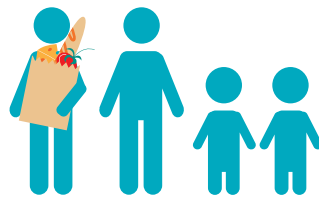


Community Gardening Kits

Sowing Reconciliation

MCC Indigenous Neighbours Program

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



\$1,909 / month
in Attawapiskat*

VS



\$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:



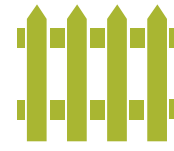
4 new full-size metal shovels



4 new full-size hand garden cultivators



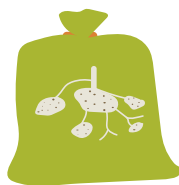
30 pairs of gloves for men and women



garden fencing



200 packets of site appropriate vegetable seeds



500lbs seed potatoes



Cost of shipping

Donate today at:
mcco.ca/gardening-kits

*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.



Sachigo Lake

Bearskin Lake

North Caribou Lake

Kingfisher Lake First Nation

Cat Lake

Eabametoong First Nation

New Slate Falls

Mishkeegogamang

Sioux Lookout

Timmins
MCCO office

Wahgoshig

Thunder Bay

Mattagami



“

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*

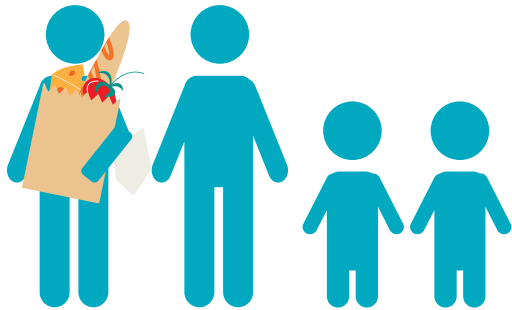
Kitchener
MCCO head office

Donate today at:
mcco.ca/gardening-kits

mcco.ca/indigenous-neighbours
Relief, development and peace in the name of Christ



Donate today to help MCC send Community Gardening Kits to First Nation communities.



\$1,909 / month
in Attawapiskat



\$861.80 / month
in Waterloo Region

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