



Hamilton Halton Niagara

How was Food4Kids Started?

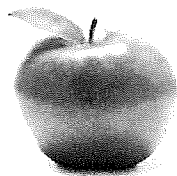
A 10 year old boy was waiting outside the locked doors of a school breakfast program. The program was to start at 8:15 and the child stood outside at 7:15 in the dark, in the cold and alone. He explained he had not had any food on the weekend and was hungry. Could he please have some food? This child inspired the launch of the Food4Kids program in Hamilton.

Food4Kids provides backpacks of healthy food for children aged 5 – 14 years with limited or no access to food each and every weekend. It is estimated there are 1,200 children in Hamilton, 300 in Halton and 600 in Niagara sustaining each weekend without food.

Food4Kids is volunteer driven and facilitated. Programs are sponsored by individuals, businesses, grocery stores, churches and groups who share our concern of child hunger in our community. We work in collaboration with local food banks and Student Nutrition Programs to ensure food is getting to those most in need.

Food is packaged by Food4Kids volunteers and delivered to schools every Friday. At the school, the food package is placed into a child's backpack using the student's own backpack (or one provided solely for this purpose). This helps shield the child from any stigma that might be associated with being hungry or receiving food assistance. It's not just about providing food for kids; it is ensuring children have access to healthy food impacting their physical and emotional development. **The cost of each backpack is \$10.00 or \$400 to feed a child for an entire year.** Backpacks are filled with kid-friendly, non-perishable and easy to prepare foods, including 5 servings per day of fruits and vegetables.

Is there a need? Does child hunger exist in our community?



Unfortunately, for many children, hunger isn't just an occasional missed meal; it is a way of life. Children who live with hunger develop physically and socially at a slower pace than their peers. Chronically hungry children experience higher levels of anxiety, hyperactivity, irritability and aggression. Chronic hunger results in students with lower attendance rates at school and lower academic performance. Even relatively short-term nutritional deficiencies can negatively impact a child's health, causing cognitive and developmental damage that prevents them from performing at their full potential.

How can we help?

- ◆ Host a food drive
- ◆ Donate funds
- ◆ Hold a Fundraiser



FEEDING HOPE • FIGHTING HUNGER

www.food4kids.ca

WHO ARE WE?

Food4Kids provides a supply of healthy foods for children living in poverty sustaining **entire weekends** without food in Hamilton Halton and Niagara. Each food package contains kid-friendly, non-perishable, and easy to prepare meals with maximum nutritional value. We provide service to our community's most impoverished children.

Children need proper nutrition for the energy that lets them play, learn and grow with their peers. However, **children are often helpless in controlling the food supply in their homes.**

If we are to make a **real impact** on the success and future of our children, they need nourishment. **Now.**

When kids leave school for the weekend, they should not have to worry about how they will eat on the weekend

HOW THE PROGRAM WORKS:

It's direct: Students between the ages of 5-14 are referred directly by their own schools. This ensures that our program is helping those who need it most.

It's volunteer driven: Food items are packed off-site by Food4Kids volunteers each Thursday, and packages are delivered to schools every Friday morning to ensure children have access to food each weekend.

It's discrete: At the school, the package is placed into the student's own backpack (or a generic one Food4Kids provides, to shield the child from any stigmatization of receiving food assistance.

MAKING A MEANINGFUL DIFFERENCE:

By making a contribution to Food4Kids, you can help make a positive impact on the future of your community. Please support this program and join us in fighting child hunger in our very own community

How can you help?

- Host a food drive
- Organize a fundraiser
- 100% of every penny raised provides a healthy food supply for our kids

We believe that fostering a happy, healthy community is a responsibility we all share. By working together today, we can diminish child and youth hunger to build a brighter tomorrow.

THANK YOU!

(905) 741-0060 • 407 Whitney Ave, Hamilton ON, L8S 2H6 • www.food4kids.ca

FOR MANY KIDS IN OUR
COMMUNITY

HUNGER

isn't an occasional missed meal

IT'S A WAY OF LIFE



FOOD4KIDS Testimonials: Food4Kids

Our family has been affected by the recession. My husband has been out of work for 6 months and even with a college degree, he will start to apply for jobs at local fast-food restaurants. We lost our house and now live in a 3 bedroom apartment, we can barely afford. I make minimum wage and feel as though I need to take on another job to help make ends meet. My 3 kids receive Food4Kids backpacks. At first, I was ashamed. I now realize that we will not need this service forever, only for now. My embarrassment has turned to gratitude. Without Food4Kids, my kids would be going hungry. **Parent**

‘Since the beginning of this school year, a student was consistently arriving at school tired, sad and frequently complained of a stomach ache. Concerned, the teacher called home and spoke with the father. She was advised the mother had left the family the past summer. This child was now responsible for the care of his 2 younger siblings. Feeding them had been especially stressful since there was often little food in the home. This child and his siblings are now involved in Food4Kids, where searching for food will no longer be a concern.’

“I have seen many children who have hard-working parents who are doing their best to provide for their kids, but even with a full time job, the parents struggle to feed their families. Hunger is a real problem in our country and I believe there are steps we can take to help ensure that hunger doesn’t keep our children from succeeding.” **Teacher.**

When he first came to me and asked for food he was reserved and seemed embarrassed about asking. Once he warmed up to me, he began asking for overwhelming amounts of food. I figured out that he was hoarding these items because he was unsure of when he would eat next. Once I re-assured him that he would receive Food4Kids backpacks each weekend, he seemed to be less stressed or worried about when he might get to eat again.


This amazing child has come a long way and I contribute a lot of his success to this fine program. His grades have improved and his behavior is better, according to his classroom teacher. Thank you so much for your support in helping this child to develop into what he needs to be.” **School Principal**

I never thought our family would depend on others for food. Following a medical problem, I had no choice but to quit work to seek treatment. As a single parent raising 2 great kids, there is barely enough money for rent, little money for food and absolutely no money for extras.

When the school asked if I would like to involve my kids in the Food4Kids program, all I could do was cry. Knowing my children have food, has brought comfort. The fresh fruits, soups and healthy snacks are appreciated. Thank you for this service. The volunteers at Food4Kids are angels. **Parent**

Hamilton School Priority List 2012 – 2013

		% of Children in this school living below the Poverty Rate	Total Student Enrollment	# Students in Need	Sponsor
1	Adelaide Hoodless	46%	564	50	
2	Bennetto	57	616	55	Starting March, 2013. Sponsored by the Grocery Foundation
3	Cardinal Heights	30	296	15	
4	Canadian Martyrs	28	230	15	
5	Cathy Wever	55	675	75	
6	Central	37	183	18	Sponsored: Charity of Hope
7	Dr Davey	25		35	
8	Glen Brae	34	240	15	
9	Elizabeth Bragshaw	34	352	15	
10	George L Armstrong	19	419	15	
11	Green Acres	40	351	20	
12	Helen Detwiler	29	608	25	
13	Hess St	65	440	65	Sponsored: Hamilton Spectator
14	Hillcrest	48	516	35	
15	King George	38	309	17	
16	Holy Name of Jesus	36	239	15	
17	Lake Ave	55	635	60	
18	Lisgar	30	293	30	
19	Memorial	29	508	20	
20	Partridge	51	193	25	PRIORITY: Seeking Sponsorship
21	Pauline Johnson	44	271	28	
22	Richard Beasley	48	198	10	Sponsored: Cogeco Cable
23	Queen Mary	37	530	35	PRIORITY: Seeking Sponsorship
24	Queen Victoria	30		30	
25	Roxborough	72	248	85	PRIORITY: Seeking Sponsorship
26	Sir Isaac Brock	54	292	15	Sponsored: Hamilton East Rotary Club
27	Sir Wilfred Laurier	48	556	50	
28	Westview	31	333	15	
29	Westwood	47	283	10	Sponsored Urbtex Engineering
30	W/H Ballard	36	653	40	
31	St Agnes	25	395	25	On Hold
32	St Ann	52	210	35	Sponsored: CHML Children's Fund
33	St Brigid	40	325	15	Sponsored: IKEA
34	St David	27	346	15	Sponsored various donations
35	St Joseph	29	507	35	
36	St Luke	26	435	15	
37	St Lawrence	41	288	50	Starting March, 2013. Sponsored by the Grocery Foundation.
38	St Michael	26	509	15	Sponsored: Teachers Credit Union
39	St Patrick	49	282	63	Sponsored: Joyce Foundation
40	Chedoke			15	Sponsored: Michelangelo's and Rotary Mountain Starting January, 2013
41	Prince of Wales	50	521	25	
	Projected Children in Need			1200	

	Hamilton	Hamilton/ Halton	Hamilton/ Halton	Hamilton/Halton/ Niagara
Year End: August 31	2011-2012	2012-2013	2013-2014	2014-2015
Income				
Community Grants	56,500	65,000	115,000	175,000
Corporate Grants	35,000	105,000	100,000	113,500
Donations	3,000	5,000	10,000	20,000
In Kind	2,000	10,000	7,000	12,000
Event Fundraising		36,000	53,000	70,000
Restricted Funds				
Deferred Revenues		74,000	56,500	0
Total	96,500	295,000	341,500	390,500
Expense:				
Staff Administrative Support & Benefits (1.5 FTE)	3000	60,000	61,000	62,000
Summer Staff/ Contract		20,000	35,000	40,000
Incorporation Costs	500	0	0	0
Insurance/ WISB	600	2300	2700	3000
Office Supplies & Equipment	2400	4000	4400	4500
Professional Fees (Audit)	0	1500	2000	2500
Promotion	1800	6000	2700	2200
Rent & Utilities	8,000	24,000	29,300	32000
Telephone & Internet	600	2000	2600	2900
Travel	0	3,500	5000	5500
Program	10,000	147,000	187,000	231,000
Bank Charges	100	500	500	400
Volunteer Expense	500	1,200	1,300	1,500
Fundraising		3,000	3,000	3,000
Total	27500	275,000	336,500	390,500
Emergency Food Fund		20,000	5,000	0
		295,000	341,500	390,500
Projected Schools	3	17	22	30
Projected Children served	65	350	425	550
Backpacks of Food Distributed	650	14,000	17,000	22,000
Fundraising Events				
Nevada		1,000	1,000	1,000
Breakfast Gala		20,000	22,000	25,000
Cookies4Kids			5,000	9,000
Martin & Hillyer Bowlathon		10,000		
Halton Event		5,000	25,000	35,000
Total Funds Raised		36,000	53,000	70,000