



# Children's FOUNDATION OF GUELPH AND WELLINGTON

---

## FOOD & Friends Program DUFFERIN • WELLINGTON • GUELPH

The earth is remarkably resilient as it transitions from season to season, and with a slow start to spring it requires all of our patience as we wait for warmer weather as well as budding trees and flowers. This month at the Children's Foundation, we are focusing on resiliency, the ability to bounce back and recover from the difficulties in life. When children are resilient, they are braver, more curious, more adaptable, and more able to extend their reach into the world. It is our hope that through our support, we can arm youth with the resiliency tools they need to face the world head on in order to succeed and thrive.

### **Did You Know?**

Studies have shown that life skills training is an essential resource for youth to develop the social, emotional, behavioral and resiliency skills needed to navigate everyday challenges and to move into adulthood with positive mental health and well-being.

That's just one reason why we are so proud that the Food & Friends Program will be focusing on life-skill activities such as cooking and safe food handling at the Fall network meeting.

Thanks to all who attended the Spring Network meetings! For those who did not attend please take some time to read through the meeting notes.

You can find the [network meeting notes here](#).

Please feel free to contact your Program Manager/Director if you need assistance with the grant renewal or year-end report.

Thanks to Mochaberry, Centre Wellington District High School and Platters for delicious lunches. And to Ontario Student Nutrition Services for the morning snacks.

Anita  
Food & Friends Program Director

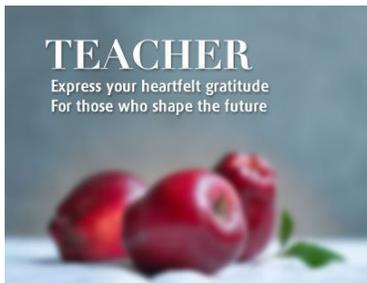
---

You will find the following dates in the **Academic Calendar** in **Resources** on the website.

## DATES TO REMEMBER

May 31 - Grant renewal due  
June 1 - Grocery Foundation  
Voucher Program questionnaire due  
June 7 - Monthly/Quarterly Report due  
June 14 - Year End Report due  
June 21 - Meals Prepared Tracking Sheets due  
July 21 - Metro Green Apple Report due  
July 31 - Grocery Foundation Vouchers expire

---



## Thanks To Our Supporters

**In Memoriam donors.** The memories of lost loved ones and the love of family and friends support our programs and gives us strength to support students in need.

Are you having a difficult time figuring out what to give as a year-end gift to a teacher, child and youth worker or administrator? Why not give a **donation in their honour**? You can direct your donation to a specific program in the "Additional notes regarding your donation" field.



**The SEED** is a not-for-profit food project at the Guelph Community Health Centre that was created in 2015 by a coalition of community organizations and individuals.

Through the POD program fresh fruit and vegetables have been delivered to Guelph and Wellington student nutrition programs at a fair price. Coordinators or Principals interested in having this service for their program, contact **Kari Badgerow**

---

# Thanks To Our Volunteers



## Dedicated Student Volunteers

We are proudly highlighting 12 students who have dedicated their time to volunteer each month with the Food & Friends morning meal program at the Mono Amaranth Public School.

If it wasn't for their commitment and enthusiasm, this program would simply not exist. Mono Amaranth Public School fell short on adult volunteers so Tammy Fleming, the school's principal sent out a "call to action" to the students. She received an overwhelming response. Since that time, the students sign up each September to volunteer their time to share the responsibilities of packing morning meals, cleaning up, delivering and picking up cooler bags for each classroom, five days a week.

When asked "Why do you like volunteering?", their answers included liking staying in at recess, liking the leadership opportunity it provides them and liking to help around the school outside of their classroom. We'd say these are awesome reasons for volunteering their time!

A big shout out to these wonderful students at Mono Amaranth Public School!

Thank you for your leadership and dedication to your morning meal program.

## Congratulations to Stacey!

Special Recognition - Receiving Special Recognition award at the Minto Chamber of Commerce 2019 Community Achievement Awards on April 25, was Stacey Jennings, Minto Clifford Public School breakfast program. Congratulations!



*Special Recognition - Receiving Special Recognition Awards at the Minto Chamber of Commerce 2019 Community Achievement Awards on April 25 were, from left: Peggy Raftis and Rassia Rogers representing Minto Cultural Roundtable; Callise Loos, Minto Fire Touch a Truck; Stacey Jennings, Minto Clifford Public School breakfast program; back, representing Canada Packers Reunion committee; Dave Mallett, John Kaye, Lisa Leslie and Dave Turton.*

## Events

### Inspiration

Each year, the Inspiration concert in November raises funds for the Children's Foundation's Free to Grow program for arts funding.

This year, they have decided to hold a contest to find some local musical talent to be the opening act. The contest is open to anyone under the age of 25 in Guelph and Wellington County. The submission deadline is May 31st. The contest details are provided on the [website](#).

The winning performer will receive \$1,000!

## Battle of Performers

Send your entry in video or MP3 form to [playinspirationguelph@gmail.com](mailto:playinspirationguelph@gmail.com)  
Entry deadline May 31st, 2019



### Winning Performer Receives

- \$1,000 cash
- Opening act slot for Inspiration 2019 featuring Tyler Show plus another artist to be announced later
- commemorative T-shirt of the evening



For more contest details go to [www.inspirationguelph.com](http://www.inspirationguelph.com)

an Inspiration event

---

You are receiving this email as a principal, coordinator, committee member or supporter of the Food & Friends Program. If you are interested in keeping up to date on all the activities and events of the Children's Foundation [click here](#) to subscribe to the monthly newsletter, the Beacon.

You may unsubscribe to this email at any time by clicking the Unsubscribe button below.

### THANKS TO OUR CORE SUPPORTERS:



Providing Student Nutrition Programs across Ontario

Funded in part by the Ministry of Children, Community and Social Services

Administered regionally by the YMCA of Kitchener Waterloo

**Bringing Healthy FOOD to Hungry Minds**



We invite you to follow us on [Facebook](#), [Twitter](#) or [Instagram](#) for the latest news on the Children's Foundation.

©2019 Children's Foundation of Guelph and Wellington ~ Food & Friends Program | 87 Waterloo Avenue, Guelph, On N1H 3H6 Charitable Registration #: 140543430 RR0001

[Web Version](#)

[Preferences](#)

[Forward](#)

[Unsubscribe](#)

Powered by **Mad Mimi**®  
A GoDaddy® company