



The Big Social is a peer-to-peer fundraiser where Canadians share food to change lives. Thanks to amazing supporters like you, the Big Social has raised more than \$500,000 to provide support to Community Food Centres across the country. With our partners, we bring people together around food—in kitchens, dining rooms, and gardens—while fighting for a more equitable society.

By hosting a Big Social you will be making a difference where it matters the most. You will be providing support to low-income communities across Canada to eat well, cook healthy, and take action.

For the Big Social, share food, CONNECT with friends and family, & ask your guests to donate.

What does connection mean to you?

For Boomelia Penwarden, a proud member of NorWest Co-op Community Food Centre, connection is at the heart of what she loves about her local CFC:



“I didn’t realize what was missing until I found it. Good food can help heal your body, but belonging and love can heal your soul. I found all of that sitting around a table with new friends.”

The Big Social is in support of Community Food Centres Canada

At the heart of Community Food Centres Canada’s work is the belief that communities thrive when everyone has access to good food. CFCC is a national movement of 300+ organizations working to address the root causes of food insecurity. With our partners, we build vibrant Community Food Centres, share resources and knowledge, and advocate for policy change. Learn more at: cfccanada.ca.

#BigSocial

Conversation Starters

What is food insecurity?

Food insecurity happens when someone can't afford to access the food they need.

Mission moment: How many people in Canada struggle with food insecurity?

Answer: 1 in 8 Canadians face food insecurity. 4.4 million people.

Mission moment: What are some things we can do to eliminate food insecurity?

Describe the best meal you ever shared. Who were you with?

What's the best meal you've ever had while traveling?

Have you ever shared a meal with someone famous? Who?

Name a food that you hated as a child but love now.

If you could eat only three foods for the rest of your life, what would they be?

What's your favourite food-focused movie or tv show?

There are two types of people in this world: people who use cookbooks, and people who don't. Which one are you?

What dish makes you the happiest when you eat it?

What country's food is your favourite? Why?

Learn more: [BigSocial.ca](https://www.bigsocial.ca)



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The **BIG** SOCIAL
SHARE FOOD.
CHANGE LIVES.