



What would you choose to eat?

Diet A

- Lamb
- Brewers Rice
 - Poultry
- Whole Grain Corn
 - Garlic Oil
- Vitamin Supplements

“Protein packed, healthy and full of vitamins for strong immune systems, healthy muscles and heart”

“...for healthy skin & hair”

“...thrive now and in the future”

Nutritional Info* (Serving 1 cup)	
Protein	25 (g)
Fat	11.5 (g)
Fibre	4.5 (g)
Calcium	0.96 (g)
Vitamin A	15,000 IU/kg
Vitamin E	460 IU/kg
Vitamin B-12 Supplement	
Vitamin D-3 Supplement	

Note that not all contents are shown above.
For demonstrative purposes only.

Diet B

- White Pasta
- High Fructose Corn Syrup
 - Sugar
 - Palm Oil
- Colour (Tartrazine)
- Fruit Juice Concentrate
 - Sodium Phosphate

High percentage of recommended daily carbohydrate

High in sodium

Artificial colours and flavour

Nutritional Info*	
Protein	11.4 (g)
Fat	30 (g)
Fibre	2.3 (g)
Sugars	29 (g)
Carbohydrates	85.7 (g)
Cholesterol	15 (g)
Sodium	787 (mg)

Nutritional info is sampled from a combination of foods.
Not all contents/info provided.

A single person receiving social assistance gets \$592/ month maximum for rent, food and other personal expenses. They do not get to choose their diet.

✓ **Diet A—nutritional content of DOG FOOD***

** Information gathered from a leading dog food website.*

× **Diet B—nutritional content of a typical meal from a FOOD BANK hamper****

*** Macaroni & Cheese, Granola Bar & Juice Box*

Why does the provincial government think food banks are the answer to poverty for adults in Ontario?

Food banks do not reduce POVERTY.

SUPPORT Put Food in the Budget! Ask Dalton McGuinty to increase social assistance by \$100 for Healthy Food Let us afford to eat at least as healthy as a dog!

Sign this card. Tell the Premier and Minister Meilleur you support an immediate increase to social assistance rates. It is not only about hunger. It is also about HEALTH and DIGNITY.

Signature: _____

Postal Code: _____

<http://putfoodinthebudget.ca/>

For more information, please see:

Irwin, J.D. et.al (2007). Can food banks sustain nutrient requirements? A case study in Southwestern Ontario. *Canadian Journal of Public Health*, 98 (1), pp. 17-20.