

The Power of Food: You Are Helping Children Grow and Thrive

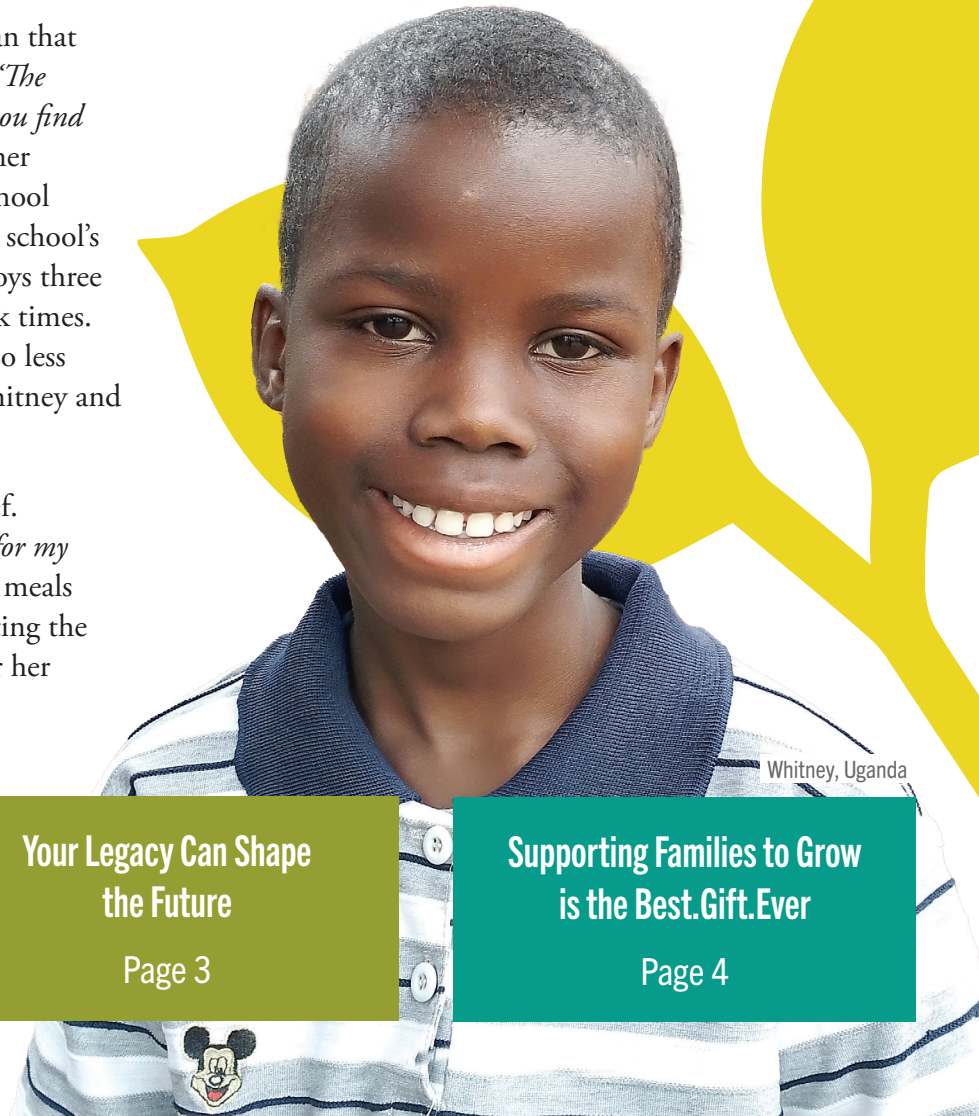
"I feel so proud being a Child Ambassador. It makes me so happy, and I like it so much", Whitney, a bright nine-year-old from Uganda, shared with us. Since stepping into her role as a Child Ambassador, Whitney's life has changed in incredible ways—and her entire family is benefiting too.

In Whitney's community, high food prices mean that many families often go without enough food. *"The food is too expensive on the market. That is why you find that some families eat one meal a day,"* explains her grandmother, Betty. However, thanks to the school meals program supported by produce from the school's own garden and local farms, Whitney now enjoys three nutritious meals a day, plus snacks during break times. The food from the garden and local farms is also less processed, contributing to better health for Whitney and her fellow students.

For Betty, this has brought much-needed relief. *"I used to spend so much money packing lunches for my grandchildren,"* Betty explains. With Whitney's meals covered, Betty knows her granddaughter is getting the nourishment she needs and can save money for her family's future and invest in her market stall.

This transformation is made possible by the generosity of supporters like you. Your commitment to holistic food support—through both immediate meal programs and sustainable programs like school and community gardens—is creating lasting change in communities worldwide.

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Whitney, Uganda

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With your support, families are more food secure, children are thriving, and local economies are growing.

When a child has enough to eat every day, it opens a world of opportunity. With full stomachs, children like Whitney can concentrate better in class, stay energized, and focus on their future instead of worrying about their next meal. Food security lays a foundation for both physical and mental well-being, setting children up for long-term success.

Last year, supporters like you helped provide nearly 3.9 million snacks and meals to children around the world! That's a tremendous impact on children, their families, and entire communities—not only for today but for years to come.

Your support is making a profound difference, ensuring that every child has the opportunity to grow, learn, and thrive. Thank you for accompanying us on this journey to Grow Forward. Together.

LITTLE BITES

Celebrating 2024!

We asked some of our Child Ambassadors from around the world to share their favourite memories from this past year.



ZAKARIA, 13, GHANA:

"Reciting poetry at the Day of the African Child event this year"



PATRICIA, 14, UGANDA:

"Participating in my school's reading competition!"



SITOTA, 16, ETHIOPIA:

"I loved learning how to make Injera with my mom"



NEYMAR, 12, BOLIVIA:

"Playing soccer at the centre with my friends, I'm very passionate about training"



Growing Endless Opportunities: Your Legacy Can Shape the Future

Kendrick is an ambitious six-year-old in Uganda, whose future is filled with promise, thanks to the support of donors like you. His mother, Mercy, joined the Kwagalana Village Savings and Loans Association (VSLA), where your contributions are making a profound impact.

VSLAs are a powerful tool for communities, especially for women, giving them access to credit and savings opportunities they wouldn't otherwise have. These groups help members not only meet their daily needs but also plan for the future.

With the help of the VSLA and the innovative Ensibuuko finance app, supported by our partner, HUYSLINCI, Mercy has transformed her life and Kendrick's. She is now tracking her savings, managing her salon's finances, and investing in her family's future.

Thanks to Mercy's hard work and careful planning, she has been able to secure Kendrick's education and even purchase a small plot of land. Mercy is looking ahead, not just for herself, but Kendrick's future too – and it's filled with possibility.

"I thank my mom so much for giving me food and sending me to school. I love my mom so much,"
Kendrick tells us.

Your support has made programs like the Kwagalana VSLA possible, enabling families to create lasting change and giving children like Kendrick the chance to dream big and thrive.

The beginning of a new year is the perfect time to look ahead, reflect on your values, and consider how you can leave a lasting legacy. Many supporters like you are choosing to leave a legacy gift with Canadian Feed The Children, ensuring that children like Kendrick and their communities can thrive for generations to come.

If you've ever thought about leaving a legacy that reflects your values, we'd love to talk with you. It's a simple way to ensure that your impact endures. Connect with Fawad Iqbal (fiqbal@canadianfeedthechildren.ca), our Senior Manager, Leadership & Corporate Giving, to learn more about how you can leave a lasting legacy.

Consider leaving a legacy gift to ensure that your support continues to shape a brighter future for children.



Bolivia

Supporting Families to Grow is the Best.Gift.Ever

Connecting to the land through a growing and flourishing garden cultivates a sense of personal development and hands-on learning for young people. Elmer in Bolivia gets his hands dirty in both his family and school garden, feeling a noticeable difference in his confidence, eating habits, and sense of responsibility.

His mother, Francisca, tells us that Elmer is learning proper growing techniques, cooking hygiene, and nutrition information. In fact, he routinely educates his parents on the benefits of healthy eating, often encouraging his mom to add more fresh vegetables into their meals.

Best.Gift.Ever. Gifts make a real difference. Elmer's community received gifts like community and school

gardens that can help families not just meet immediate needs but create long-term opportunities to flourish.

Every gift brings hope and opportunity to children and their families.

Valentine's Day is right around the corner, show your love by giving the Best.Gift.Ever. Explore the 2024/2025 catalogue today. Visit bestgiftever.ca



Join Us On The Path to Kinvia!

We've been reflecting on our mission and values, deepening our commitment to learning, adapting, and evolving our long-held ways. This reflection, guided by the insights of those we work alongside, has led us to a pivotal moment.

We're excited to share our 2024-2034 strategic directions, The Path to Kinvia, which embodies our commitment to partnering with communities as they build stronger, self-reliant futures.

Curious to learn more? Scan the QR code to explore *The Path to Kinvia* and discover how we're working together, with you by our side, towards a world where children, youth, and their communities can thrive.



thrive!
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Your comments and questions are welcome. Please contact: The Editor
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