



**Food for Thought** aims to eliminate hunger, one child at a time. Our mission is simple yet impactful: to nourish young minds. We understand the crucial link between proper nutrition and a child's ability to focus on their studies, engage in activities, and thrive in their learning environment.

The reality is that 1 in 5 children live in poverty. Every school day, over 5,900 children in the Central Okanagan are at risk of going to school hungry. Consistent food insecurity impacts growth and development, often causing children to struggle in school.

Lack of proper nutrition affects children in various ways at school, reducing attentiveness and increasing poor behavior. Through our efforts, we ensure that more children receive the nourishment they need to succeed and thrive.



The Central Okanagan Food Bank invites you to become a part of this amazing program to make a difference in the lives of so many children.

## AT-HOME BACKPACK PROGRAM

Outside of school, children in food-insecure households often don't eat properly-or at all.

The Food for Thought Backpack Program provides food for children to take home and share with their families. You can help us feed hope to the impossible realities of hunger. It costs approximately \$30 to fill a child's backpack with nutritious food for the weekend. We are looking to secure funding for the ever increasing requests for backpacks.

Well-nourished children have an equal chance to learn and succeed. This program ensures students are fed through the weekend so they can return to school on Monday with full stomachs.



**\$30 TO FILL A BACKPACK**

**\$2 PER BREAKFAST MEAL SERVED**

## BREAKFAST PROGRAM

Having a nutritious breakfast helps children reach their full potential. The Breakfast Program operates in over 40 schools in the Central Okanagan: in Lake Country, West Kelowna, and Kelowna.

BC has one of the highest child poverty rates in Canada with approximately 20% of children living under the poverty level. Our Food Bank plays a vital role, helping families who depend on school breakfast and snack programs to meet their child's nutritional needs.

The Breakfast Program ensures that all students have reliable access to nutritious food in a safe and supportive environment. This has been shown to help positively impact health and learning.



# RESCUING FOOD, NOURISHING FUTURES

With the recent integration of Food for Thought into the Central Okanagan Food Bank, we aim to amplify our efforts and reach even more children in need.

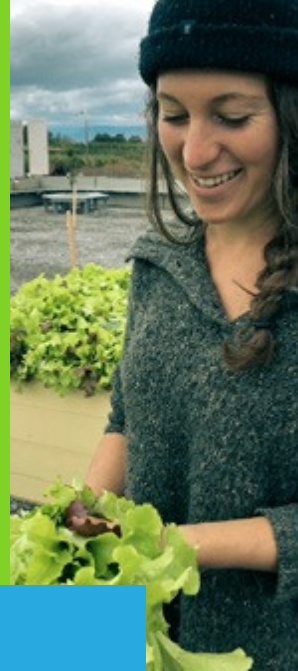
COFB's Food Rescue program is a cornerstone of our operations. We are committed to rescuing food from retailers that, while not saleable, are still safe, nutritious, and delicious.

The rescued produce is transformed into a variety of satisfying and healthy snacks for children.

From smoothie packs and soups to fruit snacks and freezer meals, our creative culinary solutions ensure that rescued food is used to its fullest potential, providing enjoyable and nutritious options for students.

This not only supports our school meal program but also contributes to a more sustainable and resilient food system.

Together, we are making a meaningful difference in the lives of children, ensuring they have access to healthy and enjoyable meals while promoting environmental responsibility.



## Take a Bite Out of Hunger

To become a hero for hungry kids, donations can be made in support of our projects. You will receive a charitable tax receipt from the Central Okanagan Food Bank for any donation of \$20 or more.

[cofoodbank.com/foodforthought](http://cofoodbank.com/foodforthought)

## NOURISHMENT TO GO: WHAT KIDS TAKE HOME



### SAMPLE MENU

1 CAN TUNA  
1 BAG OATS  
1 CAN CORN  
1 BAG PASTA  
1 CAN PASTA SAUCE  
1 BELL PEPPER  
6 FRUIT SNACKS  
3 APPLES  
1 PACK BAGELS  
1 LOAF BREAD

Backpacks are meant to supplement a family in addition to obtaining other groceries and as such not every ingredient in a full meal is included.

### EXAMPLE MEALS OR SNACKS

BAGEL WITH PEANUT BUTTER & APPLE  
OATMEAL WITH APPLE & CINNAMON  
TUNA SALAD SANDWICH  
PASTA WITH PEPPER  
FRUIT SNACKS AND APPLE SLICES

## PARTNER/SPONSOR RECOGNITION

The Central Okanagan Food Bank needs many partners, supporters, and funders to make our programs run. Everyone plays a unique and critical role.

**WE ARE SEEKING CORPORATE SPONSORS TO HELP US NOURISH OUR COMMUNITY & FEED HOPE.**



## VOLUNTEER OPPORTUNITIES

We believe that feeding futures is a community effort, and we are thrilled to invite corporate volunteer groups to be a part of our school meal program.

Your involvement not only supports our mission but also offers your employees a rewarding experience, strengthening team bonds and contributing to a meaningful cause. We welcome your corporate group to join us in making a lasting difference in our students' lives.