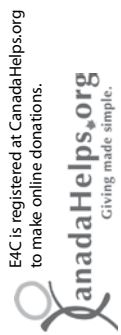




9321 Jasper Avenue
Edmonton, AB T5H 3T7
www.e4calberta.org

ph (780) 424-7543
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e-mail info@e4calberta.org



E4C is registered at CanadaHelps.org
to make online donations.

2010BRDON
School Lunch

Please complete and return this form to E4C.
Please make your cheque payable to E4C.

Enclosed is my tax deductible donation for:
(Please check one)

- \$50
- \$100
- \$150
- \$200
- \$500

Other \$ _____

____ Cheque ____ Visa ____ MC Card Number: _____
Expire Date: _____ Signature: _____

Gifts can be made: _____ One Time _____ Monthly for _____ months
(Monthly gifts can be given via postdated cheques or credit card)

Name: _____
Address: _____
E-mail: _____ Phone: _____
City: _____ Province: _____ Postal Code: _____

Charitable Reg. # 13155 8140 RR0001

Edmonton City Centre Church Corporation operating as E4C

E4C Right to Privacy Policy: E4C protects your personal information and adheres to all legislative requirements with respect to protecting privacy. We do not rent, sell or trade our mailing lists.
E4C HOPES TO RAISE \$1,600,000 FROM OUR 2010 FUNDRAISING CAMPAIGN. OUR TOTAL COSTS FOR THE CAMPAIGN ARE ESTIMATED TO BE \$90,000 OR 5.6%. FOR MORE INFORMATION CONTACT OUR FUND DEVELOPMENT ASSOCIATE, AT 780-424-7543 EXT 116.

Help us feed a hungry child.

Hunger makes learning harder.

www.e4calberta.org



Volunteers

Dozens of dedicated volunteers contribute over 350 hours of their personal time in snack preparation each summer. Ongoing community support is essential to ensure that E4C's Summer Snack Program remains an effective, sustainable program.

The support of our community partners is invaluable. We'd like to thank all our volunteers, the Rotary Club of Edmonton Northeast, Edmonton's Food Bank, Sobey's, United Way of the Alberta Capital Region, GM Community Wheels Program, Edmonton General Hospital and Misericordia Community Hospital.



E4C'S NUTRITION AND COMMUNITY SERVICES DIVISION

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Changing Lives • Growing Community

The School Lunch Program is a part of E4C's Nutrition and Community Services Division.

E4C is a charitable, human services organization that works towards changing lives and building stronger communities by:

- Feeding hungry people
- Creating affordable housing
- Providing safety and support
- Parenting and early learning

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All donations are tax-deductible.
Charitable Registration Number: 13155-8140-RR0001



A Full Tummy is Good to Think On!



Changing Lives • Growing Community

What is the impact of this project?

The School Lunch Program provides over 2000 children with a nutritious lunch at participating high needs schools each school day. By feeding children a well-balanced lunch and nutritious snacks, our programs help children to concentrate on their schoolwork and not on their hunger.

Teachers indicate that there is a positive influence on student behaviour, attendance, morale, concentration, learning ability and social climate due to the program.

We prefer to draw our lunch staff from the communities surrounding the schools we operate in because it builds community relationships and provides jobs to local residents.

Each year we serve over 300,000 meals to hungry children!



Challenges our program addresses

Research has shown that a lack of proper nutrition is largely the result of low income and financial insecurity. When fixed costs like rent, utilities and child care continually rise, people begin to run out of money for food. Grocery budgets are more flexible, and are one of the few areas families can cut back on in an emergency.

One in five children in Edmonton live in poverty.



The School Lunch Program addresses the nutritional needs of students in high-needs schools in the Edmonton area, that may suffer from poverty. We have currently been experiencing an increase in demand for programming, in particular for School Lunch, Snack and Young Chefs programs.

Our program also teaches children about good nutrition and introduces them to a full range of foods, many of which they may not eat at home.

The School Lunch Program is a cost-efficient investment in our children and our communities. Its continued growth depends upon generous donations from all sectors of the community.

Mission

To provide children in high-need areas with nutritious food so that they can concentrate on their schoolwork.

Goals

- To enable children to learn in school.
- To improve food security for children and their families.
- To help caregivers and community members develop skills.

E4C's Nutrition and Community Services Division also runs:

Snack Programs:

- The **Snack Program** provides a nutritious mid-morning breakfast or snack each school day to children in participating high-needs schools and/or program sites.
- The **Summer Snack Program** addresses hunger issues for school children in the summer months. Volunteers prepare nutritious snacks which are delivered to the children in various high-needs park sites throughout Edmonton. The program works in partnership with the City of Edmonton Community Services' Green Shack Summer Playground Program.

A variety of snacks are offered including muffins and fruit, scones and vegetables with dip, sandwiches with milk/juice, yogurt and fruit, and crackers and cheese with fruit or vegetables. The snacks include food from two of the four food groups, and most importantly, provide one guaranteed source of nutritious food daily.

More than a million nourishing snacks are served each year



The **Young Chefs Program** provides opportunities for children to develop skills in meal preparation, food safety, kitchen clean-up and team work.

A **Community Garden** located at Alex Taylor School provides the opportunity for local residents to grow their own produce. Each garden member plants and maintains their own garden space and also works collectively on common areas in the garden. Every season brings a wonderful mix of vegetables, herbs, fruit and flowering plants.



Quotes from:

Teachers

"Every child deserves to be fed and nourished. No child should have to be hungry. Every child deserves a chance to learn and it is extremely hard to concentrate on learning when you are hungry."

Parents

"My son eats lunch now—we're sure he has eaten and it gives us peace of mind."

"My kids wouldn't try new things before, but now they are because they try it at school!"

Children

"I can go up for seconds and no one gets mad at me."

"The food is really good, it makes my tummy feel good."