

# Working to Solve Homelessness:

## *A Loving Spoonful*



*“No one living  
with Aids should  
live with hunger”*

A Loving Spoonful, formerly the Vancouver Meals Society, was formed in 1989 by East Armas. Armas had a friend who was HIV-positive, lost his job because of the stigmatism associated with the virus and was forced to find his meals in dumpsters.

Currently Spoonful feeds over 250 HIV/AIDS positive adults and children within Metro Vancouver. Their aim is to insure that no one living with HIV/AIDS has to suffer through hunger.

Nutritious meals are an incredibly important factor when living with HIV/AIDS. Without a healthy, balanced diet, those living with HIV/AIDS are more prone to infections, hospital visits and stints on disability. For future medicines to be effective in the treatment of this illness meals must be supportive and nutritious. Spoonful insures that all its meals are as nutritious as possible.

Spoonful is a non-profit society run by volunteers. They focus on putting meals on the tables of those with HIV/AIDS who need them. This allows meal recipients to focus on other aspects of their lives.

The great feats that A Loving Spoonful accomplishes:

- Delivers 100,000 free meals to all walks of life living with HIV/AIDS
- On average spends \$3.55 on every meal
- Receives 77% of its funding from public donations and grants

Source: <http://www.alovingspoonful.org>

Homelessness, together we can solve it.  
Visit: [stophomelessness.ca](http://stophomelessness.ca)

