

MEAL EXCHANGE

Hunger Problem. Student Solution.

w w w . m e a l e x c h a n g e . c o m

Meal Exchange (MX) is a national student-founded, student-driven, registered charity that helps young Canadians realize their potential to improve the future of their communities, through meaningful opportunities to reduce local hunger. Meal Exchange offers students in universities, colleges, and secondary schools fun and creative programmes that blend student energy and passion with their strengths and capacities as youth leaders.

Meal Exchange began in 1993, when 17-year-old Wilfrid Laurier student Rahul Raj was faced with a huge balance on his university meal plan. Driven by his grandmother's commitment to the poor in India, Rahul devised a plan to put the extra money to good use. Convinced that students genuinely wanted to help, he requested their assistance in delivering the donated food to local social organizations. Incorporated in 1998, Meal Exchange has built a national network of chapters and engaged thousands of students across Canada.

Hunger Problem :
2.4 million Canadians suffer from hunger.

Student Solution :
Our *vision* is to help eliminate the root causes of hunger and poverty in Canada by engaging tomorrow's leaders, today.

Our Approach :

- Actively involve students in the creation, planning, and execution of all programmes.
- Provide opportunities for students to show leadership at all levels of the organization.
- Build awareness among students about hunger in their community.
- Encourage innovation in our programmes
- Promote inclusiveness in all Meal Exchange activities.

Meal Exchange's Impact in the Community

Since 1993, Meal Exchange's youth-led programmes and initiatives have:

- **RAISED** over 1.5 million dollars worth of food for 625,000 meals to address local hunger.
- **ENGAGED** over 42,000 youth in programmes as active citizens.
- **DEVELOPED** over 35 university and college chapters across the country.
- **FACILITATED** leadership development of chapter coordinators through volunteerism, career-related skills and social entrepreneurship (Trent Centre for Community-Based Education, 2006).

To FEED SOCIAL CHANGE in your community contact:

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Meal Exchange's Core Programmes



Trick or Eat® is Meal Exchange's most successful programme. It involves costumed students who canvass their neighbourhoods on Halloween to collect non-perishable food items and raise awareness of local hunger in the community. Meal Exchange assists campus groups with promotional materials, online resources, staff support and press connections. This fun and easily executable program is a great way to engage students while promoting volunteerism and community awareness.



Skip-A-Meal® allows student meal plan holders an opportunity to donate a meal from their meal plan to purchase food at wholesale prices to support local hunger causes. All food provided to the community through *Skip-A-Meal* is food that would have otherwise gone un-donated and 100% of student donations generated on campus stays within their community. Meal Exchange offers promotional materials and staff support for this initiative.



Clear the Shelves!® is a programme that encourages students to literally clear their shelves at the end of the academic year. *Clear the Shelves!* allows students an opportunity to donate excess food, clothing and furniture to community members in need.

Meal Exchange's Leadership Resources

Ingredients for Learning is an online knowledge centre that provides resources on hunger and food security, youth engagement and social innovation to promote discussion and foster ideas on these topics.

Youth Awareness Meal Exchange offers materials and resources to help educate students on hunger in Canada and get students involved in their communities as volunteers.

Mentoring—Change-Makers Programme provides our youth-network with dynamic one-on-one mentor relationships and leadership development opportunities aimed at increasing impact in communities across Canada.

Meal Exchange's Social Incubator

The Social Incubator is Meal Exchange's commitment to innovative student-driven ideas and initiatives that will address the root causes of hunger in our communities. Through our support of new and developing programmes, Meal Exchange engages students as leaders to strengthen communities across Canada. Meal Exchange's first Social Incubator projects include:



Portraits of Hunger is a national youth-led dramatic writing competition and social theatre initiative that will feature stories of hunger in Canada. The vision of this project is to educate, entertain, and spark a dialogue about hunger in Canada, that reflects both the integrity of the personal story, and the multi-dimensional nature of hunger in Canada. The *Portraits of Hunger* youth writing competition was launched nationally in January 2007. For more information:

Online: www.mealexchange.com/portraits • Email: portraits@mealexchange.com



The Student Food Network is Canada's student-founded, youth-led initiative that connects campus food centres to each other and a network of resources. For more information:

Online: www.studentfood.ca • Email: hungryforchange@studentfood.ca