



## Spring Is In The Air

Something is refreshing about the start of a new season, maybe it is in the air, the colours, or the changes in scenery. It is a time to reflect, acknowledge, and celebrate.

As an advocate for these deserving children, I can honestly say there is no better feeling than knowing we collectively came together to feed these children at a time in their lives when they had no one to turn to.

We need healthy reminders each day to remember the why. Our mission is to ensure severely food insecure children and youth have the nutritious food they deserve to thrive from ages 1-14. Some children are with us for a few months, some a few years, and some their entire adolescence.

We are here for vulnerable youth and we will continue to knock down barriers and advocate for these children. When you are a part of the solution, you change the narrative and create a world where children are no longer hungry.

**Here is our why:**

**38 Children** have now **successfully left** our imperative programming. **58 Children** have been **removed from our waitlist!**

Thank you from the bottom of our hearts for your unwavering support as a community.

Take good care,



Faune Lang  
Executive Director

**We are more than just food, we Fight Hunger; Feed Hope & Build Healthy Futures.**

"Thank you for your support of our family's children. Your assistance has been invaluable over time and has significantly impacted our lives. Our kids have happily embraced your help as gifts, celebrating it every weekend. I recently started working and can now provide food for my children. I also make a point to give back to charities like yours." ~ Grateful Parent

**How are you giving back this March Break?**



[Donate to Our March Break Program](#)

**Spring FUNdraising**



**food4kids**  
WATERLOO REGION

# Break Program

## Accepted Most Needed Food List

**We will accept any brand within expiry date**



If you are unable to donate any of these items, please consider a monetary donation or a grocery gift card

We're open and happy to accept all of your food & monetary donations to reach the homes of our most vulnerable. Please help give these children a March Break to look forward to this Spring. Our most needed Break Program items are always a hit and deliver **JOY** each time.

When you support Food4Kids WR your donation will ensure a nutritious food package – loaded with a selection of fruits and vegetables, and grocery staples (such as cereal, canned meat, and soup) – is delivered weekly to the doorsteps of precious local children living with chronic hunger.

86% of all funds donated go directly to the tummies of the children we support. It is important to understand where your money is going and the difference it is making in the lives of children in your backyard.

We can not do this without you! We ask our incredible community to come together and support these vulnerable children during March Break!



- Join our [Feed1Kid](#) monthly donor program or consider making a [one-time donation](#). You will join a community that cares and makes an immediate impact. When you commit to us, we can commit to more kids. If you want your dollar to go the furthest, send us an EFT: [Giving@food4kidswr.ca](mailto:Giving@food4kidswr.ca)
- [Host a food or fundraising event](#). With family, friends, or co-workers, come together, have fun, and raise food or money for kids in need.
- Follow us on [social media](#), and be an ambassador. Help us spread the word, share, and amplify our message to make our community aware of how they can put an end to childhood hunger.

## Our Volunteers Make It Happen!



### Amazing Stats ~ Since December

1,067.50 Volunteer hours were graciously given to children in need

23 Corporate teams volunteered with us to deliver HOPE

63 New Volunteers have signed up to change lives

8,121 KM have been driven



## Donor Gratitude

Thank you WEFI

We are fortunate to be a part of a dedicated community that believes in fostering the development of children and youth. Our deepest gratitude to WEFI Helps. Your unwavering support is changing lives. Together we are making a significant impact.



# KW Cares!

Real transformation requires our mutual support. A community dedicated to uplifting others and safeguarding the most defenseless is one we take pride in belonging to.

Countless compassionate businesses and individuals empower us to fulfill our mission every day. We appreciate your assistance in providing nourishing meals to 1,258 children and youth this March Break.

The connections established along this journey are enduring, and we are grateful to be a part of your philanthropic narrative ~ Thank you!



**Volunteers make our program possible.  
Do you want to be a part of a rewarding  
opportunity to give back to those in  
need?**

There are many wonderful ways to get involved as a volunteer, tailored to your availability and interests. Most of our meaningful activities take place Monday to Friday during the day, with a special opportunity on Thursday evenings. Additionally, we occasionally host engaging events on weeknights and weekends that offer even more chances to make a difference.



Our activities are family-friendly, and we warmly welcome youth aged 12 and older, as well as students, to join us in earning valuable community service hours. If you're ready to make an impact, visit us at [//volunteer.food4kidswr.ca/need/](https://volunteer.food4kidswr.ca/need/) to learn more and sign up!

**Are you part of a group or organization?** We also have fantastic opportunities perfect for team-building events, allowing your team to give back in a truly meaningful way. For more information, please don't hesitate to reach out to our Volunteer Coordinator at: [volunteer@food4kidswr.ca](mailto:volunteer@food4kidswr.ca). **Join us in our mission to make a difference!**



**Meet Our Board Chair**



Cameron is a Technology and Professional Services Executive with over 20 years of Product Development industry experience. He currently serves as the Executive Vice-President of Sales with Fidus Systems. In his spare time, Cameron enjoys activities with his family and enjoys scuba diving.

Cameron has a passion for community building and believes that a good healthy start allows our children to be in the best position to flourish in their lives and achieve their full potential. Introduced to Food4Kids Waterloo Region early in the pandemic, the organization aligned well with his beliefs.

Cameron feels strongly that our local technology companies should, can, and will make a large difference in kids' lives by supporting this organization.

**Cameron's Why:** "Food4Kids Waterloo Region is the only nutrition-focused organization solely dedicated to identifying and feeding children on weekends and breaks, bridging the gaps in nutritional weeks. I believe all children deserve access to sustainable access to have their nutritional needs met and F4KWR plays a vital role in that ecosystem within our community."

## What's Going On In The Community

### Greater KW Chamber 2025 Business Excellence Awards

~ **Thursday, March 20th Bingemans**

Food4Kids Waterloo Region is a finalist for the 2025 Non-Profit Charitable Award, and our Executive Director Faune Lang is a finalist for the Young Professional Of The Year Award

[Buy your tickets here!](#)

### Kiwanis Fundraiser

~ **Sunday, March 16th The Jazz Room, 59 King St N, Waterloo**

Join us for a lucky evening of Dance, Music & Comedy!

You'll thank your lucky stars you came!

Food & Drinks will be available to order through the Heuther Menu. Your ticket supports Food4Kids Waterloo Region, a local organization who are committed to ensuring all hungry children in the school system are fed on weekends and holidays. Questions? Email us:

[kwkiwanisclub@gmail.com](mailto:kwkiwanisclub@gmail.com)

[Buy your tickets here!](#)

### Benton Street Baptist Church Food Drive

~ **Wednesday, April 16th, 90 Benton St, Kitchener**

The Awana children's club at Benton St Baptist Church is on a mission to raise the most food between their peers and age groups. This fun annual initiative is heartwarming to see and brings nutrition to the tummies of children in your backyard.

[Their Mission & Vision](#)

## **Brighter Futures Breakfast Appreciation Event**

~ **Tuesday, May 13th, St. George Banquet Hall**

**665 King Street North Waterloo**

Start your day off right with a delicious breakfast and a warm cup of coffee, surrounded by a community of individuals who share a passion for making a positive impact. This event is our way of showing appreciation for your support and dedication to creating a brighter future for severely food-insecure children and youth. During the event, we will reflect on the incredible achievements we have accomplished together and recognize the individuals who have gone above and beyond in their efforts to end childhood hunger. It's a time to honor the hard work and commitment that has brought us closer to our shared goals.

Whether you're a long-time supporter or new to our cause, this event is an opportunity to connect with like-minded individuals, share inspiring stories, and foster new relationships. Together, we can continue to make a difference and create a better tomorrow for chronically hungry children in the Waterloo Region.

Mark your calendars and be a part of this special occasion!

[Buy your tickets here!](#)

## **Food Drives & Fundraising**

We are incredibly fortunate to have the support of our amazing community which continuously shows up for our youth in a meaningful way. Thank you to some of our wonderful supporters below: **FourAll Ice Cream, Dillon Consulting, KW Orthodontic, YNCU, Oxford Learning Kitchener, Fastenal Canada, Studio Locale, CCAWR, Cooking For A Cause 2025, Dominos**



## Want to Host a Fundraiser?

Hosting a fundraiser in support of Food4Kids Waterloo Region is a creative and engaging way to give back to the severely food-insecure kiddos we serve. It's simple and so much fun! Whether you're hosting an event or running a food drive, we are here to support you. Check out our [Host a Fundraiser webpage](#), or email [Carrie](#) for support to make your fundraiser a great success.

## Latest News Articles

[Canada Post Strike](#)

[Food programs struggling to meet demand in the Waterloo Region](#)

[Make The Season Kind: Bryan Hamilton, volunteer with Food4Kids](#)

[What's Buzzin TV Chat - Rogers](#)



**MEET**

**CARRIE**

**GUSÉ**



**COMMUNITY  
ENGAGEMENT  
COORDINATOR**

[communityengagement@food4kidswr.ca](mailto:communityengagement@food4kidswr.ca)

Carrie Gusé is the Community Engagement Coordinator. She has spent over two decades serving congregations creatively as a Worship Pastor and Artistic Director. Carrie also spent many years teaching Kindermusik and music at a private school. She has her Home Staging certification and enjoys home decorating. Carrie is passionate about building relationships and making a difference in her community. She loves to spend time with her husband, 3 adult children, and son-in-law. She cheers loud at hockey games and loves to find a good bargain.

**Our Community Leaders are giving back in a BIG way! Thank you for**



sponsoring our upcoming Brighter Futures Breakfast Appreciation Event. To be a part of this wonderful opportunity, please reach out: [communityengagement@food4kidswr.ca](mailto:communityengagement@food4kidswr.ca)

**EMTEK**



## We Appreciate You!

We want to express our deepest gratitude for your unwavering support. Your generous contributions of time, energy, advocacy, and funds to Food4Kids Waterloo Region breathe life into our mission. Together, we are transforming our community into a brighter, more nurturing place where every child can thrive. Wishing you SPRING in your step! From all of us at the Food4Kids Waterloo Region Family: **Jess, Carrie, Emily, Faune & Cali**



**Follow us on our socials for more updates!**



**Our mailing address is:**

10 Washburn Drive Unit #4 Kitchener, ON N2R 1S2

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