

# e4cenvoy

Winter 2019/2020



Each day, school principals, teachers, and bus drivers see the effect of hunger on Edmonton students.

Thanks to e4c's School Nutrition program, 41 schools and 10,000 students have healthy, nutritious food to look forward to, empowering students to focus on their studies, not their bellies.



I love Wild Butter  
[Wow Butter]  
Sandwiches! They  
make my tummy  
feel good.

—  
Grade 3 student,  
Prince Charles  
Elementary School

e4c's School Lunch program promotes healthy choices, helping students learn how to recognize when they're hungry and when they've had enough. They learn about portion control, nutrition, and they're often introduced to new foods.

"I didn't know what a cucumber was before the lunch program! I thought it was a pickle." Says one student at Prince Charles School in Edmonton's North End.

These wraparound opportunities and approaches supplement the student's formal education in school, and information that they can share with their families, too.

No one deserves  
to be hungry.

—  
Gary Smith,  
Assistant Principal,  
Prince Charles School



Seeing people not poverty.

# The Foundation

## Building Blocks for a Healthy Future

We know that a full tummy is connected to progress in school, better behaviour, and an increased attention span. It also lets kids be kids – without having to worry about when they are going to eat next.

There are hundreds of Edmonton students who arrive at school each day hungry, and who don't have a School Nutrition Program in their school.

**e4c needs your help, as a donor and supporter, to continue offering a brighter future for our children.**

Naomi, one of e4c's School Nutrition workers, started with the School Nutrition Program back in 2006, and has worked at Prince Charles School ever since. She can attest to the difference the program makes in the schools, and to the kids themselves. "[Prince Charles] is a very collaborative environment – we work together with teachers and the administration to ensure that the kids have enough. Parents that used to come and have lunch with us, now have kids that attend the school. They recognize us outside of school, too, and often say 'Hey Mom! That's my lunch lady!' It's a great feeling to know that we're doing something good, having that impact."

e4c's School Nutrition workers, like Naomi, are often caregivers, parents, or community members of the school's neighbourhood. This approach helps build stronger school communities, and strengthens the financial resources of some school families. This staffing model means e4c is spreading awareness about healthy food choices beyond school walls – encouraging parents to incorporate their learnings into menu planning and grocery shopping for their families.

**"I like music class,  
but I like lunch best!"**

— Grade 2 student, Prince Charles School



**Victoria has a daughter in grade three at St. Francis of Assisi School. She's also the school custodian, and a School Nutrition worker there. She says being a School Nutrition worker is more than a job. It allows her to be part of her daughter's school community, and get to know the other students, teachers and parents. "Being a part of the program really helped my daughter," shares Victoria. "She feels safe knowing that I'm close by. Our school is a great community, and I love interacting with the kids I love being a working mom."**



**17,018**  
morning meals are  
served on a monthly  
basis, across 20 schools

# The Meat & Potatoes

## Breaking down Barriers to Encourage Access

---

Menus are sent home with students on a monthly basis so families know what is being served in the coming weeks. Menus are also posted at each school and students watch for their favourite – chicken wraps, and taco day are popular according to School Nutrition workers at St. Francis of Assisi.



**A healthy lunch and snack through  
the program costs just \$2.50  
per student, per day.**

Each school tailors its meals or snacks to meet the needs of its students. At some schools, a fruit bowl sits in each classroom throughout the day so students can help themselves when they are hungry.

The program is accessible by all students within the school. Making the program accessible to all means fewer hungry tummies in class. Students are encouraged to take what they need to feel full.

**"This is my brother. He wants two sandwiches today! I had a sandwich already because I'm a fast eater. But I'm getting more carrots."**

—  
**Grade 3 student, St. Theresa of Calcutta**

e4c relies on your generosity, as donors and community supporters, to provide students with the healthy, nutritious food they need to help them succeed at school. Support for the School Nutrition program provides food and other supplies and ensures the program can continue to operate in 41 Edmonton schools.

---





# It Takes a Community

"This program really makes a difference. I've seen first hand the impact it's had on our students. When they have food in their tummies, they focus better. Often, our students don't want to go home for school holidays, because they know they won't have a meal. Here, they have that stability, and can just be kids."

— Gary Smith, Assistant Principal, Prince Charles School



No child should be in school with a grumbling tummy. The success of e4c's School Nutrition Program depends on the community.

We are asking the community to continue to rally around the program that has fed Edmonton students for close to fifty years.

**\$50**

provides one student with a healthy lunch for a month.

**\$100**

provides a classroom with a healthy snack for the year.

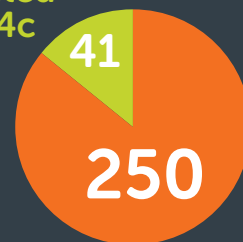
**\$250**

provides a student with a healthy lunch for 5 months.

**\$500**

provides one student with a healthy lunch & snack for the year.

**schools  
operated  
by e4c**



**socially vulnerable  
schools identified  
within Edmonton**

The Alberta Government estimated that approximately 30,000 students would receive a daily nutritious meal during the 2018/19 school year. 10,000 of those students were in schools supported by the e4c School Nutrition Program.

# More Veggies Please!



Naomi, the School Nutrition worker from Prince Charles School, spent ten years serving hot lunch before e4c switched to a fresh prep model in 2017.

She comments that while some kids missed the hot lunch at first, there are upsides. "For one, it's not trucked in from the hospital," she commented. "I never thought I'd say this, but you really develop a taste for hospital food – especially the gravy!"

Since 2017, all snacks and lunches have been prepared daily, within each school. Fresh ingredients are used, including fruit and veggies that are locally grown

whenever possible. Food offerings in each school respect the school's community – this may mean pork-free menus, vegetarian options, and other adaptations.

Personal choice is an important element of the program. Shelley, a School Nutrition Worker for seven years, says they try to accommodate pickier eaters by providing options. Not only does this empower students to make choices, it also gives them an opportunity to try new things. "Sometimes, kids just take the veggies, fruit or a milk serving and yogurt. It really depends on what they are feeling like that day. And that's OK too."



**"I look forward to pizza sub day all week! I like the cheese best. But also I think today there are apples."**

—  
**Grade 1 student,**  
*St. Francis of Assisi School*





# Building Partnerships

## Volunteering & Friendships at SNP



**"The students feel like they are a part of a special community. They feel part of a caring environment. The rapport is meaningful, and having the same staff enables the students to build relationships with the lunch ladies."**

—  
**Evelyn Sopkow**, Assistant Principal of St. Francis of Assisi School

Students are encouraged to take part in all aspects of the School Nutrition Program, delivering trays to the classrooms, serving food and cleaning up. School staff say these are coveted positions, with students often clamouring to help!

**126** totaling over **283**  
volunteers contributed to School Nutrition in 2019  
volunteer hours preparing, serving, and cleaning up after lunches served

Students are also forming new relationships with each other. In 2018, 114 students reported that they made new friends as a result of volunteering with the School Lunch program.

**"As a former teacher and school administrator, I know that students can't focus in class on an empty stomach. Giving students access to a daily nutritious meal ensures that they have the fuel they need to help their learning. It also helps children develop healthy, lifelong nutrition habits."**

—  
**Janis Irwin**, MLA, Edmonton-Highlands-Norwood

**"For most of our kids, snack is the only meal that they get. Some kids bring lunches from home, but they don't have fruit, or they have sandwiches with white bread, and processed foods like Froot by the Foot. It's what's affordable, but it's not nutritious. You can't learn on an empty stomach. The snack program helps my students focus on their work in the classroom."**

—  
**4<sup>th</sup> Grade Teacher**, Ivor Dent School



# Exploring Potential

## An Interview with Liliana from Liliana's Climb



Liliana Kujundzic is a vivacious 73 year old who has been fundraising for e4c for the past seven years, raising over \$120,000 to date for the cause. In her climbing career, which began when she was 67 years old, she has summited over 63 peaks around the world.

Each year Liliana chooses a mountain to climb (everything from Mt. Kilimanjaro in Tanzania to Potato Chip Rock in San Diego), and fundraises, with all proceeds going to support the e4c School Nutrition Program. Currently, Liliana is selling Pashmina scarves in support of the program, "but I'm always looking for more ideas!"

Liliana is a mother of two, and says that her love for connecting with children started years ago. She volunteered at schools when she first arrived to Canada from Slovenia, teaching English as a second language. Her children had friends at school that would go hungry, and Liliana would pack extra snacks and lunches to share. Alignment with the e4c School Nutrition program just made sense.

**"I do it for the kids. Everything I do, I do for the kids."**

This year, Liliana has set a \$25,000 fundraising target as she looks at tackling Mount Temple in Banff National Park, on the eve of her 74<sup>th</sup> birthday.



*"We know that good nutrition has a positive impact on student learning. That's why we are looking to improve the efficiency of the school nutrition program by tapping into non-profit organizations like e4c that are knowledgeable, innovative, and best positioned to address documented challenges such as program coordination, staffing, food procurement, and food quality."*

—  
**Adriana LaGrange**, Minister of Education

# Thank you

to our community partners, donors, and supporters for continuing to walk alongside e4c in 2019.

Our School Nutrition Program continues to rely on the support from generous donors, to ensure that more children have access to food for a full belly, and lifelong learning.

Over \$200,000 was raised through community fundraising for our School Nutrition program in 2019 - thank you! We couldn't do this work without supporters like you.

# The Fruits of Her Labour

## A Tribute to Carol Cooper

We were saddened this year, when Carol Cooper, Founder of Fruits of Sherbrooke, and passionate advocate against food waste, passed away in October 2019.

e4c has been continuously supported by Fruits of Sherbrooke since 2016. Initially, e4c was approached by the organization to help them with the "core" of their problem – too many apples! In partnering with Fruits of Sherbrooke, over 2,000 Edmonton students received delicious fruit snacks that school year, from fruit leathers, to applesauce tubes, and now with more than 5000 jars of jam each year, for the infamous WOW Butter and jam sandwiches!

We know that Carol's commitment to food security and sustainability will live on through her legacy, Fruits of Sherbrooke.

*Thank you to Carol's family, and Fruits of Sherbrooke, for generously supporting e4c in Carol's memory.*

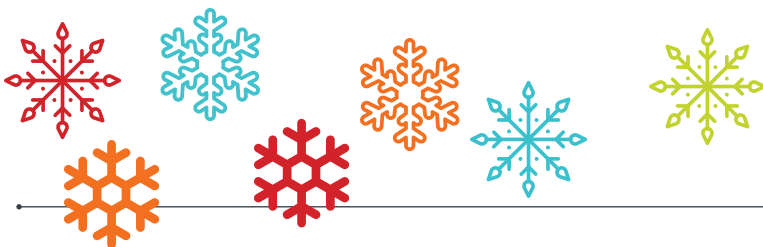
## Nutrients for Our Community

As a supporter of e4c, we are very grateful for your help in walking with us alongside the people we support.

Please consider donating to help us maintain the School Nutrition program and providing children and youth with the healthy food they need to achieve success at school and in life.

*"When young students are faced with many challenges, we as a community have a responsibility to come together in support. Nutrition and the access of fresh food at school fosters health and wellness, supporting students' in body and mind as they engage in their school day."*

—  
**Rachel Myroniuk**, Program Manager,  
e4c Community Services



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.**

**e4calberta.org**

**f** **Follow Us**

**780.424.7543**

9321 Jasper Avenue  
Edmonton, AB T5H 3T7



**Seeing people not poverty.**