

About Ingredients for Learning

Welcome to Ingredients for Learning, Meal Exchange's commitment to providing student-led research and resources on hunger in Canada and how youth can take action to address food insecurity in their local communities. We'll also take you to the next step and provide helpful information on youth volunteerism, non-profit management and social innovation. We, at Meal Exchange, are committed to developing young community leaders and Canadian citizens!

Ingredients for Learning includes:

- Updates on Hunger in Canada - Understanding the diverse faces of hunger in Canada and the landscape of food security.

- Youth Engagement - What makes people think "youth" are so apathetic when they're doing such great things? Understanding youth engagement and involvement.

- Non-Profit Management - Looking to go beyond volunteering? Tips and resources to help you develop an effective and impactful non-profit.

- Community Service-Learning - How can you get more out of the volunteer experience? Service-learning will provide opportunities for you dig in and get to the root of meaningful volunteerism.

- Social Innovation - More than just a trendy term, Canada is full of social innovators. Understand how you can "innovate" an idea to create real social change.

Special thank you to our youth research volunteers: Ashley Black (Trent University), Jean Haley (Trent University), Emilie Hayes (Carleton University), Erika Hornsey (Ryerson University), Stacey Lake (Mount Saint Vincent University, and Monica Yeung (University of Toronto, St. George).

Interested in researching for Meal Exchange or expanding some of our current youth-led information resources? Contact Amanda Ono today!

