



Program Accomplishments in 2016

With the help of our many sponsors we have been able to start making a difference in the lives of our participants. In the first year the program has accomplished:

- Registered 236 families in the program in Oct 2015
- Provided each family a good food box, hygiene box, cleaning supplies box and toy for each child 12 and under in Dec 2015
- Started the Good Food box program in Feb 2016 for all registered families that requested the service
- Additional hygiene and cleaning supplies given out in April 2016
- Established a Good Food Market in the summer of 2016, giving participants access to additional fresh fruit and vegetables at a lower cost than the grocery store
- Provided school supplies for all children going into grades 7 – 12 at the beginning of the school year
- Set up and run Karate classed for children aged 6 – 12 for 16 weeks
- Provided access to free fitness classes for program participants
- Provided an ongoing support yoga class for those working with anxiety, stress and depression

Goals for 2017

We are excited with how far we have come in a year. Over the next year we are counting on your help to complete the next phase of development of the program. Over the next year we hope to be able to:

- Provide an extra Good Food box to each family as well as a hygiene box, cleaning supplies box and toys and books for the children in Dec 2016
- Continue to provide the Good Food box to each family and increase the frequency of the box throughout the year
- Continue to research and notify families with information about job fairs, training opportunities and any other opportunities we can find to help our families
- Provide more opportunities for the children in our program
- Provide skills training to our families to build their skills and confidence and therefore help them find a job
- Begin and facilitate support groups and workshops such as: access to dental and mental health care, income tax clinics, improving self-image, and many more....
- Building a community garden and community kitchen in association with our partners at the Churches by Bluffs Food Bank