

## McMaster Community Fridge & YOU

Thank you for considering support of the Community Fridge at McMaster University! All your efforts are valuable towards reaching our goal of reducing food insecurity.

Launched by the Student Wellness Centre earlier this year, The McMaster Community Fridge helps **fight food insecurity** for members of our local community. Located behind Mills library, the McMaster Community Fridge is a fridge, freezer, and pantry complex that offers food to anyone who needs it at any time. The Fridge currently **relies on donations** from the community to keep it stocked. With the ongoing COVID-19 pandemic and record-breaking inflation, students and community members struggle with food insecurity, more than ever. While the Community Fridge has been successful, demand for food continues to outpace supply.

This is how **YOU** can help:

Our current focus is finding consistent donors for the Fridge, which is why we would like to **request your assistance**.

Some ways your office could be involved:

- Keep a bin in your office for staff members to drop off pantry donations. At set times, or whenever the bin is full, you can drop off directly at the Fridge.
- Have your team bring in food donations during a pre-existing, regularly scheduled in-person meeting (e.g. monthly department meetings) and drop off at the Fridge after.

If your group is interested, please send an email to [fridge@mcmaster.ca](mailto:fridge@mcmaster.ca) and we would be happy to chat further about ideas and dates. We always love to have pictures for our social media and can mention or tag your team. If you have ideas of other ways you would like to contribute to the Fridge, we would be more than happy to support and assist in any manner to ensure this project is sustainable and successful for our community.

### **Below are some donation suggestions:**

Grains – cereal, pasta, granola bars, etc.

Proteins – canned tuna, beans, eggs, etc.

Fruits and Vegetables – canned corn, beans, canned fruit, etc.

Pantry Staples – soup, pasta sauce, chili, prepared meals, etc.

Comfort Items – coffee, tea, hot chocolate, juice boxes, etc.

Please note: **no freezer donations for food drives**, as they cannot be kept out of the freezer for long. As well, **in winter, no glass packaging to the pantry**, as it can explode in the cold and pose a serious hazard (glass in the fridge is okay!). Please see our [donation guide](#) for more information.

Whatever the contribution may be, your help is appreciated and will make an impact on countless students and surrounding members of the McMaster University community. Let's do our part in keeping everyone fed!