

EDUCATION FOR TRANSFORMATION:

Your Support Creates Pathways to Change

In the southern highlands of Bolivia, two young women share a vision—that one day, each will have a bakery of her own.

Maribel's passion was born of following in the footsteps of her mother, who studied gastronomy. Julia has held on to her dream since she was a little girl. Now, through an initiative led by our community partner in Bolivia, Instituto Politécnico Tomás Katari (IPTK), and made possible with your support, the aspiring professional chefs have a strong foundation for reaching their goals.

In December, they completed the Gastronomy Program at Manq'a Institute in Llinfi, graduating with a degree that lets them work in the industry and continue their journey.

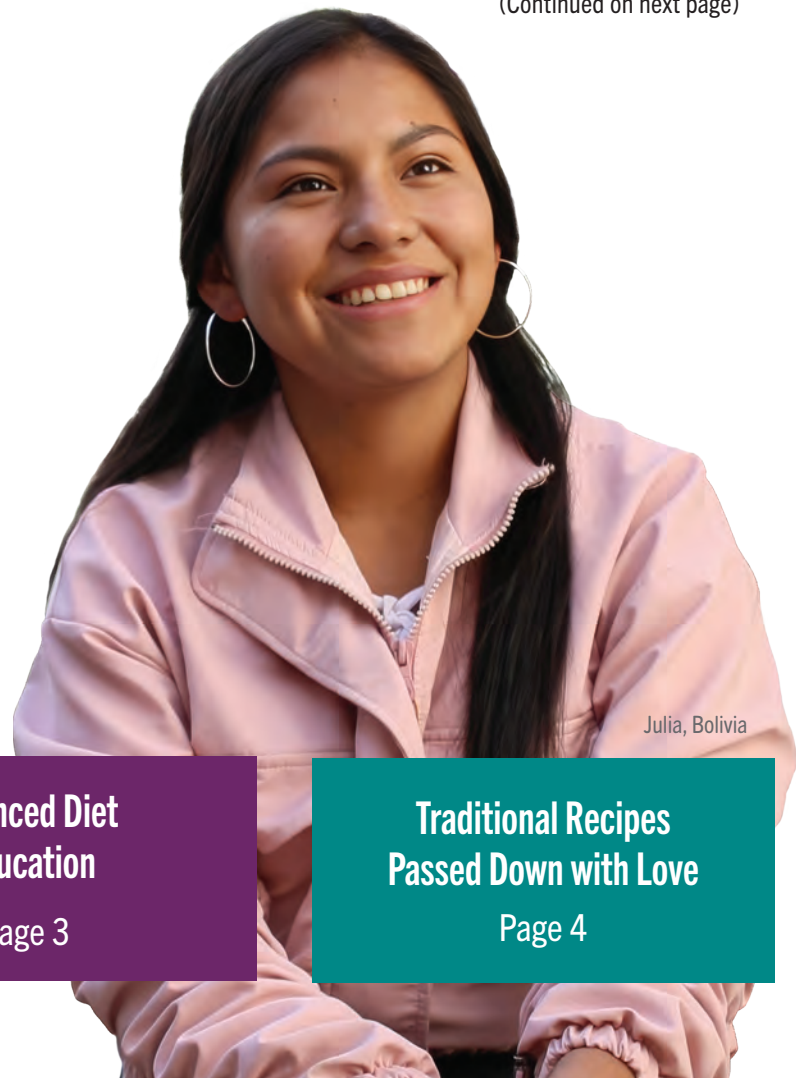
Chef Daniela, who leads and teaches in the program, recalls how shy and afraid the two young women seemed at the start. She explains that the institute exists to work with young people who have limited resources and are in vulnerable situations.

"It really fills my soul to see them grow," she says. When she visits restaurants where her former pupils work, she

finds it gratifying to *"see them in a place where they never thought they would be."*

For youth who grow up without equitable educational opportunities, the chance to access community-led initiatives can be incredibly transformative, fuelling self-empowerment and the confidence to persevere.

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For Julia and Maribel, every day brought challenges. They mastered technical training and kitchen hygiene, prepared and plated meals, created recipes, and dug deep to attend gastronomy evening courses after their regular school days.

These two young grads have achieved so much already—and so have you.

It's thanks to your contributions that Julia feels ready to take on the future. *"I've learned to do new things, I've had a little more experience, and wherever I go or they take me, I'll succeed."*

Your support gave Maribel the opportunity to discover both her calling and a guiding principle under the tutelage of "Chef Dani," whom she describes as a second mom. *"She made me realize that it's not about just doing it and that's it, but rather doing it with care, with love."*

We're grateful to witness that heartening belief in action every day, as our CFTC family continues to light pathways to learning and growth for young people like Maribel and Julia.

INTERGENERATIONAL GARDENS:

Where Youth Learn from Elders

In Atikameg, a Whitefish Lake First Nation community located in Treaty 8 territory in Alberta, Elders and youth come together in natural spaces to connect with the land, waters, Indigenous traditions—and each other.

The community's food forest and community garden, and the hunting and fishing grounds where Knowledge-keepers help youth reconnect with traditions around food gathering, are places of intergenerational relationship building and bonding. Their food programs foster knowledge transfer, give youth a sense of hope and purpose, and engage the community in improving food sovereignty, diversity, and security.

Best.Gift.Ever gifts like Land-Based Meals, Greenhouses, and Community Gardens help Indigenous children and families access food and stay connected with their traditions. Shop gifts at bestgiftever.ca.



Children harvesting fresh carrots, Atikameg



MAY IS LEAVE A LEGACY MONTH

Springtime buds are an uplifting reminder that what we nurture today can bear nourishing fruit for generations to come. For those inspired to plant the seeds of a healthier future, a legacy gift can be a wonderful way to make a lasting impact. If you'd like to learn more about arranging a gift with CFTC, let's talk. Please contact Fawad Iqbal at 1-800-387-1221 ext. 245 or by email at fiqbal@canadianfeedthechildren.ca. We'd love to help you make meaningful decisions that are right for you.

Learn more at canadianfeedthechildren.ca/ways-to-help/plan-a-gift/

HOLISTIC AND HEALTHY:

Balanced Diet Education

In Ethiopia, district health educator Mizaki has seen how communities empowered with knowledge of nutrition can overcome long-held, unhealthy food practices. No longer is it standard to overboil greens and deplete their nutrients, he points out, or taboo for women to eat chicken.

But energy deficiency and a lack of diversity in meals, have remained common issues. And Tizita, a nurse who specializes in children's nutrition, often sees young patients with anemia.

"The community has very little understanding of the concept of balanced diet," she says. "I thought it was very important to create awareness about nutrition."

When our community partner in Ethiopia, Emmanuel Development Association (EDA), came to her health clinic looking for an expert to do just that, Tizita took on the assignment.

An impressive 227 households attended a Balanced Diet Awareness event. Afterwards, women's REFLECT groups were organized to encourage further discussion with a focus on meal diversification.

Aberash and Chaltu are both mothers of three. They were among many in their group who had assumed that meal planning and food diversity were possible only for the wealthy.

"But now, after my education," says Aberash, "I have been able to make a balanced diet from a mixture of different types of vegetables and cereals found in our area."



Aberash and her children, Ethiopia

"The food we prepare now is very different," notes her 16-year-old daughter Sitota. "After she attended the balanced diet training, our meals started diversifying."

Aberash is most pleased to have learned to combine various grains in making porridge or gruel. *"There has been a change in my children's growth and health. They are not susceptible to disease as they were before, and their appetite is opened,"* she says, results she attributes to her simple change to multigrain cooking, and adding easily found vegetables to her family's meals.

Chaltu agrees, recounting how her three young sons are now stronger, happier, and better able to fend off infectious diseases. *"My children are not bored of eating the same meals menu repeatedly. Instead, they enjoy eating a diversified and balanced diet."*



Chaltu and her son, Ethiopia

Several program participants have told Tizita that *"Previously, we only feed our children to fill their stomachs, but now we feed our children with balanced food without spending too much"*—and that their children *"show health, physical change, and are happy."*

She notes that *"Working on ensuring the usage of balanced diet is about working on creating healthy community. And when it comes to early ages of children, it determines the future of children. I am passionate to change the lives of children and protect their future as much as I can."*

Your generous support ensures these programs can continue. Thank you for walking alongside communities on the path toward a more nourishing future!

NOURISHING AND CONNECTING FAMILIES:

Traditional Recipes Passed Down with Love

When Rose learned how to make kalo (millet bread) as a child, she followed a recipe that has been passed down for generations. Today, her 14-year-old daughter Prisca, a CFTC Child Ambassador, prepares kalo with flour made from cassava and sorghum grown in the family's own garden.

Kalo is exceptionally common in Uganda, but like other traditional dishes, its power to nourish and connect families is profound.



Rose and Prisca, Uganda

"Passing on the knowledge to another generation is my honour," says Rose. She tells us that making the bread sparks memories of her grandmother—and Prisca shares that she also thinks of her grandmother when kalo is served.

Prisca shares her family's kalo recipe: *"Start by boiling a given amount of water in a saucepan. Measure the amount of millet flour that will be enough for the family, pour in the saucepan of boiling water, and mingle until there is no trace of the flour."*

"Then we enjoy our meal as a family," says her mother. They savour its age-old sustenance from one communal plate.

It's moments like these that illuminate how family threads, not bound to time and space, weave a sense of security and belonging for children like Prisca.

With this secure foundation, her ability to flourish is helped tremendously by the CFTC family, including supporters like you, whose donations provide school materials and meals, and bolster her parents' capacity to farm.

Getting to Know You

An exciting update is coming soon about our shared roadmap for community partnership. Stay tuned! In the meantime, we'd love to hear from you. Would you kindly fill out our survey?



Complete the survey by scanning this QR code or visiting our website at canadianfeedthechildren.ca/survey. Your input will help guide us as we grow forward—together.



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SPRING 2025

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