



GIVE UP TO GIVE : Live Free Factsheet

The **Children's Foundation Food & Friends Program** currently supports 103 breakfast, morning meal, lunch or snack programs in Wellington, Dufferin and Guelph. Our mission is to empower children and youth by connecting families with opportunities to build hope for lifelong change and break the cycle of poverty.

Many children go to school unprepared to learn. They have not had the right nourishment, which makes it difficult to focus. Numerous studies have shown that children who are hungry do not perform as well as others in school. Our programs help children reach their potential.

Food & Friends, along with 2,100 volunteers, provides healthy meals to more than **16,000** children and youth.

Friday, March 2nd is Help Kids Live Free from Hunger Day. Challenge your students to give up something for one day that they may take for granted and then bring in a toonie to donate to the Live Free Campaign to support your own student nutrition program in feeding hungry children/youth.

Include the concept of 'Living Free' in your lesson plan to encourage discussions on the meaning behind the campaign and to brainstorm ideas of what they could live free of.

Suggestions of Live Free promises:

- Chocolate
- Watching TV
- The use of an arm for the day
- Dessert
- Talking
- Cellphones
- Computer / iPad time
- Treats

After every student has decided what their **Live Free Promise** is, provide them with a Promise Card to fill out. Display the filled out cards in your classroom or in the hallways.

Remind students to **bring in a toonie** on March 2nd as a symbol of what they're living free of.

Every dollar raised by the Live Free Campaign will be used to support the student nutrition program run at your school.

Core funding is not enough to maintain the student nutrition programs at your school. Each school is expected to help support and raise funds for their own program. Without participation in the Live Free

If you have any questions about Live Free, contact Kasia Rusiniak at kasia@childrensfoundation.org.

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