

Zaina says: “Thank you for all you have done for me!”

Zaina is a bright and lively 11-year-old living in Uganda. As a sponsored child, Zaina gets daily school meals and all the supplies she needs for school. Her passion is playing sports, especially netball.

“I love to play netball and that’s what I love to do most at school. Playing netball is what motivates me to perform well.”

As you can see, Zaina is happy and thriving, thanks to support from generous donors like you. But it wasn’t always this way. Zaina’s mom Nusurah says that before Zaina became a sponsored child, life was difficult.

“Oh, we were not well at that time. We could not meet our household needs and pay school fees for our children at the same time.”

Donor gifts changed everything. Now Nusurah and her husband can easily keep Zaina and her two sisters in school. They’re saving money on food thanks to the school meal program, and Nusurah received training to expand her vending business to improve family finances.

“I am happy to report that we have never looked back,” Nusurah told us. She’s grateful for the help the family received, and Zaina is too. Smiling brightly, Zaina told us: *“Thank you for all you have done for me!”*



Scan this QR code with your smartphone camera to watch a special video message from Zaina! You can also view the video at canadianfeedthechildren.ca/fallthrive

Your gifts are changing the lives of children like Zaina every day – thank you!



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In Their Own Words

Why is healthy food important to you?



"I learned how to cook quinoa phisara, chicken salpicon with vegetables, fruit salad and lentil stew that are nourishing for growing, being strong and healthy."

- Josue, 11, Bolivia



"In order for your body to feel right and your brain to be healthy you need to fuel it with healthy food."

— Grayce, 11, Eel Ground First Nation

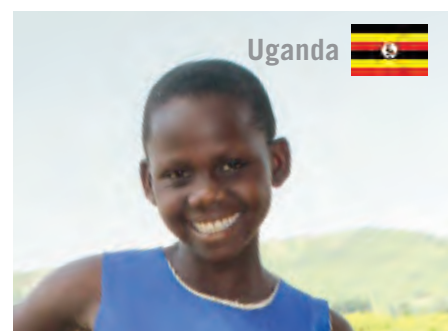
Thank you for providing healthy food to help children thrive!



"[My mother] started giving us different types of food. Overall, our meals improved!"— Meheret, 10, Ethiopia



"I feel so excited anytime I eat a good meal."— Fahima, 12, Ghana



"[It] helps us to concentrate in class, grow up fast."— Gloria, 12, Uganda

YOU'RE MAKING A DIFFERENCE FOR CHILDREN

Your support over the past year has been life-changing.

This past year, your gifts helped supply:

2,147,231 meals

Almost **3x more** than the year before!



20,182 children benefitted from education programs in Bolivia, Ethiopia, Ghana and Uganda in 2021.



13,249 children received meals through a community or school feeding program.



1,195 families and households received locally grown food from school, home and community gardens.

Malaika loves learning about food traditions

"I like cooking Bannock. I learned from my cousin and I'm teaching my mom," says Malaika, 7, who lives in Lubicon Lake Band.

Thanks to donor gifts, Malaika is learning how to harvest and prepare traditional foods alongside her friends and family in the community. The program has made a difference for everyone, especially since food prices are so high.

Malaika's mom Loretta is proud that she's using what she's learned to help others. She told us that Malaika volunteers with her to help prepare hampers filled with traditional foods to share in the community. It's a big part of re-establishing Indigenous food sovereignty.

"We don't just do it for ourselves, we give it out to those who need it most. Food sovereignty helps everybody," says Loretta.



7-year-old Malaika in Lubicon Lake Band has learned a lot about traditional foods, thanks to community programs supported by donors like you.

Thank you for supporting Indigenous food sovereignty with your gifts!

Mariam finds joy in reading



Mariam, 15, is an active member of her school's reading club in Ghana. In the past, reading was a challenge for her and many of her friends.

"It was difficult for me to study on my own. Another challenge too was the lack of story books and there was no one to guide me when trying to learn on my own." says 15-year-old Mariam in Ghana.

Mariam wasn't the only student with this challenge, so teachers at her school began a student reading club with the help of donations from CFTC supporters.

Mariam says that the reading club has helped boost her self-confidence and improve her grades. She's gone from struggling with reading to finding joy in her favourite new hobby.

"I'm happy about the changes I'm seeing within me and how I'm able to read with comprehension on my own. Thank you!"

Listen to our brand-new podcast *First Comes Food!*

Now you can learn even more about your impact for children in this brand-new podcast from Canadian Feed The Children.

First Comes Food explores the surprising ways communities are feeding children and families in the face of a global food crisis.

Join us on our journey through Indigenous food forests, farming communities in Africa, and urban communities in Bolivia to meet the people who are growing food security for everyone.

This community success would not be possible without your support – thank you!

The podcast will officially launch on World Food Day (October 16). It will be available on our website and everywhere you like to listen to podcasts.

Visit canadianfeedthechildren.ca/podcast to learn more.



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Feed and nourish children during the global food crisis

Globally, food prices have risen up to 80% this year, and families are struggling to feed their children.

You can help feed and nourish children in the face of this crisis. Learn more at canadianfeedthechildren.ca.



thrive!
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