



AN INITIATIVE OF



TAKING ACTION FOR CHILDREN AND FAMILIES

For 21 years, Feed a Child has ensured food security for children and families in Quebec while contributing to their intellectual, social, and emotional development.

Culinary workshops, collective kitchens, community gardens, sports activities, homework help... The many and varied initiatives of Feed a Child go beyond food assistance. Improving the wellbeing and quality of life of thousands of children is at the heart of the project!

To help children regain their smiles, joy, and self-esteem, Mission inclusion, through Feed a Child, supports community organizations dedicated to the cause of underprivileged families across the province.

To Feed a Child with Mission inclusion means:

- Facilitating access to healthy food for the whole family;
- Encouraging the emotional, intellectual, and social development of children and parents;
- Developing the educational and social skills of parents;
- Fostering the learning of new skills related to food, gardening, and agriculture;
- Generating support networks for isolated families;
- Easing families and parents' daily lives.

Your donation, a key support for children and their families*!

- \$10** = contribute to meal boxes for families
- \$25** = contribute to the facilitation of a parent-child educational cooking workshop
- \$50** = contribute to a collective kitchen
- \$100** = contribute to the purchase of essential equipment for community gardens
- \$200** = contribute to the development of an urban agriculture project

*Amounts and examples for information purposes only.

In 2020, Feed a Child in 2020 represented \$198,000 distributed and 43,371 families supported. That's great, but it's not enough to meet the demand. Help us feed the bodies, minds and hearts of children. We need you to surround them with kindness and give them the chance to succeed like everyone else!

Danielle Filion

Director of Programs, Quebec - Mission inclusion



SIX TYPES OF INITIATIVES THAT FEED THE FUTURE

Through the Feed a Child program, Mission inclusion supports many activities that brighten the lives of children and parents.



Ready-to-cook meal boxes

Mère avec pouvoir (Mother with power) facilitates the advancement of women who are single parents and in vulnerable situations. The creation of ready-to-cook meal boxes, for example, gives them access to food while developing their cooking and parenting skills.

Solidarity-based grocery stores

The solidarity-based grocery stores allow individuals and families in difficulty to have access to foodstuffs sold at low prices, thanks to the involvement of each person and the exchange of volunteer hours, as is the case with the grocery store Le Détour. This self-management model allows people in the neighbourhood to take charge of their food and to reduce the price of products.

Collective kitchens

In Lac-Saint-Charles, near Quebec City, the collective kitchens of the RAFAL organization improve the daily lives of families. By sharing their time and culinary skills, they are collectively involved in providing economical, healthy and quality food.

Collective gardens

Through collective or community gardens, the Centre de femmes du Haut-Richelieu provides its members with a plot of land to garden and cultivate. Balcony garden, container garden, large garden in the ground... each project is adaptable to an environment. A facilitator often accompanies the residents to offer their expertise. The participants choose the species to grow and share the horticultural work and the harvest.s.

Culinary workshops

L'ABC de la Famille's culinary workshops ensure food safety for children and parents. These meetings and learning moments promote education and culinary skills for the family.

Urban agriculture

In the heart of Montreal's Mercier West neighbourhood, Vert l'Harmonie is a sustainable development project focused on greening, urban agriculture, environmental education and citizen involvement within the La Pépinière low-income housing project. Their community garden and greenhouse are two of the most beautiful urban agriculture spaces in the city. The bins are a real island of freshness and biodiversity that improves food security and the quality of life of the residents of the neighbourhood.



Registered Charity
No.: 118923689 RR 000

You too can help feed Quebec's children!

Contact us for more information.

514 495-2409 bonjour@missioninclusion.ca

130 De l'Épée Avenue, Montreal, Quebec H2V 3T2 • missioninclusion.ca