

To the Centre Wellington 100 Women Who Care,

I'd like to start by thanking every one of you for your very generous support of our Food & Friends program. I know I can speak on behalf of the children and youth when I say how grateful we truly are for helping us bring healthy food to hungry minds!

The Children's Foundation is working towards continuing our support of the most vulnerable children and youth in our community, despite the challenges presented by the COVID-19 pandemic. Now that the school year has begun, and schools are unable to offer the nutrition programs that they were offering in years past, we are especially concerned about the children and youth who rely on our Food & Friends student nutrition programs.

With the closing of schools in March, the Children's Foundation, in partnership with local organizations, responded with a temporary emergency support initiative from March – August called [Fresh Food for Kids](#) that provided almost 100,000 nutritious meals to local children and youth in need in Dufferin, Wellington and Guelph.

This initiative has now transitioned to [Food & Friends at Home](#) to start the new school year. Families with children and youth supported by the Children's Foundation through the [Food & Friends Program](#) are eligible to register for a Food & Friends at Home kit. This kit will provide one snack/meal for every day of a two week period (10 meals total), to each child in the family, similar to what would be provided through a Food & Friends student nutrition program.

The Food & Friends at Home kits will follow nutritional guidelines. Deliveries will be made to the doorsteps of families in Dufferin, Wellington and Guelph. For the safety of families and the community, volunteers delivering the kits will not enter homes. Our goal is to provide up to 3,000 Food & Friends at Home kits every two weeks for school-aged children and youth so that we can continue bringing healthy food to hungry minds.

Please note: the health and safety of our staff, volunteers, and the community is our top priority. We are following recommended safety protocols and taking extra precautions when packaging and delivering Food & Friends at Home kits.

We have many families in the Centre Wellington area that are so grateful to receive our healthy food kits. We know first-hand how critical it is to get healthy food into the tummies of hungry children, as it helps to support their bodies so that they can better focus on their school work and learn.

Here's a quote from one of our families:

"I would like to thank everyone who is involved in this program. I don't know what we would have done a few times over the summer if I wasn't part of this program. Very, very thoughtful people. My girls really enjoyed trying some of the new snacks that they never tried before. Also they never complained about being hungry. Thanks again"

Thank you again from the bottom of our hearts for the incredible donation to help feed hungry children and youth in our community!

Kindly,

Emma Rogers
CEO
Children's Foundation of Guelph and Wellington

Bobbi Turner
Student Nutrition Program Manager, Food & Friends
Children's Foundation of Guelph and Wellington