



# SP CARES

Did you know?

1 in 10 Singaporeans are unable to meet basic needs in the form of food, clothing, shelter and other essential expenditure.

1 in 3 elderly Singaporeans are not eating right (2011)

More than 23,000 children are malnourished in Singapore (2008)

## WHO?

Food from the Heart (FFTH) is an independent non-profit organisation that is devoted to alleviating hunger through efficient distribution of food.



FFTH relies heavily on food drives to bring in much needed non-perishable items, which they sort, pack and distribute to more than 3,600 families from their 60 Self-Collection Centres under their Community Food Pack Programme.

## WHY?

SP has always been strong in serving the community and your seniors have done flag day for the previous years.



However, in light of the Covid-19 situation, we will do a MASSIVE food donation drive for this year instead.



We can serve the community in other ways!

## WHAT?

- Rice in smaller packs (1kg or 2.5kg)
- Vermicelli / Bee Hoon
- Biscuits (prefer less sugary biscuits)
- Milo / Ovaltine / Horlicks (not 3-in-1)
- Soy Milk
- Coffee (Kopi O or less sugary option)
- Tea (less sugary option)
- Canned Sardines / Tuna / Dace / Sotong / Chicken
- Canned Vegetables / Mushrooms / Pickles / Mock Meat
- Canned Soup
- Evaporated Milk
- Cooking Oil 1L / 2L
- Bread Spread



**SP CARES 2020**

# THINGS TO DO

**1**

## **BRING FOOD ITEMS**

Bring food items from the list below. The minimum date of expiry to be 3 months and beyond.

**2**

## **PACK THEM IN GIVEN BAGS**

Gather all the items as a class and pack them in the bags from Food For The Heart. Each class is given 2-3 bags.

**3**

## **WRITE FOR BENEFICIARIES**

Sign on the cards and write notes of encouragement. Post on IG what you have done and #SPCares

**4**

## **BRING THEM TO SPCC**

A few of you can bring the bags and cards to SPCC VIP room and a staff will receive from you.