

e4cenvoy

Fall 2017



e4c School Nutrition programs support over 6,000 children and youth each school day

Food Security



Hunger makes life
more difficult

Helping people living in poverty improve their food security is one of e4c's main focus areas because we understand the impact hunger has on people. We also know that people living in poverty are more likely to have limited access to sufficient and nutritious food. That's why we're involved in initiatives like our School Nutrition programs, where together with the community we are able to support over 6,000 children each day by providing healthy breakfast, mid-morning or afternoon snacks and lunch.

e4c also increases food security by providing essential supports, such as three meals a day in our emergency shelter and building knowledge and skills around food access and nutrition.

For close to 50 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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Seeing people not poverty.



United Nations Universal Declaration of Human Rights

Everyone has the right to a standard of living adequate for the health and well-being of himself and of his family, including food, clothing, housing and medical care and necessary social services, and the right to security in the event of unemployment, sickness, disability, widowhood, old age or other lack of livelihood in circumstances beyond his control.

Motherhood and childhood are entitled to specific care and assistance.

Nourishing futures

School nutrition helps families deal with hunger

Having access to healthy, nutritious food is something that's easy to take for granted. A glance into the refrigerator or pantry cupboards or a quick trip to the grocery store answers the question of "What's for dinner?" But for many people, including families with school-aged children and youth, nutritious food is often out of reach. And it shouldn't be.

Children cannot develop their full potential if they do not get the nourishment they need to succeed into the future.

Addressing food security through school nutrition has always been a priority for e4c, and improving access to food for children and families continues to be a key focus. Currently, e4c works with 26 Edmonton schools to provide lunch or snacks to more than 6,000 school-aged children each day—to give them an opportunity to 'have their best day ever'.

Jasmine Monaghan, e4c's Program Manager, School Nutrition, and Director of Community Services, says the importance of school nutrition can't be overstated. "Not every family can provide their children with the food they need," she explains. "Providing a child with a snack and lunch makes it easier for them to focus on school and learn to their full potential. You can't expect children to be engaged and interested if they are hungry."





School Nutrition volunteers prepare fresh chicken caesar wraps

Taking a fresh food approach

Over the past couple of years, the school nutrition team at e4c—which includes School Lunch, School Snack and Summer Snack, ArtStart, and Young Chefs programs—has been working on how best to meet the needs of individual schools and students. One of the major changes which has been made is a shift from a hot lunch menu, to fresh food offerings that emphasize more diversity and choice.

Fresh food offers healthier options and incorporates a lot of fruits and vegetables into the menu. Portion size and choice isn't limited like it is when there is one hot food item on the menu so it lets kids have a say in how much, and what, they're actually going to eat which reduces waste and encourages them to try new things. This increased emphasis on nutrition within schools empowers students to make healthier choices that will follow them into adulthood.

In addition, the fresh food approach makes it easier to accommodate allergies and specific dietary requirements, including sensitivity to cultural differences in school communities. "For example, none of the fresh food menu items include pork or gelatin, so schools don't have to worry about making exceptions for children where this is a concern," notes Jasmine.

Another plus of switching to fresh foods has been the creation of leadership opportunities for older children, who help with tasks like serving and clean up, which strengthens the sense of community within the schools.

Working together

Working in partnership with the community is an important part of e4c's approach to food security. There are national organizations that provide funding to schools for breakfast programs, but those

organizations leave schools to develop and deliver nutrition programs entirely on their own.

"We partner with schools to deliver not only the funding which is provided through the generosity and support of the community, but the programming and actual food that meets the unique needs of their students and communities," explains Jasmine. "We work alongside school administrators, teachers, volunteers and parents, to do what is needed to make sure children don't go hungry—and that every child has what they need to be able to fully participate in the school day."

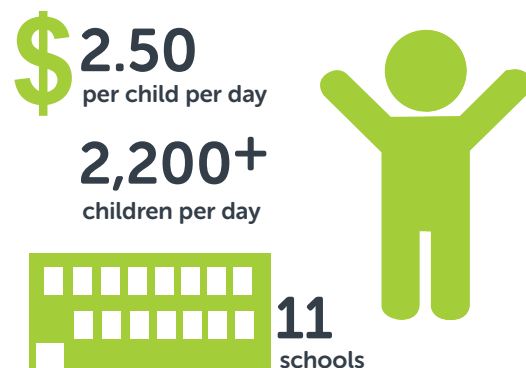
"Our programs have an immediate and tangible impact on children and families in the community," says Jasmine Monaghan.

"Future Ready" government pilot

e4c is a part of the Government of Alberta's "Future Ready" school nutrition pilot project, which involves school boards across the province. Invited to participate by Edmonton Public Schools, e4c is working with two schools – Norwood and Inglewood—to deliver the nutrition programming outlined under the pilot.

This program has done a brilliant job of putting the importance of school nutrition on the public's radar but people shouldn't be confused into thinking that school nutrition programs are now being completely funded by the government.

Alberta Education identified 14 public school boards across the province that each received \$250,000 in the first phase of the project and 27 additional school boards received \$141,000 in the second phase of the pilot. To give this context, it costs e4c \$2.50 per child per day for food, and nutritious lunch/snack is provided to more than 2,200 students each school day. This means there is still an incredible need to fund existing school nutrition programs.



Food security a family affair

e4c recently became a WECAN Food Basket Depot location, to help improve food security for families in the Clareview area.



Michelle Spaulding and Amina Shaikh with IFSSA

Located at the Lila Lee Centre for Families in northeast Edmonton, the depot which has once-a-month pick-ups, is a community collaboration between WECAN, e4c Early Learning, and Islamic Family and Social Services Association (IFSSA).

Those who sign up for the food basket program pay a reduced price for produce and frozen meat at the beginning of the month for food they receive towards the end of the month, making it easier and more affordable to have food last the entire month.

This program is unique in that it is one of two food basket depots in north Edmonton to provide Halal meat.

“Improving food security for families is vital because we care about the health and well-being of the entire family of the children ages 0 to 5 years that we work with every day in our Early Learning program,” says Michelle Spaulding, e4c Early Learning at Lila Lee. “Families in this area of the city are often dealing with multiple stressors . . . managing two jobs, dealing with language barriers, navigating cultural differences, dealing with financial issues, and more. Knowing there will be food in the home near the end of the month helps families worry a little less and focus on the other needs of their children.”



ISLAMIC FAMILY
& SOCIAL SERVICES
ASSOCIATION



Food baskets prepared for member pick-up at Lila Lee



United Way's All In For Youth Initiative

e4c makes it a priority to partner with community agencies that share our commitment to limiting, alleviating and eventually eliminating poverty. So when invited to participate in All In For Youth, a school-based initiative championed by United Way, and supported by a number of other organizations in the community, it made sense to participate.

Now in the second year of a three-year pilot, All In For Youth focuses on providing a broad range of wrap-around services to school age children and youth to create engagement and resiliency, leading to the overall goal of improving high school graduation rates. The initiative offers services such as

nutrition programming, mentoring, success coaching, mental health therapy, before-and-after school programming, and family support.

All In For Youth is a collaboration of local partners working together to offer multiple supports to students.

Five Edmonton schools are part of the initiative, including:

- St. Alphonsus Elementary/Junior High
- John A. McDougall Elementary
- Delton Elementary
- Spruce Avenue Junior High School
- Eastglen High School



1 in 5 youth in our city do not complete high school within 3 years

POVERTY

1 in 5 children under the age of 18 live in poverty in Edmonton



Helping students and their families build bright futures.
To learn more visit: www.myunitedway.ca/allinforyouth



Young Chefs in training

The e4c Young Chefs program provides opportunities for children to develop skills and knowledge about nutrition, meal preparation, food safety, and kitchen clean up. The program was first developed for use in schools with children from grades 4 through 6 and has now evolved to delivery on a broader basis as the need for nutrition education and support in the community changes.

Children taking part in Young Chefs are empowered to make healthy choices and learn skills they can use at home and far into the future.

During the school year, Young Chefs works with schools to develop customized programs that are best suited for the children in each community. The program can be expanded to work with children in kindergarten through grade 6, and can be integrated into after-school programming.

This summer, Young Chefs partnered with camps and community programs to deliver nutrition programming

at several playgrounds over a span of 6 to 8 weeks. A total of 139 children ages 5 to 11 years, learned how to choose and prepare nutritious snacks and had the opportunity to try foods that were unfamiliar to them.



Learning new skills boosts self confidence



With the help of community partners, supporters, and donors like you, we are able to provide children with the nutritious food they need to grow, learn, and succeed.

Yes

I/we want to support the work of e4c and make an impact on hunger in the community!

☒ My/our gift supports food security in the area of greatest need.

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

To find out more about e4c's focus areas check out the 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: _____
First Initial Last

Address: _____

City: _____ Prov: _____ P/C: _____

Phone: _____ Email: _____

Gifts can also be made securely online through Canada Helps, by calling e4c Fund Development at 780.424.7543, or in person at e4c, 9321 Jasper Avenue.

Thank you for your support!

Charity Registration # 131558140RR0001