

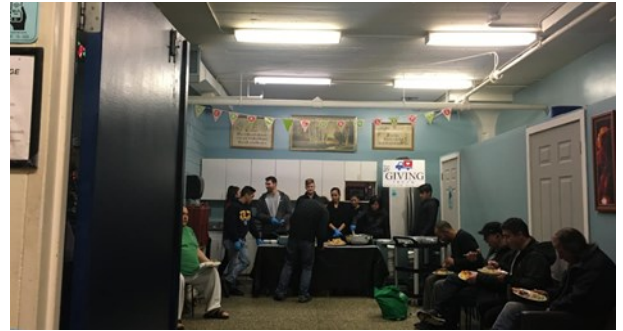


The Giving Truck

givingtruck@gmail.com

Christmas is known to be a time filled with the love of family and friends and lots of gifts and food; but what happens to those we disregard and are alone on the streets during this holiday season?

On Saturday, December 28th, The Giving Truck prepared a great amount of food for those in the Men's Hostel for a New Year's Dinner. With it being the Christmas season, the volunteers of The Giving Truck found it extremely important to give back to our brothers in the Men's Hostel in Vancouver. The Men's Hostel is a Catholic organization that aims to help people in the Downtown Eastside; an organization that we have been collaborating with for many of our projects.



The Giving Truck began as an idea - a way to invite the youth to step up and pay it forward through small acts of kindness. My little sister, Renai, and I thought of a way we could spread love not only in one area but to places that can be reached by way of transportation and thus, The Giving Truck, was created. It is a non-profit project that aims to tap the youth to provide help and support for those who are marginalized, vulnerable, and hungry throughout the lower mainland. The Giving Truck is a vehicle that roams around different cities and hands out material donations such as food, clothing, inspirational cards and toys. It also aims to provide free services such as haircuts, sports activities, pet therapy, crafts, childminding and many more.

Last Saturday, the volunteers prepared the meal at the CMCC kitchen in the morning. The kitchen was filled with family, friends and lots of smiles! The meals consisted of chicken, pasta, soup, salad, cookies, cupcakes, and fresh fruits, as well as, bread and pastries which were donated by **COBS Bread**. The volunteers loaded up The Giving Truck with the food and



materials, and off we went to Vancouver. The dinner was served behind the table and we got the opportunity to share a meal with the people in the Downtown Eastside. Sharing a meal does more than feed each person physically; it also feeds them emotionally and draws them together. We had the chance to speak to a few of the men there and they were so inspired by what we did...they felt the love. They had a warm place to stay with a full stomach and a happy heart.

As Mother Teresa said, "Not all of us **can do great things**. But we **can do small things with great love**." My sister, Renai, and I believe that spreading kindness and love in the littlest possible ways can affect someone deeply.

Thank you Fr. Au for allowing us to use the kitchen and having volunteers from CMCC to be a part of this project. If you're interested in donating, sponsoring or volunteering in our future events, please feel free to contact us at givingtruck@gmail.com or follow us on Instagram (@thegivingtruckofficial) or on Facebook (@TheGivingTruck).

