

LEARNING HOW LAND PROVIDES:

Students grow food and community values

Darcy is a teacher and the new principal at Mah-Sos School in Tobique First Nation, where a strong, community-led nutrition program, supported by Kinvia donors like you, ensures that students have access to healthy breakfasts, snacks, and lunches every school day.

She understands the realities of making sure children and families are well-fed and nourished. Darcy's own two children are among the 120 students reaping the benefits of the school program's meals and its land-based activities, including helping to plant a new garden.

"Students enjoy outdoor learning experiences and are excited to spend time in the garden," she says. "[The activities] help teach our students and children the importance of being able to grow your food, harvest, and eat it."

They also reinforce the traditions and values of the Indigenous Peoples. As the students plant peas, tomatoes, cucumbers, and Swiss chard, they learn *"to see the importance of being able to provide food for one another. It helps foster a sense of community by being able to share with others."*

The garden and outdoor activities are fertile ground for connecting with the land, as well

as with Indigenous traditions, Elders, and organizations. For example, a partnership with the Wolastoq Education Initiative—a First Nations-run nonprofit organization that delivers programming in STEM and Indigenous culture—helps maintain the garden during the summer and provides summer programs for the students.

Darcy notes, *"Having people come in and share their recipes and their traditional knowledge is key for keeping our culture alive."*

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Tobique First Nation

So when the time came to forage for fiddleheads, a traditional food, Darcy helped arrange a field trip for her students and invited a local Elder to help with a cooking class.

“Foraging from the land teaches our students that the land provides for us and helps connect us to our traditions.”

At the close of the cooking class, students asked if they could bring leftover fiddleheads home for their parents and grandparents—a sign that they are carrying forward lessons of cultivating food, traditions, sharing, and connection.



Darcy with her students, Tobique First Nation

Little bites, big impact

In 2025, your generosity made a meaningful difference! Here’s some of the ways you helped children and communities.

In Bolivia, Ethiopia, Ghana, and Uganda:

-  4,680,167 meals and snacks provided to 14,063 children
-  834 adults and 468 students received training on nutrition, food use, or cooking
-  11,660 students participated in afterschool clubs and/or gender equality awareness events

In Indigenous communities across Canada:

-  390,281 meals and snacks provided to 1,850 children through school food programs
-  417 home, community, and school gardens supporting 688 families and 1,080 students
-  2,098 people participated in traditional/land-based learning practices

Would you like to celebrate spring by making even more impact? Give a Best.Gift.Ever!



A goat to help a family earn income and improve nutrition



School meals so children in Canada are nourished and are ready to learn



A period kit so a girl can stay in school and thrive



Clean drinking water so children stay healthy

Visit bestgiftever.ca to give a gift today.

Photos (top to bottom): Uganda, Elsipogtog First Nation, Uganda, and Ghana

YOUTH IN ACTION:

Laying an enterprising path



Ethiopia

What gets hatched when young people gather in a REFLECT group focused on employment, training, and purpose? For one youth-led group in Southern Ethiopia, it was chickens, chickens, and more chickens!

NURTURING CHANGE:

Support a child, strengthen a community

Breaking the cycle of poverty across Uganda takes sustained investment in health, food security, and education, with community know-how leading the way. Thanks to your support, Julius’ family is one of many building a pathway out of poverty.

Julius began primary school determined to learn, even as he faced obstacles in his community such as hunger, financial strain, and chronic illness. Over time, he joined a class supported by Kinvia’s child ambassador program. With consistent support—including school supplies, uniforms, and regular, nourishing meals—Julius began to thrive.

Meanwhile, his parents received training and agricultural support to enable them to climate-proof their farm processes. This gave Julius’ family a sustainable economic and nutritional framework for shaping their journey out of poverty. Adoption of the farming methods also spread through their community, enabling neighbours to improve their families’ income and food security.

Julius achieved good grades and was accepted into a nursing program. When he completes the program

By working with local officials to secure land and develop farm facilities, this group of young people was able to establish an enterprise that they now self-govern—a steadily growing poultry farm that provides permanent jobs for five youth in the community.

The farm currently houses 2,000-day-old chickens. Having generated an income of ETB 50,000 in its first year, it now brings in that amount or more every 45 days. In addition, the group participants’ individual income has doubled.

With poultry from the farm being distributed widely in the district, the surrounding community is also a part of this collective journey—along with Kinvia supporters like you, whose generosity helps make results like these a possibility. To date, over 100,000 local community members have benefitted from the youths’ enterprise.

this year, the door will be open for him to use his advanced knowledge and skills to help strengthen the health of his fellow community members.

With seeds of improved health and sustainability taking root, today Julius’ entire community is moving forward on a path toward a brighter, more nourishing future with you by their side.



Uganda

The strong foundation provided by Kinvia’s child ambassador program in Uganda spurs students like Julius to academic success.



MAY IS LEAVE A LEGACY MONTH

Legacies carefully tended today can provide unwavering support far into the future. To learn how a legacy gift can make a lasting impact for children, families, and communities, please contact Fawad Iqbal at 1-800-387-1221 ext. 245 or email fiqbal@kinvia.ca. We’d be honoured to help you make meaningful decisions aligned with your values and wishes.

ROOTED IN KNOWLEDGE-SHARING:

Impacts keeps branching out



Participants attending a plant clinic day in Uganda

After Gladys learned valuable gardening techniques while volunteering at an early childhood development centre in Uganda, she brought that knowledge home and applied it in her home garden—and the results were significant.

Her well-managed garden became a reliable source of food for her family, producing plentiful leafy greens and vegetables that improve her family's dietary diversity. She started supplementing the family income by selling her vegetables, raising her monthly income by more than 220%.

But the impact didn't stop there. It broadened as Gladys began using her garden as a training site for others. The dozen-plus women she taught to grow vegetables not only transformed their own gardens and income potential, but also went on to train an average of four other community members each.

As each wave of trainers teaches others, exponentially more families in Gladys' community will reap the

bounties of a productive home garden, including more nutritious food on the table, greater income from selling produce, and enhanced ability to afford opportunities that support their children's health, safety, and self-realization. **Like roots spreading far and wide, the effects will only continue to multiply, making the community stronger and more self-sufficient.**

Share Your Feedback

At Kinvia, we want to connect with supporters like you in ways that are informative, respectful, and meaningful.

Would you take a few moments to complete the enclosed survey? Your feedback will help us better understand your preferences.

We'd love to hear from you. Thank you!



40 years of trusted, community-led impact.

We welcome your comments and questions, and look forward to connecting with you.

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SPRING 2026