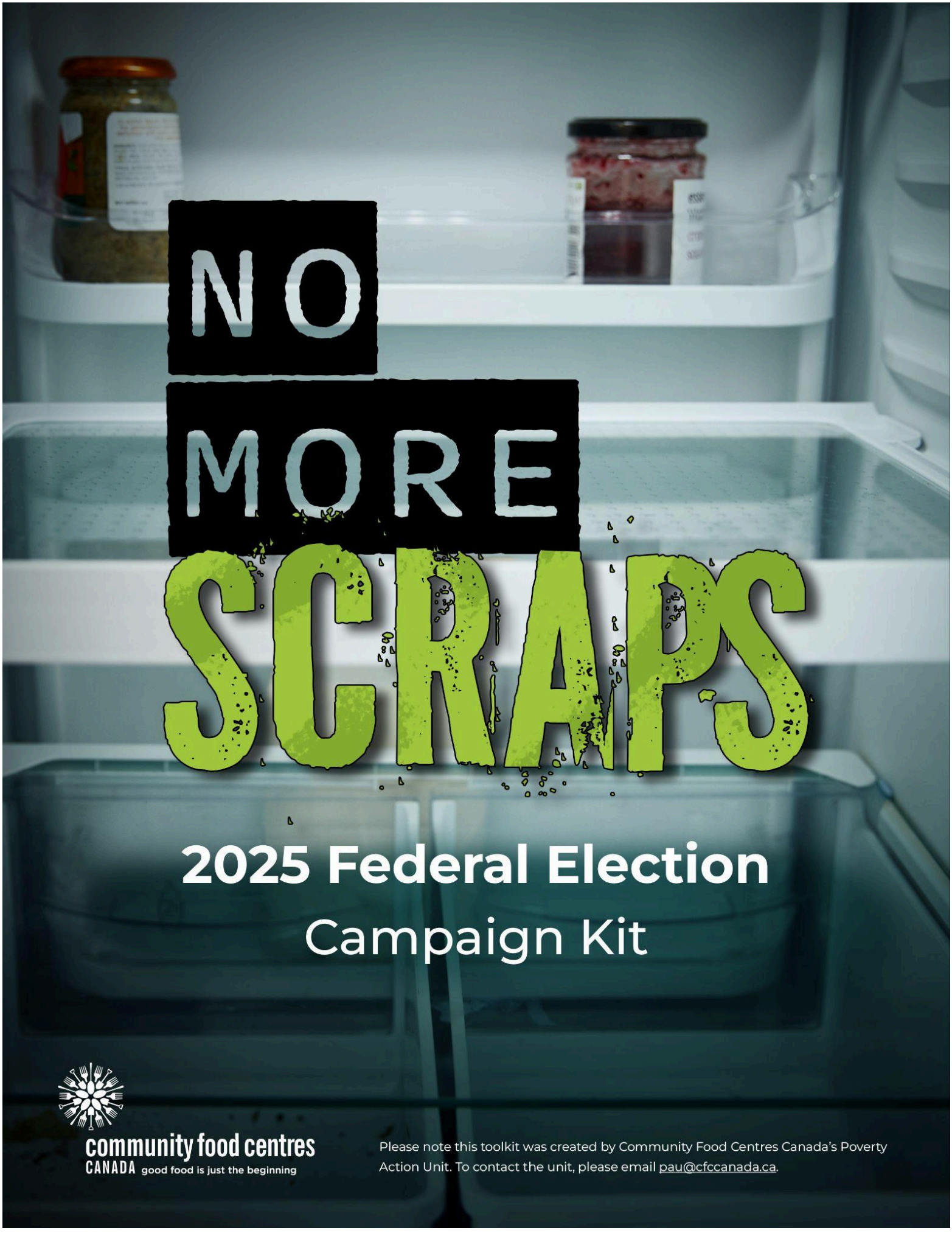


2025 Federal Election
Campaign Kit

community food centres
CANADA good food is just the beginning

Please note this toolkit was created by Community Food Centres Canada's Poverty Action Unit. To contact the unit, please email pau@cfccanada.ca.

Version française ici

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Campaign overview

No More Scraps: Because Food is a Right Not a Privilege

Millions of people in Canada are struggling to put food on the table and, with the current economic uncertainty around tariffs, the crisis is deepening. Wages are already too low, rents are unaffordable for many, and grocery prices are rising still further.

Right now, one in four Canadians is food insecure, with Indigenous and Black communities facing much higher levels. With Trump's fighting words, we can't just sit back and wait for the next strike—we need bold action now. Any government response to shore up businesses and protect our economy needs to include supports for workers—the people who stock our shelves, take care of the elderly, build our roads and teach our kids. It also needs to include people who aren't able to work or are currently unemployed.

For years, governments haven't done enough to fix things. Instead of making sure everyone can afford food, people are expected to rely on food banks and charity—temporary measures that were never meant to be a long-term solution and won't be enough to get us through a sustained economic crisis.

In a country as rich as Canada, no one should have to choose between paying rent or buying groceries. No one should have to skip meals or feed their kids cheap, unhealthy food because it's all they can afford.

This isn't just bad luck—it's a failure of policy. We need a future where every person, no matter where they live or how much they make, can afford to eat. A future where workers earn a decent living, Indigenous communities have the freedom to harvest, hunt, and fish according to their traditions, and the government steps up to make sure no one goes hungry.

This election, we have a choice: accept a system that leaves people struggling to buy groceries, or demand real change. The stakes are too high to sit this one out.

Hunger is a policy choice. No more excuses. No more delays. This election, demand #NoMoreScraps.

Take Action!

Elections can be a great time to bring people in your community together, wherever they are on the political spectrum, whether they vote , or can't vote.

And it's allowed!

Registered charitable organizations do not need to register as a third party with Elections Canada as long as your election-related events and social media are **non-partisan**, meaning that you don't directly support or oppose a particular candidate or party and, if you visit candidates or invite them to an event, you **invite all the parties.**

Charitable organizations can also run paid advertising focusing on policy issues as long as you **do not explicitly support or oppose a political party or candidate**.

It is only if you spend $500 or more *on election advertising* during the election period, that you must register as a third party with Elections Canada. Registering as a third party is subject to spending limits and reporting requirements, but **it will not put your charitable status at risk.**

To understand more about election rules, please visit the Canada Revenue Agency and Elections Canada websites.

This guide includes ideas for a range of non-partisan events and activities designed to help engage community members in the upcoming federal election.

You have influence!

Check out www.nomorescraps.ca for information about poverty and food insecurity in your riding and, with a single click, send a letter to your candidates demanding action!

Guide to Planning a Meaningful and Inclusive Election Event

This non-partisan campaign brings community members together to discuss issues that matter to them. It's a chance to think BIG about the changes it will take to end food insecurity and poverty, and to ask your local candidates how they'll make it happen.

It's also a chance to demystify the voting process and tackle barriers so those who want to vote can do so.

Goal setting: where to begin?

Take a few minutes to consider your goals and intended outcomes. Do you want to connect your community members directly with political candidates? Are you looking to provide information on the voting process? Would you rather engage community members in a conversation around food security issues?

What are your intended outcomes? What do you hope participants will leave your event with? Identify three big-picture goals and list them below.

1. _____
2. _____
3. _____

Considering your participants

What kind of event would be most valuable to the community members you work with? How would they benefit from participating? Take a look at the goals you've identified above. **Have these event goals been informed by community members?** If so, how? Make some notes on your reflections below.

If your answer to "have my event goals been informed by community members" is "no," consider taking a step back to connect with participants to engage them in shaping the event and its goals. Here are some strategies you can implement:

- If you already run in-person programming like a food bank, drop-in meals, or garden program, invite participants to fill out a short survey on what they'd like to see in an election themed event or activity.
- If your organization has a strong social media presence and reach, you might use features like Instagram story polls or questions to gather feedback on community members' wants.
- Leverage the existing relationships you have with community members who participate in your programs and services – don't underestimate the power of a one-on-one conversation with a participant!

Understanding the voting process

Voting can seem overwhelming for some, so when you're planning your event, make sure you understand the process and what rules might make it more difficult for some community members to participate. People with disabilities, Indigenous people, youth, new Canadians, and people without a fixed address, in particular, face greater barriers to voting. Here are some powerful ways to tackle barriers and let people know that their vote matters:

- Share voter information such as who can vote, how to register, how to vote and when and where to go;
- Help people get the necessary identification and proof of address they'll need to register;
- Organize a time everyone can go together to vote; or,
- Arrange volunteers to help people get to the polls.

Did you know voters who don't have ID or a fixed address can still vote if they bring along someone who can vouch for them?

Community food organizations **like yours** can also write letters of confirmation that voters experiencing homelessness can use as proof of residence. It's all in this handout of acceptable IDs.

Choosing an event format

You don't have to reinvent the wheel to host a meaningful election event or activity. There are lots of different event formats. You just have to figure out which works best for you and your community!

Consider these questions as you think about what your event will look like. Use the template below to jot down your notes.

1. **Is there a lot of apathy about voting in your community? Are there a lot of people who haven't voted in previous elections or aren't eligible to vote? Is there a general feeling that voting doesn't matter? Is there a lot of stigma to showing up for an event about food insecurity?**

   In situations where there isn't a lot of enthusiasm or you're in a smaller or rural community where it's difficult to get people to come out, sharing election-related materials, running a workshop or having a conversation or an informal discussion could be a good approach. Check out the resources section of this guide for a long list of helpful links to discussion guides and ready-made workshops on a range of election-related topics, as well as materials and videos on the political process, breaking down barriers to voting and overcoming apathy.

2. **Do you have the time and capacity to plan an event with the size and impact that you want? What additional resources would help you get there? Or could you make the event smaller and more manageable, but still impactful?**

   These questions come up often. Here's some ideas that have worked well for others:

   - ➔ Consider partnering with organizations that can assist with planning, logistics, and outreach. If you're unsure who to approach, contact your regional coordinator to inquire about potential regional collaborators for your event.
   - ➔ If participants are already gathering at a weekly drop-in community meal, invite local candidates to join and answer questions there.
   - ➔ If you already host a community cooking session or other regular food programming, end it with a facilitated discussion about the election over a shared meal. Invite local candidates to join in or just keep it to community members.

- If there is already an all-candidates event being organized nearby, just coordinate transportation so more of your community members can attend. You could also meet in advance, brainstorm questions to ask candidates and go over together.

Other good questions to consider early in your planning:

- Will your event be in-person, virtual or hybrid?
- If in-person, will it be hosted on-site or somewhere else?
- Do you want to engage a large group of community members or focus on deeper engagement with a smaller group?
- Will your event be geared exclusively toward community members?
- Will you invite candidates to participate?
- How will you engage participants in conversation/discussion?

Use this template to work out what your event will look like:

Event Format

Planning for inclusion

Many members of our communities have lived experience of oppression, making it especially important that we ensure our events are as accessible as possible. This includes physical access, structural and cultural barriers to inclusion, and specific considerations that might be relevant to various communities.

Use this list of accessibility questions to guide your event-planning and outreach, so people know what to expect as much as possible.

- ☐ **Physical accessibility:** If you are hosting an event on site, consider any barriers in the physical space you'll be using. For example, if you're thinking about hosting an event in your community garden space – can wheelchair users move around that space? If it's going to be in a commercial kitchen, are there automatic doors? Are the washrooms accessible?
- ☐ **Sensory considerations:** Participating in a large-scale town hall event may be overstimulating for some participants. What is the lighting like in the space you'll be hosting the event in? What about the acoustics? Is there a lot of background noise? If you're not able to adapt these elements to reflect folks' sensory needs, can you open up a separate low-sensory space for participants to take a break in?
- ☐ **Food:** Will you be serving refreshments at the event? A full meal? Will there be options for a wide range of dietary restrictions, allergies, and preferences? Will the food be culturally relevant for the community members you're looking to engage?
- ☐ **Translation and interpretation:** Will there be interpretation or translation at the event? Will you ask participants ahead of time to indicate if they require translation or interpretation?
- ☐ **Transportation:** if you're asking folks to come to your space, how can you support them with getting there and home? Can you provide public transit tokens? Taxis or rideshares? Can your team support with coordinating adapted transportation pick-ups and drop-offs?
- ☐ **Information being shared:** If you're hosting a large event, do you have an AV (mic and speaker) set up so that the audience will be able to hear clearly? Will you be using visual learning tools like a slide deck or photos? Will everyone in the room be able to see it clearly? Have you prepared image descriptions to go along with the visual aids? If you're not using a large-scale presentation deck, will you print copies of the information being shared for people to read along with?
- ☐ **Child care:** Are you planning to engage parents and caregivers? If so, will you offer child care on-site at your event?

- [ ] **Religion and culture:** Considering the religious and cultural backgrounds of your community members, are there any significant events or holidays that you need to plan around (e.g.: Ramadan or Yom Kippur where people might be fasting).

Note the accessibility considerations for your event:

Logistics and coordination

Do you have everything you need? As your event begins to come together, it's important to ensure that you have all the details planned. Take a step back to look at the event from a big picture-lens.

Ask yourself:

- What do you need to make this event happen?
- Do you currently have all the resources? What's missing? What is your plan for getting what you need?
- Are there supports you haven't tapped into that could be helpful, such as PAU or your regional coordinator)?

List and group resources and supports below (e.g.: "resources we already have," "resources we need to get," "supports we have access to," etc.)

Ensuring all voices are heard

Ensuring that all voices have a chance to be heard should be central, regardless of the kind of event you organize. Having a wide range of options available to folks to share their ideas, opinions, and questions will go a long way to amplify the quieter (or often silenced) voices in the room.

There are a number of reasons why a participant might not speak up. It's never our job to force someone to share if they don't want to. But we can try to remove all the barriers that might be preventing them from adding to the conversation so that they're able to speak up if they want to.

Depending on your event format, this could look a number of different ways. **Some examples might include:**

- Breaking out into smaller discussion groups during large group events so that everyone has a chance to share, and then reporting back to the larger group
- Adding structure to large-group discussions or Q&A periods using a question sign-up list.
- Creating meaningful opportunities for participants who might not want to contribute vocally but would if there were other ways, such as through writing and art. Incorporating activities like dot democracy, group mind-mapping and using sticky notes can create ways for more people to engage.
- Offering anonymous options for questions, comments, and ideas
    - This could be done pen-and-paper style **ahead of** and **during** your event, or you could use virtual tools like Mentimeter, Kahoot, and other online platforms to anonymously collect participants' contributions.

Reflection: What tools can you implement to ensure all participants will have an opportunity to contribute at your event? Are there any specific materials you need to make this happen? Does anything need to be done ahead of time to prepare?

Planning ahead

In life, things rarely go exactly according to plan. It can be helpful to do some reflection ahead of time around potential scenarios that might come up during your event, and think through how you could best respond to them in the moment.

Read through some of these example scenarios and then take a moment to consider the event you're planning.

Reflection: What are the "what-if's" that come to mind within the context of your event? How would you respond to them? Are there supports or resources needed ahead of time to ensure you're able to respond on the fly? List them below.

Opening up the event in a good way

It is important to ensure that everyone is on the same page around how you are going to engage with each other. Creating a collaborative community agreement at the beginning of your event can help ground the space.

Listed below are a few statements that are often used in community agreements – we generally start with these, and then invite participants to add any that they feel are missing. Read through them and then use the writing box below to develop a baseline community agreement relevant to your event.

- Be present and brave
- Use "I" statements
- Intent is different from impact
- Confidentiality + people's stories stay within the group
- No space for discriminatory statements, sentiments, and stereotypes
- Do what you need to do to take care of yourself and each other

Our Community Agreement

Centering relationships and building trust

We live in a world – and work in a sector – where we're encouraged to focus on targets, efficiency, speed, and productivity. Because of these external pressures, we often end up working with our heads down, focused on the deliverables, outputs, and goals we're trying to reach.

To do meaningful community engagement, we must frame connecting with community and building reciprocal relationships as not only a means to an end, but as an end in and of itself. Building relationships with community members rooted in trust, dignity, and mutual respect will serve to strengthen community engagement processes.

It's easy to get swept up in the hustle and bustle of hosting an event, but it's important to take a moment to slow down and focus on centering the "community" within community engagement spaces.

It's also important to remember that these relationships do not begin and end with the start and end time of the event you are hosting. Maintaining these relationships beyond your event – in simple ways that you have capacity for – is a crucial step in fostering a sense of trust and connection to community.

What does this mean in practical terms?

- ➔ Engaging in meaningful evaluation processes for any community engagement events you host in order to learn what worked and what you can do better
- ➔ Following up and reporting back to community members on any pending action items, unanswered questions, or specific actions taken that come out of the event

Reflection: How do you plan to evaluate the impact of your event? What do you have the capacity to do? What tools need to be developed ahead of time? How do you plan to report back to community members or debrief together after the event?

Hosting an All-Candidates Event

All-candidates events are a great way to have political candidates hear the concerns of community members in the run-up to an election and to bring attention to the growing food insecurity crisis.

Keep it non-partisan!

Registered charitable organizations do not need to register as a third party with Elections Canada as long as your election-related events and social media are **non-partisan**, meaning that you don't directly support or oppose a particular candidate or party and, if you visit candidates or invite them to an event, you **invite all the parties.**

If some candidates can't attend, it's still okay to go ahead with your event. Just mention the names of missing candidates and their parties at your event and that they were invited.

Elections are a very busy time for candidates. They get booked up fast! So set a date for your event as soon as the election is called, find out early who the candidates are in your riding and get invitations to your event out as quickly as possible.

How to find your local candidates

To find out who is running for each party in your riding:

1. Visit the Elections Canada website.
2. Type your organization's postal code into the Voter Information Service box.
3. Click on Who are my candidates?

Sample invitation email

Dear [candidate name],

On behalf of [name of your organization], I am pleased to invite you to an all-candidates event to discuss how the federal government can reduce food insecurity in Canada.

Key information on the event:

- The event will be held from [start time to end time] on [date] at [name of your organization].
- Located at: [your organization's address]
- Senior leadership and staff from [name of the organization] and community members will be in attendance.
- [A meal/light refreshments] will be served.

Too many people in Canada are struggling to put food on the table, and it's not because they're lazy or made bad choices. Wages are too low, grocery prices and rents keep rising, and the government isn't doing enough to fix things. Instead of making sure everyone can afford food, people are expected to rely on food banks and charity—temporary measures that were never meant to be a long-term solution.

[Include a sentence or two about your organization and your work supporting people who are food insecure.] Our communities need bold action now. At our all-candidates event, we hope to hear from you how you and your party will address rising food insecurity, should you get elected.

We invite you to make brief opening remarks (3-4 minutes) on how your party intends to reduce poverty and food insecurity in Canada and to answer questions from members of our community. Please note that any comments perceived as derogatory, discriminatory or stereotyping will not be tolerated.

We are looking forward to discussing with you all of the issues that matter most to our community. Please let me know as soon as possible if you are available to attend.

Sincerely,

[Your name]

Following up with your candidates

Because campaigns are so hectic and offices are often juggling multiple events, your candidates' offices may not get back to you promptly. **Following up is key!**

Candidates should all have campaign websites with contact information. You can call the campaign office a couple of days after you send the invitation to ensure they received the invite, and to follow up if you haven't gotten a response. If you don't hear back, don't be shy! Keep calling and emailing. The squeaky wheel gets the grease!

Event structure

Generally, candidates will want to speak to their party's platforms, and this can be helpful for people to get a sense of how parties view the issues that matter to them.

It's also important, however, to ensure there is enough time for the community members who attend the event to be able to ask questions and talk about their concerns and priorities.

Don't be afraid to think outside the traditional panel-style question and answer format. Take a look at this summary of event ideas for other creative approaches.

Here are some other considerations to keep in mind:

- **Presentations:** Before the candidates speak, you may want to do a short presentation on food insecurity in Canada to set the tone for the event. PAU's slide deck on Food Insecurity and Poverty in Canada has helpful statistics. You can also use www.nomorescraps.ca to download statistics specifically for your riding. Your regional coordinator may also be able to share additional resources to equip you or help you with your presentation.
- **Air Time:** If you decide on a format where politicians can make opening comments to the crowd, keep it brief (3-4 minutes in total) and focused on how their parties will address the issues of poverty and food insecurity.
- **Q&A/discussion:** Ideally, you want everyone in your community to have a chance to participate, even if some won't feel confident speaking up. If you're using a more traditional panel-style format, you may want to ask community members to come up with questions in advance and ensure there's enough time to ask several questions. Or consider taking a more informal approach and ask candidates to move from table to table to have a conversation with community members on various themes.

Room set-up

In the traditional panel/Q&A format, candidates sit at a table at the front of the room, while people attending the all-candidates' event sit facing them, either in rows of chairs or at tables.

But don't be afraid to try a different set-up! Inviting candidates to sit with community members over dinner and move from table to table between courses, for example, can be a lot less intimidating and might mean more people get to talk to the candidates.

Concerns about views of candidates or parties

Some community food organizations have shared concerns that the views of certain candidates or parties might make some of their community members feel unsafe. For example, a few worked with immigrant communities and felt that certain candidates held anti-immigrant views.

Any election-related events that registered charitable organizations plan have to be non-partisan. That means that you can't directly support or oppose a particular candidate or party with your event and you need to invite all the candidates. The rules are more flexible for other kinds of nonprofits. Imagine Canada explains the rules for both in this webinar.

That doesn't mean you shouldn't have your event or worry that it could become a platform for racist views and other derogatory comments. In your invitation to candidates make it clear that any comments perceived as derogatory, discriminatory or stereotyping won't be tolerated.

Candidates who don't think they'll win a lot of votes at your event are unlikely to attend, but if they do, you can set the tone during your introductory remarks. Refer to any organizational policies you have around respectful discussion and state that any comments perceived as derogatory are unwelcome. Ensure the moderator at your event is prepared and comfortable intervening if necessary. Reach out to your regional coordinator if you're looking for tips!

Sample agenda

Time	Agenda item
Before the event	Ask people to sit down. Serve food
0:00-0:10	Welcome, overview, housekeeping, introduction to candidates
0:10-0:20	Overview of food insecurity in Canada and in your riding (optional)
0:20-0:40	Candidate speeches
0:40-:1:00	Prepared questions Q&A
1:00-1:25	Audience Q&A or table discussions with candidates
1:25-1:30	Wrap-up, thanks and information on voting in your riding

Use this template to help with your planning:

Reflection: What steps can you take to ensure community members can participate meaningfully in your event with candidates? What format would work best? Does anything need to be done ahead of time to prepare?

Food Security Questions for Candidates

Asking community members what they want to discuss with candidates is a great way to come up with questions that reflect the issues that matter most in your community. Here's some questions that came up in our brainstorm to get your creative juices flowing.

1. A root cause of food insecurity is poverty. What is your party planning to do to decrease poverty and food insecurity in Canada?

2. Black, Indigenous and racialized people experience food insecurity at much higher rates than white people in Canada. What will your party do to address this issue? What does your party's platform say about fighting systemic racism?

3. The trade war with the US is top of mind for many of us. What is your party's plan to protect our economy and what kind of help will it include for regular folks—the people who stock our shelves, take care of the elderly, build our roads and teach our kids?

4. Canada has an Employment Insurance (EI) program that is supposed to help people who lose their jobs. Yet, alarmingly, 47% of households that relied on EI as their main source of income in 2022 experienced food insecurity. Many other workers found out they weren't even eligible when they were laid off. What will your party do to fix EI?

5. How will you and your party help people who aren't able to work and living on fixed incomes and facing rising rents and food prices?

6. 5.1 million people in Canada are currently living on less than $25,000 a year. In 2023, the federal government used the GST/HST credit to provide a temporary, one-time Grocery Rebate to help people on low incomes with the growing cost of groceries, gas and other essentials. Since then, organizations like ours have been calling on the government to transform the GST/HST credit into a Groceries and Essentials Benefit that would be permanent and targeted to those who need it most. In these uncertain times, what would you do to help push for this if you were elected?

7. 1.6 million Canadians with disabilities between the ages of 18 and 64 currently live in poverty. The new Canada Disability Benefit is set to roll out in July but it is only $200 a month, which is not enough to get many people with disabilities above the poverty line, and many others won't be eligible. If elected will your party increase the Canada Disability Benefit and make it easier for more people with disabilities to get it?

8. Food insecurity rates in Northern communities are astronomical, up to 46% in Nunavut. How will your party ensure that people in Northern and remote communities can access good food?

9. The cost of housing in much of Canada is unaffordable. What will your party do to ensure all people in Canada can afford safe housing?

10. Indigenous communities from coast to coast to coast have been stripped of their land, undermining their ability to hunt, fish and gather traditional food sources. What will your party do to support Indigenous foodways?

#NoMoreScraps Policy Backgrounder

Hunger is a policy choice. No more excuses. No more delays. This federal election, we are calling on all political parties to prioritize reducing food insecurity.

Policy Demands

1. **Cut Food Insecurity in Half by 2030**

We demand that the federal government set a clear target to reduce food insecurity by 50% by 2030. This target will provide focus, drive coordinated action across government departments and agencies, and ensure urgency through a concrete deadline. It will hold the government accountable with measurable progress and ensure resources are allocated effectively to the areas of greatest need. The target must prioritize equity, addressing the needs of the groups most impacted by food insecurity. Furthermore, we call for the establishment of a working group of people with lived experiences and experts in the food security sector and other related fields to guide the development of targeted policies and solutions.

This measure is essential for driving real, impactful and coordinated action against food insecurity.

2. **Ensure Everyone Can Afford the Basics**

We demand that the government ensure everyone can afford the basics by expanding and creating new income supports for workers and people on fixed incomes. This includes applying a race equity lens to all poverty-reducing policies to ensure they reach the communities most at risk of food insecurity. Specifically, we call for the following policies:

- **Transform the GST/HST Credit into a Groceries and Essentials Benefit (GEB)**:
    - Increase monthly support for adults aged 18 to 64 to $150 ($1,800 annually) and $50 ($600 annually) for children, providing more stable and effective assistance.
    - Target low-income individuals with a reduced income threshold of $24,824 (compared to $42,335 under the current GST/HST credit).
- **Transform the Canada Workers Benefit (CWB) into an Enhanced Canada Working-Age Supplement (CWAS)**:

    - Expand support by removing the employment earnings requirement and increasing the maximum earning limit.
    - This reform will significantly reduce deep poverty, benefiting workers and unemployed individuals facing economic barriers.
- **Expand the Canada Disability Benefit (CDB)**:
    - Increase the monthly benefit, broaden eligibility, and ensure automatic enrollment for those already receiving provincial/territorial disability support.
    - Simplify and fast-track the application process, ensuring independence and dignity for people with disabilities.
- **Enhance Employment Insurance (EI)**:
    - Reduce the qualifying hours from 420–700 to 300 for all workers and ensure EI access for self-employed, gig, and migrant workers, as well as those working multiple jobs.
    - Increase benefit rates to 85% for low-wage workers and 75% for others, providing better support during unemployment.

These measures are essential to reducing food insecurity and poverty, ensuring that all Canadians have the means to meet their basic needs.

3. Uphold Indigenous Food Sovereignty

Colonial and discriminatory policies have profoundly disrupted Indigenous Peoples' relationships with the land and their traditional food systems. These barriers have hindered the ability of Indigenous Peoples to produce or access food that aligns with their culinary and cultural practices and eroded the vital connection between Indigenous Peoples and the land that sustains them.

We demand that the federal government work in partnership with Indigenous Nations to respect and support Indigenous self-determination, sovereignty, and control over their food systems. This includes protecting Indigenous rights to land-based foods, hunting, fishing, and gathering.

For more information, visit www.nomorescraps.ca.

Where the Parties Stand

Check out our blog to find out how the major political parties are addressing food security—particularly in relation to the key demands outlined in our #NoMoreScraps campaign.

Ready-to-Use Social Media Graphics & Messaging & Posters

Suggested Social Media Copy (edit to make it your own)

Option 1
Rising tariffs and economic uncertainty are pushing more families to the brink of hunger. Right now, nearly 1 in 4 Canadians struggle to put food on the table. This isn't just a challenge—it's a crisis.

That's why we're proud to support @Community Food Centres Canada's #NoMoreScraps campaign. With the federal election fast approaching, we can't afford to wait for change.

Hunger is a policy choice. No more excuses. No more delays. This #Elxn45, we're joining the call for #NoMoreScraps.

Learn more and get involved: nomorescraps.ca

Option 2
We're standing with @Community Food Centres Canada and countless others across Canada to demand action on food insecurity. It's time to make food a right, not a privilege. Join us in supporting the #NoMoreScraps campaign and help us raise our voices for change! #Elxn45 www.nomorescraps.ca

Option 3
We believe that no one should go hungry, and we're committed to making that a reality. We're supporting the #NoMoreScraps campaign and urging action to end food insecurity in Canada. Join us in raising awareness and pushing for policy change! www.nomorescraps.ca #Elxn45

Option 4
Tomorrow is #VotingDay! Are you #VoteReady? Check out the Elections Canada website for information on:

☑️ Where and when to vote
☑️ What ID you need to bring with you
☑️ How to register at the polling station

Visit elections.ca for all the details. #NoMoreScraps #Elxn45 #cdnpoli

Option 5
Take 5 Actions with #NoMoreScraps!

🍽️ **Watch & Share the campaign video—**help spread the message!
📩 **Email Your Candidates—**demand bold action on food security.
📊 **Know the Facts—**see poverty and food insecurity stats in your riding.
📝 **Read Our Open Letter—**signed by nearly 250 supporters calling for change.
🗳️ **Plan to Vote! –** make your voice count!

www.nomorescraps.ca

Option 6
Along with many other organizations across Canada, we've signed an open letter calling for urgent action on food insecurity. Together, we're amplifying our call for real change for the 8.7 million people facing food insecurity.

Hunger is not inevitable—it's a result of policy choices. This election, we're demanding all parties take action. Check out our open letter!
https://shorturl.at/LLMgI
#NoMoreScraps #Elxn45 #cdnpoli

Option 7
Food insecurity affects millions across Canada, and it's time for the government to take real action. We're proud to add our name to the open letter demanding solutions. Together, we can ensure everyone has access to nutritious, affordable food.
#NoMoreScraps #Elxn45 https://shorturl.at/LLMgI

Campaign social media graphics
Here are some ready to use graphics to use with the copy above

Tag us in your social posts and we'll reshare!
Facebook: @CommunityFoodCentresCanada
Instagram: @communityfoodcentresca
LinkedIn: Community Food Centres Canada

Campaign hashtags
- #NoMoreScraps
- #Elxn45
- #CdnPoli
- #Right2Food

Customizable graphics

Here are some template graphics to promote your event

- ➔ Customizable event promotion poster
- ➔ Sample social media graphic

Here is a template voter registration poster

- ➔ Customizable voter registration poster

Suggested post copy to promote your event on social media

- ➔ #ElectionDayCanada is ## days away and we've invited candidates from RIDING to discuss how the federal government can reduce food insecurity in Canada. Join us on MONTH DATE at TIME to hear from @CANDIDATE, @CANDIDATE, @CANDIDATE, and @CANDIDATE at our All-Candidates' Event.

- ➔ Join us on MONTH DATE at TIME for our All-Candidates' Event! RIDING candidates will share how their parties will address the root causes of food insecurity in our community and across the country.

Tip: Run out of characters to tag candidates? Tag them in the image instead!

Additional Resources

Visit www.nomorescraps.ca for information about poverty and food insecurity in your riding and, with a single click, send a letter to your candidates demanding action.

For more detailed information and specific examples of **what charities and non-profits can and can't do** during an election, check out these excellent resources:

- ➔ Imagine Canada
  - Summary of rules for non-profits and charities during elections
  - Playing by the Rules: Election Guidelines for Charities & Non-profits
  - Playing by the rules: Audience Q&A

- ➔ Elections Canada
  - Frequently Asked Questions: Tools for Third Parties

- Canada Revenue Agency:
  - Guidelines for Registered Charitable Organizations
  - Public Policy Dialogue and Development Activities by Charities

If you want to help **get out the vote** in your community, there are lots of great resources online:

- Start by learning about the barriers to voting.
- Elections Canada covers everything voters need to know, with lots of links to more detailed information and helpful resources.
- The Inspire Democracy site, a program of Elections Canada, also has a tool kit with step-by-step instructions on how to help someone register and vote in a federal election.
- They also have ready-to-use infographics and handouts, some tailored specifically to Indigenous people, people with disabilities, and first-time voters.

If you want to **share information about the democratic process** with your community, check out these resources:

- Check out the videos and lesson plans Elections Canada has designed for teachers. You don't have to be a student to engage with these conversations about democracy and voting.
- Elections Canada also has videos, photos and fact sheets you can use to have a discussion about the history of voting in Canada.
- And their Inspire Democracy site also has links to excellent practical resources to help community members learn about the political process and participate in elections.
- Apathy is Boring, a nonprofit that encourages young people to actively participate in Canada's democratic process, has short, fun videos explaining how the political process works.
- Similarly, Ryerson University's Democratic Engagement Exchange, has created a Democracy Talks organizers' guide full of practical activities and tools to discuss the political process, democracy and elections with newcomers and marginalized communities. They also have Vote Popup and Elections Readiness toolkits you can order or download online.
- And the Native Women's Association of Canada created a 2019 Voting Guide for Indigenous Women, Two Spirit and LGBTQQIA voters which is still relevant and has some great suggestions for having conversations in Indigenous communities.

And remember - PAU and your Regional Coordinators are here to help!