child care