



Get Out to Vote! Here's How

Voting is your most powerful tool to change hunger in Canada.

With over 2 million food bank visits each month and nearly a quarter of Canadians living with food insecurity, **YOUR VOTE** has the power to make millions of people's lives better in Canada.

How to Vote with Food Insecurity as Your Priority

No matter your political party, hunger in Canada affects us all. Here's how you can make your vote count:

- 1. Prepare to Vote:** Learn about the parties and their positions on food insecurity. Use Food Banks Canada's [*platform monitor*](#) to stay informed and vote based on what matters to you.
- 2. Register to Vote:** If you haven't registered yet, [*do it now*](#). It's quick and easy, taking just 1 to 3 minutes online. Check Elections Canada for [*FAQs on registration*](#).
- 3. Know Your Riding:** Understand your riding and [*who your candidates are*](#). This helps you make informed choices about who will represent your community.
- 4. Ways to Vote:**
 - At your assigned [*polling station*](#) on election day (April 28th).
 - At your assigned [*advanced polling station*](#) (April 18th – 21st).
 - At any Elections Canada office before 6 p.m. on April 22nd.
 - By mail, by April 22nd.
- 5. Vote!** Voting is more convenient than ever. Make your voice heard and prioritize food insecurity in this important election.



Visit the Food Banks Canada's [*website*](#) to learn more and to access the Elections Canada links!