



# SUPERHERO PROGRAM



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Foodbank SA has identified through our School Programs an increased demand for Foodbank specific educational and interactive activities for children. The Superhero Program has been developed as a way for children and their families to connect with Foodbank SA. Young people will learn about food insecurity, how they can make a difference in the lives of others and start to develop a 'pay it forward' mentality at a young age.

The Program will also educate children about Foodbanks key messages including reducing food waste. For children whose families require the support of Foodbank it will become a 'safe program' as we become one big family that supports each other. By educating children, we hope to reduce the stigma around food insecurity.

## KEY LEARNING OUTCOMES:

The four main components of this program include:

- Helping Others - Learning about altruism and the gift of giving.
- Be Humble - Teaching kids how to be thankful for what they have.
- Get Educated - Educating your children about hunger and healthy eating.
- Reduce Waste - Learning about how to help the environment.

Throughout the year, children will have the opportunity to get involved in a variety of activities based around these four components. There are two different activity types based on your child's age or educational level: 4 to 7 year olds or 8 to 12 year olds. There will also be various competitions held through the year.



**I LOVE BEING  
A FOODBANK  
SUPERHERO. I HELP  
FEED RUMBLING  
TUMMIES!**



- Rubi, 8 years old



## THE PROGRAMS OBJECTIVES ARE:

- To build a Foodbank SA family through engaging and educational activities.
- To educate children about healthy eating, how to help others, being thankful and reducing waste.

Individuals that are participating in the Superhero Program must be residents of South Australia to be eligible for the competitions.

## ABOUT FOODBANK SA

Foodbank South Australia is a non-profit organisation established in South Australia in 2000, with a vision to achieve a South Australia without hunger. Foodbank SA sources food from the food industry and makes it available to welfare agencies and people in need.

Foodbank SA offers a variety of foods, either free of charge or at very low cost, to welfare and community support agencies, including schools. Foodbank SA has warehouses at Edwardstown, Berri, Mount Gambier and Whyalla.

Last financial year alone, Foodbank South Australia provided enough food for more than 5.6 million meals, providing food relief to 126,000+ South Australians every month. More than one-third of these were children. Foodbank SA supplies food to more than 495 welfare agencies and community groups and supports over 500 school programs across Adelaide's metropolitan, regional and remote areas.

## CONTACT DETAILS

### FOR SUPERHERO PROGRAM ENQUIRIES

Superhero Program Team

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