

“Wildcats Scare Hunger” at JWG School: October 25th – October 29th
Presented by the Grade 7 Students

For several years, JWG School has participated in various Halloween activities. Many students also enjoy the treats handed out on Halloween. It is important for all of us to remember that some families have difficulty purchasing basic daily wholesome foods. With Halloween just around the corner, this is a very good time to reflect on how we can help families in need. You are invited send a non-perishable food item to school with your child from October 25th to October 29th. Let’s work together and ‘Scare Hunger’! All food donations will be sent to Winnipeg Harvest and the Transcona Food Bank. Thank you for your gift of generosity!

Winnipeg Harvest 10 Most Urgently Needed Food Items

1. **Canned Fish and Poultry** – chicken or turkey; tuna or salmon packed in water.
2. **Canned Fruit and Vegetables** – packed in own juice.
3. **Canned Stew, Chili, Brown Beans**
4. **Peanut Butter**
5. **Whole Grain Pasta**
6. **Baby Formula and Food** – iron-enriched formula; baby food jars of vegetables, fruit or meat; infant cereal such as oatmeal, barley or rice.
7. **Rice** – Plain, brown, converted, or parboiled
8. **Canned Spaghetti Sauce**
9. **Cereal** – plain, fiber, non-sugar coated
10. **Canned Soup** – vegetable, tomato, lentil, pea

These food items have been selected to reflect recommendations in Canada’s food guide. Thank you for sharing what you can spare.



John W. Gunn Middle School

HARVEST TRANSCONA FOOD BANK




“Wildcats Scare Hunger” Schedule



Monday October 25



Cereal, Crackers, Cookies




Challenge: Which GRADE can bring in the most cereals, crackers and cookies



Tuesday October 26




Peanut Butter, Jam/Jelly



Challenge: Which DYAD has the highest stack of peanut butter



Wednesday, October 26



Canned Fruit, Canned Tuna/Salmon/Meat, Canned Soup, Canned Beans/Vegetables,
Canned Food



Challenge: Which CLASS can build the biggest canned pyramid with donated cans



Thursday, October 27



Baby Food, Baby Formula



Challenge: Which HOUSE brought in the most baby food items



Friday, October 28




Pasta, Rice, Lentils, Dried Beans, Oatmeal, Flour



Challenge: Which COHORT has the most dried goods



Monday October 25 to Friday October 28



Challenge: Which CLASS brought in the most food items in total over the week

