

Dear GCVI Families,

Guelph Collegiate Vocational Institute and The Children's Foundation of Guelph and Wellington are working hard to meet the growing need in our community, and that includes fighting food insecurity through our [Help Kids Live Free From Hunger "30 in 30"](#) campaign. 100% of the funds raised between February 2nd - March 4th will go towards providing healthy meals to students through our **GCVI Food for Thought** program. With your help, we can continue to provide meals for our community.

This year, the need is greater than ever. Due to the COVID-19 pandemic, 1 in 3 children may experience food insecurity, and with rising food costs a healthy Food & Friends meal can cost an average of \$3.40 compared to \$1.85 a year ago.

The Children's Foundation of Guelph and Wellington is challenging community supporters - businesses, organizations, and individuals - to make an impact on the lives of local children and youth by helping us meet our region goal of 30,000 meals. We hope you'll join us in this challenge and help support those in need within our GCVI community.

Campaigns like [Live Free](#) help us continue to meet the growing need within our community and ensure those most in need feel supported. Please Click here to donate to [Live Free](#). You may choose a specific Food & Friends Program or donate to help the most in need.

**Thank you for helping us continue to support our community
in times of need!**

With Gratitude,

GCVI Food for Thought Committee