

# E4C ENVOY

FALL 2015



**EVERY PERSON HAS A STORY**

For more than 40 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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# CREATING A GOOD FOOD COMMUNITY



## WATCHING A SEED GROW FROM SPROUT TO EDIBLE PLANT CHANGES HOW WE LOOK AT OUR FOOD.

Over the summer, youth in E4C ArtStart worked the soil to learn about this process. ArtStart's summer program, Art Adventures, took a series of trips to Prairie Urban Farm, on the University farmland in Edmonton. The youth planted, grew and tended to a plot of vegetables.

At the end of the program, the youth harvested their garden, washed their greens, peas, herbs and edible flowers and made a summer salad. As Program Manager Ashley Huot describes, "To see and taste this colourful plate of food was an experience that will last much longer than the summer, introducing the girls to a lifetime of urban gardening, fresh food and sustainable communities."

## E4C SUMMER SNACK PROGRAM

Nutrition, like gardening, is best practiced as a deliberate constant daily ritual. Throughout the summer, communities came together to ensure that nutrition is year-round and a part of the summer experience for children in Edmonton.

The E4C Summer Snack program was developed eighteen years ago to supplement E4C School Nutrition programs during the summer. In 2014, 77% of children in the program responded that they were hungry in the summer months. For 10% of the children surveyed in 2014, Summer Snack was the first meal of their day, five times a week.



Each weekday morning groups of volunteers visited E4C's kitchen to assemble snacks for distribution at 23 playgrounds across the city. As Brenda Tyson, volunteer, describes, "I love the quality of the food

that the kids are getting. The kids are learning to try new foods and are taking that experience home to their family."

For Ross Tyson, a former school principal, his reasons for volunteering are deeply rooted, "I know what it does for the kids, everything it does: from increasing the morale to ensuring their ability to think and respond. Nutrition evens the playing field."



From the playground, the children sum up their snack of fresh fruit and yogurt, "It's good for me because it's a fruit. It gives me energy because of the water. The yogurt and berries give me a pump up to keep going."

## E4C YOUNG CHEFS PROGRAM

On the playground, children are taught about nutrition, the food groups and creating a fulfilling snack. Taking it a step further during the school year, E4C offers the Young Chefs program, teaching valuable life skills of cooking and kitchen safety to children in Grades 4 to 6.



Creating a meal is an empowering task. The children learn to rely on each other and connect over food. These are experiences that they immediately take home with them.

Mark Sylvestre, principal at St. Francis of Assisi School in Edmonton, describes, "A lot of our grade fours are in charge at home after school. They start making dinner for their family. Our school families have an average of five to six kids."

"THE KIDS AREN'T HUNGRY, THEY'RE ABLE TO FOCUS IN CLASS FOR THE REST OF THE DAY."



Mark continues, "E4C nutrition programs are fundamental here.

They're the reason many families send their children to our school. We get higher attendance because of these programs. The kids aren't hungry, they're able to focus in class for the rest of their day."

E4C is creating a food community by beginning with our youngest chefs and earliest gardeners. We offer meals, snacks and daily sustenance to 6000 children in Edmonton, but we're also planting an understanding of where food comes from and how to bring it to the table, economically and nutritiously.

IF YOU WOULD LIKE TO HELP OUR NUTRITION PROGRAMS GROW, PLEASE DONATE ONLINE [WWW.E4CALBERTA.ORG](http://WWW.E4CALBERTA.ORG) OR USE THE DONATION SLIP ON THE BACK OF THIS NEWSLETTER.

# CULTIVATE YOUR DONATION

Help us grow our food community by planting seeds of awareness about our programs in your community. Here are a few ways you can help our future chefs and gardeners flourish:

- Host an event in support of E4C. Choose a cause you care about and reach out and connect with the skills and talents within your networks.
- Consider celebrating your special occasion with a donation to E4C. Instead of gifts for a birthday or wedding, ask friends and family to support E4C by making a donation in your name.
- Donate in-kind food donations to Sunterra Market in Lendrum. Young Chefs ingredient bags can be purchased for \$20.



WE WOULD LOVE TO HEAR YOUR IDEAS!

PLEASE CONTACT US BY EMAILING  
[CONNECT@E4CALBERTA.ORG](mailto:CONNECT@E4CALBERTA.ORG) OR  
CALLING 780.424.7543

## THANK YOU TO ALL OUR DONORS AND SUPPORTERS

### MAJOR FUNDERS



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