

No child

should have to go to school hungry,
but it happens every day all across Canada.

Blessings in a Backpack is a unique food relief program that feeds school children who may not have any or enough food on the weekends. It takes only \$100 to feed a child for an entire school year, which can make all the difference in his or her future. Through the efforts of donors, partners and volunteers, we provide backpacks filled with food for students to take home each Friday. On Monday they return the backpacks empty, only to have them refilled again on Friday and the cycle repeats. Attendance, behaviour and the ability to learn are all greatly improved.



Did you know?



- Canada remains one of the few developed countries without a national meal program for children.
- Children under 18 represent approximately 40.7 % of food bank clients in Canada.
- 31 % of elementary school students and 62 % of high school students start their day without a nutritious breakfast.
- **\$100 will provide a hungry child with enough food on weekends for an entire school year.**

Please consider a \$100 tax-deductible gift to **Blessings in a Backpack** and help feed a child this year! Go to www.blessingsinabackpack.ca to donate or learn more about how you can help **FEED THE FUTURE!**

On behalf of all the kids in our program who benefit – thank you!

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