

Walking toward Zero Hunger

“ The best way to find yourself is to lose yourself in the service of others” Mahatma Gandhi

On **17th December** all Middle School students will be taking part in “Walking toward Zero Hunger.” Students will be walking for five (5) kilometres along the East Coast Parkway. Why? Walking toward Zero Hunger aims to focus attention on the [United Nations Sustainable Development Goal #2: Zero Hunger](#)- “End hunger, achieve food security and improved nutrition and promote sustainable agriculture.” Through our efforts, we aim to help many local community groups and families who struggle to make ends meet.

All students must participate and we would like students and teachers alike to donate two items of food, that will then given on to the [Singapore Food Bank \(http://www.foodbank.sg/\)](http://www.foodbank.sg/) Service for others is a key aim of the food collection for the Singapore Food Bank.

Parents are most welcome to join us on this day at the very low cost of two food items! You are also invited to our assembly on 7th December at 12:10 in the MS Hall where the Food Bank and students will be presenting pieces relating to Walking toward Zero Hunger.

ISS would like for donations of food items be brought into school beginning from 1st December. Please refer to the guide that explains what items are in greatest need by the Food Bank:

FOOD DRIVE

MOST NEEDED ITEMS



The Food Bank Singapore 112
新加坡食物銀行

We accept all types of non-perishable food items that are unopened, unused and with at least 4 weeks of shelf life.
These are the following food that are in greatest demand:

 RICE	 BEVERAGES <small>UHT OR POWDERED MILK, MILK, TEA, COFFEE</small>	 NOODLES <small>RICE VERMICELLI, INSTANT NOODLES, CUP NOODLES, PASTA</small>
 BISCUITS <small>CREAM CRACKERS, SWEETS, CHOCOLATE, CHIPS</small>	 CANNED FOOD <small>CANNED SARDINE, MUSHROOMS, TUNA, CHICKEN, FRUITS, SOUP</small>	 COOKING OIL
 SAUCES <small>TOMATO SAUCE, CHILI SAUCE, SOY SAUCE, OYSTER SAUCE</small>	 SEASONINGS <small>SALT, SUGAR</small>	 SPREADS <small>KAYA, FRUIT JAMS, PEANUT BUTTER</small>

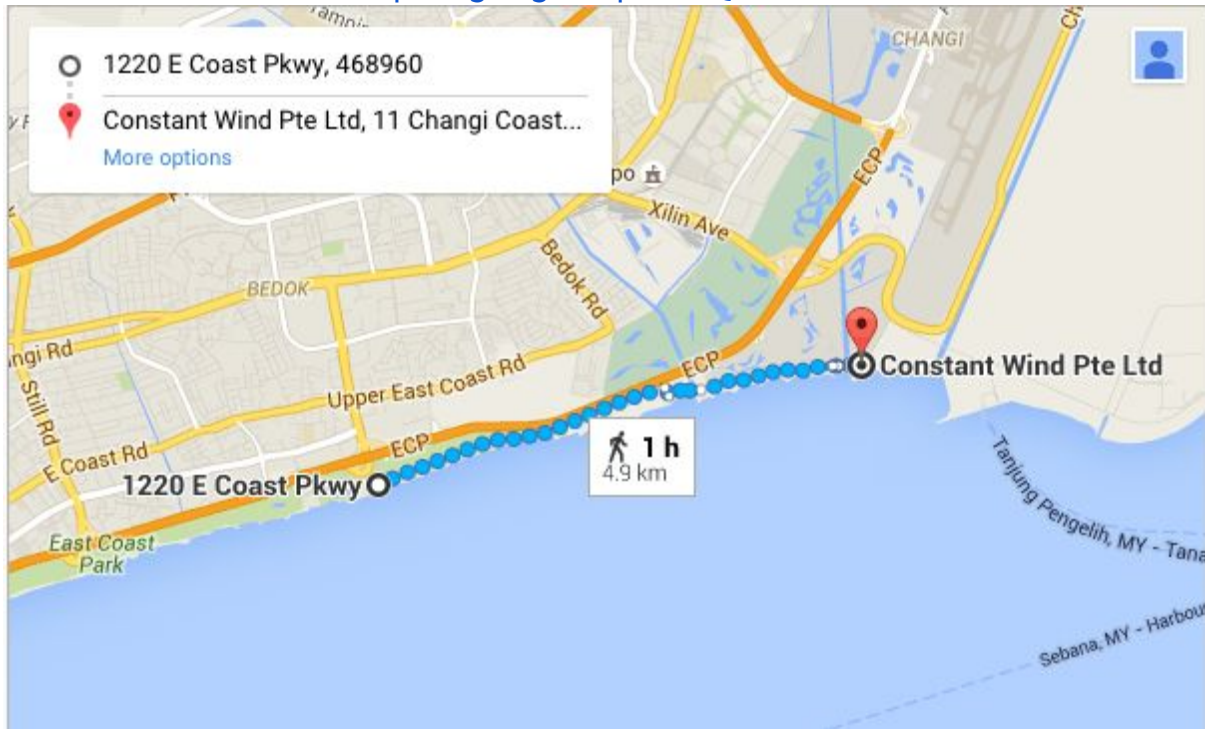
We do not accept: Rusty/unlabelled cans, perishable items, opened/used items, expired items.

The walk:

Depart: ISS Paterson Campus by bus 08:30 to drop off point (Constant Wind)

Return: ISS Paterson Campus by bus 14:00 from pick up point (East Coast Food court)

<https://goo.gl/maps/m1QA9ThD1do>



We would like to make this activity as sustainable as possible. Students are encouraged to bring only recyclable items.

To enjoy and maximise the day, the students should bring:

- 1 X reusable water bottle (water is available on the route)
- 1 X hat
- Clothing suitable to walk 5km
- Closed toe shoes (no flip flops/ beach thongs etc)
- Food for lunch
- Snacks for along the way
- Light bag/day pack to carry (optional)

Any questions? Feel free to email- mtaylor@iss.edu.sg