

Sent on behalf of the Supporting Our Students (SOS) Committee.

2019 Heart Smart Challenge - ParticipACT Your Way to a Healthy Lifestyle

Good Afternoon

Thank you for your generous contribution to student awards and initiatives. You are truly helping our students shine brighter!

The Supporting our Students committee is proud to announce another opportunity to Support Our Students. For a second year, we have partnered with the Students' Union and organized a food drive as part of the upcoming 2019 Heart Smart Challenge - *ParticipACT Your Way to a Healthy Lifestyle!* Help us fill the shelves of the SU's food bank for fall and earn points towards your Heart Smart score!

Beginning Monday, April 29 to June 26, 2019, non-perishable food donations to the SU Food Bank will earn you up to 10,000 additional points towards your Heart Smart score. Most donations will earn 500 points, but the following high-demand items will earn 1,000 points each:

- Canned vegetables
- Canned fruit
- Rice packages, like Uncle Ben's or Lipton Rice and Sauce
- Noodles and sauce packages
- 1+ litre juice
- Unopened package of juice boxes
- Canned meat, excluding tuna
- Peanut Butter
- Jam
- Cereal
- Unopened box of granola bars

Donations can be dropped off at the Students' Union office (SU180) during regular office hours (8:30 a.m. – 4:30 p.m.) where you will need to complete the donation form to track your Heart Smart points.

So start shopping and get ready for the 2019 Heart Smart Challenge - *ParticipACT Your Way to a Healthy Lifestyle!*

Supporting Our Students Supports Us All!

Lukas, Kevin, Olu, Lorraine, Steve, Emily, Asheley, David, Jamie, Jacqueline, Ami, Megan, Annette, Jeff