

# E4C ENVOY

HOLIDAY EDITION



## EVERY PERSON HAS A STORY

For more than 45 years, E4C has been helping Edmontonians get what they need to tackle life's challenges. E4C believes that people deserve to be listened to and respected, no matter what their circumstance or challenge. We see people and welcome them without judgment or bias.

Charitable Registration Number: 13155-8140-RR0001

E4C's mission is to limit, alleviate and ultimately eliminate poverty.

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e4calberta.org

Please call or email if you wish to be added to the e-newsletter or removed from our mailing list.

**AS WE HEAD INTO THE CHRISTMAS SEASON, SOME OF US WILL START TO THINK ABOUT THE SPECIAL MEALS WE WILL PREPARE AND SHARE WITH OUR FAMILIES DURING THE HOLIDAYS.**

For many of us, these times spent surrounded by loved ones at a warm table full of food are highlights of the season, and they are also times when we reflect with gratitude on the faces and food that we have in abundance around us, all year.

We invite you this season, to include at your festive tables, your consideration and support for those who are often overlooked in our city at these times of celebration—for those who may not be surrounded by family and good food, but who have had to fight to survive and to create their own networks of care and community.

At E4C, we have the privilege to share food and to be family to many in our community who struggle throughout the year for these basic human needs and rights.

*Every person has a story...* has been the theme of our communications to you this year, and we want to take this opportunity to say thank you to you for the important part you have played in our story throughout 2015, with hours of volunteer time, generous donations and encouragement for our organization and all that we endeavor to do.

We could not do it without you, and we especially count on your partnership at the end of the year to enable us to continue to feed – in so many ways – the important people at our communal tables...

**MEET LIZ**, who describes eloquently what family means to her, and the kind of community building that happens when a meal is prepared and shared together...

"I have a street family that has been my chosen family for years and years. And years. We've been through it all on the street...we had no one else but each other.

The staff at E4C kept me off the streets and kept me focused on my ability to help people. I re-learned what family means. Family means constants: they're people you can argue with, but they'll still be around afterwards.

Now my street family comes to see me at Crossroads Outreach drop-in. I cook for them every night.

Cooking is my therapy thing. Food is what ties us all together. We sit. We talk. It's a comfort thing. It shows the women that someone cares..."

Someone does care...and for many of the people we work with, the meal is the message that says it best.



“COOKING IS MY THERAPY THING. FOOD IS WHAT TIES US ALL TOGETHER. WE SIT. WE TALK. IT'S A COMFORT THING. IT SHOWS THE WOMEN THAT SOMEONE CARES.”



**FOR 6,000 KIDS IN HIGH-NEEDS SCHOOLS, WE TELL THEM WE CARE EVERY SCHOOL DAY.**

E4C Nutrition program supports 24 schools to provide healthy snacks and breakfasts to hungry kids, and full lunch menus in 10 schools in the city.

The Poverty Profile that was released by the Edmonton Social Planning Council early this year, found that the younger you are, the more likely you are to live in poverty.

For many low income families in the school communities we serve, the guarantee of healthy foods being available every day to their children, boosts the health and well-being of the entire family.

**PARENTS AT OUR NUTRITION SCHOOLS HAVE SAID:**

"This program is great for the community. I find that it really supports those families that struggle to find a footing when they first move to Canada."

"I really appreciate the nutrition program. It helps out a lot and I know my children are getting healthy lunch or snack everyday. My children enjoy it and are starting to like eating more veggies rather than junk food. Their eating habits are getting better. Thank you!"

**KIDS SAY:**

"I like snack because they are healthy for us and make us strong when we grow up!" and.. "I like apples, they make me THINK."

Through parenting groups, early learning and head start programs, cooking classes for elementary kids and communal kitchens in our group homes and shelters, E4C is constantly building a supportive community through food and family-like connections for those who crave both.



**“ DID YOU KNOW? 40% OF THE PEOPLE SERVED BY THE EDMONTON FOOD BANK EVERY MONTH ARE CHILDREN. ”**



# E4C NUTRITION PROGRAM

E4C Nutrition Program worked hard this year on some innovative food security initiatives such as:

- Boosting our education programming in schools.
- Partnering with locally owned and run Italian Centre to fan out our Fresh Food model to almost all of our 24 schools.
- Improving the nutritional content of our meals and snack supports.
- Getting involved in local, provincial and federal discussions in an effort to build a school nutrition strategy.

However, we have a lot more to do! Nearly half of our yearly income comes from generous support from individual donors at this time of the year.

FIND OUT MORE AT  
[WWW.E4CALBERTA.ORG](http://WWW.E4CALBERTA.ORG)



WE ASK YOU TO  
 CONSIDER THE FOOD  
 SECURITY AND COMMUNITY  
 BUILDING WORK OF THE  
 E4C NUTRITION PROGRAM IN  
 YOUR HOLIDAY GIFT GIVING  
 THIS YEAR.

## THANK YOU TO ALL OUR DONORS AND SUPPORTERS

### MAJOR FUNDERS



Royal Alexandra Hospital  
 Employees' Charitable Donations Fund



### YES! I WANT TO DONATE!

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Your name as it appears on card: \_\_\_\_\_

Total Amount: \$ \_\_\_\_\_ E4C Nutrition Program:  Other:  \_\_\_\_\_



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 AND RETURN THIS  
 FORM TO E4C IN  
 THE ENVELOPE.