The cost and availability of food is a serious issue for Indigenous neighbours in Northern Ontario.

$1,909 / month in Attawapiskat*
$861.80 / month in Waterloo Region*

Rooted firmly in relationship, MCC Ontario partners with Northern First Nations and Urban Indigenous Communities to distribute seeds and gardening supplies. Join us as we support Indigenous food sovereignty!

Sponsor a Community Gardening Kit

Each kit includes:

- 4 new full-size metal shovels
- 4 new full-size hand garden cultivators
- 30 pairs of gloves for men and women
- garden fencing
- 200 packets of site appropriate vegetable seeds
- 500lbs seed potatoes
- Cost of shipping

*According to a 2016 study by Food Secure Canada, the average cost of groceries for a family of four in Attawapiskat was a whopping $1,909 per month. Compare that with the Waterloo Region average of $861.80 per month.
it's more about relationship, and ... relationship with one's body through eating whole, fresh foods and getting great exercise: relationship with the land, the soil and what grows; relationship with children and families who learn and help to grow food; relationship with those who share food with us."

Patty Everson, Nurse Manager Home and Community Care Program Windigo First Nation Council
Donate today to help MCC send Community Gardening Kits to First Nation communities.

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