

FEED A CHILD: NEEDED NOW MORE THAN EVER

What is the Feed a Child Fund?

The Feed a Child Fund was created to help meet the basic needs of Quebec children and make sure they have healthy meals.

The money raised is used to ensure food security for Quebec children. The goal is for every child to have a healthy, balanced and nutritious diet. Mission Inclusion believes that food security is a fundamental right for all children. It plays an essential role in their growth, development and general well-being.

Did you know?

One third of food bank users are children, according to Statistics Canada. That's why Feed a Child:

- Promotes access to healthy meals for the whole family
- Supports the emotional, intellectual and social development of children and their parents
- Develops parents' educational and social skills
- Promotes learning about food, gardening and agriculture
- Creates networks for isolated families
- Makes parents' daily lives easier

THE IMPACT OF YOUR GIFT*



* Amounts and examples are for information purposes only.

You can also help feed Quebec's children!



Contact us for more information.
514 495-2409
hello@missioninclusion.ca
www.missioninclusion.ca

Registered charity number: 118 923 689 RR 000



**Nourish the
heart, body,
and mind.**



Photo : Veronique Girard-Lajeunesse

AN INITIATIVE OF



Over the past 20 years,
Feed a Child has distributed
nearly **\$5,343,685** to more
than **657 organizations** across
Quebec to help more than
742,768 children
in need.

THE INSPIRING ORGANIZATIONS WE SUPPORT

AUTOUR DU BÉBÉ

Autour du bébé is a community organization that helps parents acquire tools for parenting. Among other things, it distributes food and organizes community kitchens for isolated or vulnerable families.

“When I go grocery shopping, I go around the store, I buy everything I need for my baby, and then, if there’s any money left, I get something for myself.” That’s a story we often hear at the Centre.

I remember one mother who had just enough to make puree for her baby. She said, “I pick that up first. I worry about myself later.” We told her about our puree workshops. With what she saved, she was able to buy food for herself instead of going to food banks.

Nathalie Bélanger

Executive Director

Autour du bébé

MAISON DE LA FAMILLE

Maison de la famille promotes the well-being of families, especially children, through programs and activities that support their development and help them assume tasks and responsibilities. It offers a wide range of services to the entire population of the MRC de L'Islet.

We support the “Cuisinons entre petits bedons” project for underprivileged families in the Chaudière-Appalaches region, which helps children become change agents in their families by introducing them to new foods and then letting them take home dishes for the whole family.