

How You Can Help Us

Food4Kids Waterloo Region is funded through individual and corporate donations, foundations, grants and fundraising. We are grateful for all of our generous supporters.

Join us in supporting vulnerable children living with chronic hunger in our community.

Name: _____

Address: _____

City: _____ Province: _____ PC: _____

Phone: _____

Email: _____

Credit card #: _____

Exp. date: _____ CSV#: _____

Name on card: _____

Costs to feed 1,000 children per weekend

Dairy \$1,200

Cereal \$1,000

Fruit \$1,400

Vegetables \$1,400

Bread \$1,500

Protein \$3,000

ONE CHILD monthly \$85

Sponsor ONE CHILD \$ _____
for a year – \$1,000

One time donation \$ _____

Other monthly donation \$ _____

Cheques made payable to **Food4Kids Waterloo Region**
You can also set up monthly donations online

food4kidswr.ca

Donate online at food4kidswr.ca/donate
E-transfer donations accepted at: giving@food4kidswr.ca

GET INVOLVED!

Feed the Hope of Children in Waterloo Region Today.



FOR MORE INFORMATION

Food4Kids Waterloo Region

10 Washburn Dr. Unit 4
Kitchener, ON N2R 1S2

519-576-3443 • info@food4kidswr.ca

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Feed the Hope of Children

Food4Kids Waterloo Region
delivers healthy food to children
living with chronic hunger.

food4kidswr.ca

Food4Kids Waterloo Region delivers healthy food bags to children living with chronic hunger every weekend during the school year and for the 11 weeks of school breaks including Winter, March and Summer. We feed them when they are NOT in school and need our help most.

How important is food to the kids we serve?

After starting at a new school, a teacher experienced her first Food4Kids Waterloo Region delivery day. She was asked to point out a specific spot at the coat rack where this child's healthy food bag would be delivered.

At the end of the school day, as she stepped into the hall, she saw the child's reaction as he noticed his food bag hanging on his hook. His eyes lit up and he ran to the bag, giving it a big hug! She overheard him whisper to himself "I love Fridays", bringing tears to her eyes.

We are never prepared for the heart wrenching, joyful reactions of the children we serve. Our bags are more than just food – they are little bags of hope which are making a positive and powerful impact.

Please help us make a difference in the lives of vulnerable children in our community.

food4kidswr.ca/donate

How our food program works

1 Referral & Registration

We work closely with the schools to ensure we are helping those who need it most. Students are referred directly by a contact at their school.



2 Assembly

Volunteers assemble kid-friendly, easy-to-prepare healthy food items for our kids, using carefully planned menus to supplement their diets when they are NOT in school. Fresh fruit, vegetables, breads, cereals, grains, milk, protein and snacks. We accommodate special dietary restrictions including halal diets and allergies.



Weekend Program: bags containing 6 meals and snacks

School Break Program: bins containing family-size food staples

3 Delivery & Accessibility

Food is delivered directly to our students in a non-stigmatizing way.

Weekend Program: Food bags are delivered to their schools every Friday where they are discreetly distributed for our kids to take home.

School Break Program: Volunteers deliver bins of food to the child's home once a week to supplement and nourish them for the duration of the days they are not in school.



There are many ways to support a child



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FINANCIAL
DONATION

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volunteer
DONATE
food

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AMBASSADOR

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