



**7 Have-a-Rice-Days
7 Buttons To Collect!**

- October 16 - World Food Day
- November 20 - Universal Child's Day
- December 10 - Human Rights Day
- **March 22** - World Water Day
- April 7 - World Health Day
- May 15 - Int. Day of the Family
- August 19 - World Humanitarian Day

**HELP CHANGE
HUNGER!**

1. Purchase and wear a **\$5**
Have-a- Rice-Day Button



March 22
World Water Day

2. Substitute one of your
meals that day for
a simple bowl of rice.

Why?

To identify with more than
one billion people worldwide
who are malnourished and to
help change hunger in lives
globally!

*You can't grow food
without water!*

Everyone can participate-at home, at work, at school!

Teachers: Have A Rice Day with your class.

To find out more and to order your Have-A-Rice-Day Buttons:

www.haveariceday.ca Call 604-308-1391.