

Be a Hunger Hero

Peel Region is not a big city, but that doesn't mean it doesn't have big-city problems, like hunger.

Knight's Table seeks to raise awareness of the problem, and do their best to help. The charity group fed more than 6,700 people last year, nearly half of them children younger than 10. The charity's capacity to help is increasing, with the 56,000 meals they were able to serve representing a 40 per cent increase from 2011.

But they still need help. Donations of money and food have been dropping, and more and more families need Knights Table's services to help them get by. To this end, Knights Table is running a donation drive until Aug. 30. Every \$20 put toward them will be able to feed and help five nuclear families, to an ultimate goal of \$70,000. Knights Table is putting more effort into not just feeding families, but helping them pull themselves up over the poverty line.

The Hunger Hero Challenge asks only for \$20 from each participant, and for them to challenge nine of their family or friends to donate themselves. The top 100 Hunger Heroes will be crowned at a media event next month.