



**FOOD & Friends Program**  
DUFFERIN • WELLINGTON • GUELPH

## What is Live Free?

Every day, many children in our community live without basic necessities that many of us take for granted. Often these children arrive at school without the proper nutrition they need to help them focus in class. Put simply, they are too hungry to learn.

From January to March each year, student nutrition programs funded through Children's Foundation Food & Friends take part in the Help Kids Live Free From Hunger Campaign, raising funds to provide nutritious food for the children that need it in Dufferin, Wellington and Guelph.

***Last year, 104 student nutrition programs took part to raise over \$80,500 to help kids live free from hunger!***

## Alma P.S.'s Snack Bin Program:

At Alma P.S., students benefit from the Live Free Campaign as funds are used to support our school's Snack Bin Program. Each day, all students have access to the 'snack bin'. The snack bin is stocked with a variety of nutritious items for those in need of extra food throughout the day. Examples of snack bin items available to all students in need are *hard boiled eggs, fresh fruit, yogurt tubes, cereal mix, granola bars, etc.*

## Ways to support our Snack Bin Program:

- Direct financial contribution through School Cash online
- Send in one or more items being collected to create our popular cereal mix and/or boxes of granola bars (see other side for approved items - all items must be peanut free)

**Donations will be collected from  
Tuesday, March 3rd to Thursday, April 2nd**

The class with the most items donated and/or funds collected will win a class prize, TBA!!

## Items for cereal snack mix:

- Life (Original or Cinnamon)
- Chex (Rice or Cinnamon)
- Shreddies (Original)
- Goldfish (Whole Grain)
- Breton Bits (Original)
- Cheerios (Original)



Thank you!

## Granola Bars (peanut and chocolate free):

- Examples:
  - Quaker Chewy Super Grains
  - Compliments Chewy Apple Berry
  - Kashi 7 Grain with Quinoa

