

e4c

envoy

Winter 2016

Every Person Has a Story



SCHOOL NUTRITION IMPORTANT TO LEARNING

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 circumstances or challenges. We see people and welcome them without judgment or bias.

e4c's vision is to limit, alleviate and ultimately eliminate poverty.

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School Nutrition and Community Support: It takes a Team

e4c works with schools and the community to provide nutrition support to hungry children during their school day.

“For over 45 years, e4c has been working in schools to meet the nutritional needs of growing minds and bodies,” says e4c CEO Barb Spencer. “Together with the community we support over 6,000 children each school day, providing healthy breakfasts, mid-morning or afternoon snack, and lunch. We work with the staff and volunteers in each school in order to provide kids with good food to keep them going and to enable students to achieve their greatest potential, and we depend on the generosity of Edmontonians to keep our program going.”

Nutritional support is provided through two programs, the School Lunch Program and the Snack Program. Support includes assistance with menu planning, meeting food safety requirements, building relationships with local suppliers, and developing creative solutions to meet each school community’s unique needs. e4c provides support to school staff and volunteers to help provide healthy food choices that meet the school’s nutrition guidelines.

Rundle School Principal Lynn Schlacht knows how important teamwork is.

“This is my fourth year as Principal at Rundle School,” says Lynn, “and I love it here. This is a special place.

It is special because of our kids and families. It is special because of the staff and the work we do. And it is special because of partnerships and the support we receive from our community.”



Photos by dbphotographics

“The snack program is vitally important. When our students come through the door each morning and settle in, they need to be ready to learn – and if they aren’t it is up to us to get them ready. Snack is a huge part of that – we know that children who are hungry have a hard time learning.”
- Lynn

“This community support is absolutely essential to the work we do and to the learning success of our students – now and in the future.”

Lynn also believes that it is important to teach children the value of community support.

“At Rundle, we want our students to learn about being part of community, and that school, and indeed Edmonton,

is a community where adults and children work together to help everyone succeed and get across the finish line,” says Lynn.

Real life examples of the community working together present excellent teaching moments, and the school nutrition program provides daily examples. And, as Lynn says, “It helps everyone start the day on a good note.”



Oilers Foundation and e4c Team Up to Support School Nutrition

On November 24, the Edmonton Oilers Community Foundation announced funding to e4c’s School Snack Program in the company of special guests and the Grade 3 Class at Rundle School.

With a focus on programs that support education, and health and wellness for youth, the Oilers Foundation is deeply committed to enriching lives while finding long-term solutions to improve our home where we live, work and play. e4c’s School Snack Program is a perfect complement to this mandate.

e4c School Nutrition Program School Locations

- Abbott
- Balwin
- Belmead
- Belvedere
- Brightview
- Delton
- Eastglen
- John A. McDougall
- Norwood
- Our Lady of Peace
- Prince Charles
- RJ Scott
- Rundle
- Sherwood
- Sifton
- Spruce Avenue
- St. Alphonsus
- St. Bernadette
- St. Catherine
- St. Elizabeth Seton
- St. Francis
- St. Gerard
- St. Jerome
- St. Teresa of Calcutta
- Thorncliffe

Sunshine, Kids and Summer Snack: A Winning Combination



“During the school year, the e4c Snack Program supports children in the school setting. Come summer, many of these same children do not have access to the nutritional support they do in their schools,” says Jasmine Monaghan, Program Manager for e4c’s School Nutrition Program. “That’s where our Summer Snack Program comes in.”

With the support of the community and many individual and group volunteers, snacks are prepared and taken to participating locations in the city. These volunteers work out of e4c’s kitchen facility at Alex Taylor School.

“This program is only possible through the support of the community,” says Jasmine. “This includes funding and manpower – from the community, partnerships and volunteers. We know the Snack Program makes a difference and seeing the smiling faces of children is the reward.”

This summer, the e4c Snack Program supported communities in need in July and August with healthy snacks so children had the energy they needed to spend their days making happy memories.

Snacks were provided for close to 20 free community-based summer camps and playgrounds around the city. Over a total of 40 days, nutritious and healthy snacks were provided to 800 children helping to fuel fun-filled activities and adventures.

If you would like to help children year-round through the School Nutrition program please consider how you can make a donation or volunteer. For more information on program opportunities please contact Jasmine Monaghan or Cynthia Yakowich at (780) 424-5408. To volunteer please contact Selena Arcovio (780) 424-7543



Yes I want to give e4c a gift to help in the community!



\$50 \$100 \$250 Other \$ _____

My gift supports: Area of Greatest Need e4c School Nutrition Program Other e4c Program _____

To find out more about the work e4c does in the community check out our website at e4calberta.org

Cheque: (payable to e4c) **Credit Card:** Visa Mastercard

Name on Card: _____

Card Number: _____ Expiry: _____ CSV: _____

Signature: _____

Please return this completed form with your gift to: e4c, 9321 Jasper Avenue, Edmonton AB T5H 3T7

Name _____ Phone _____

Address _____ Email _____

City _____ PCode _____

Gifts can also be made securely online through Canada Helps, by phone by calling Jenn Beleshko or Debbie Buchynski, e4c Fund Development at (780) 424-7543, or in person at e4c.

Thank you for your Support!

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