



Live Free Parent/Guardian Letter

Dear Harris Mill Families,

Harris Mill and The Children's Foundation 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 campaign. 100% of the funds raised between January 8th and March 1st will go towards providing healthy snacks to students through our Harris Mill Food & Friends student nutrition program. With your help, we can continue to provide healthy snacks for our school community.

This year, the need is greater than ever. 1 in 5 children may experience food insecurity, and with rising food prices a healthy Food & Friends meal can cost up to \$2.50.

Campaigns like [Live Free](#) help us continue to meet the growing need within our school community and ensure those most in need feel supported. Please refer to our school cash online to donate to our school's nutrition program. You can also [Click Here to Donate](#) to make a donation to our school's Live Free campaign through the Children's Foundation, if you would like a tax receipt for donations of \$20 or more. Please remember to select our school from the drop-down list so that your donation will be directed to our school's nutrition program.

Our Nutrition program is available to all students! Maybe they forgot their lunch or are going through a growth spurt and require additional food, or maybe they would like to try the new food we are offering. For whatever reason, there is always food available to our students, so please encourage them to use the program if they would like to.

On February 29th, 2024, the Nutrition Program is having a "PJ & Pancake Day". We are asking students to bring in a toonie to help support the program if you are able.

We hope you'll join us in bringing healthy food to hungry minds!

With gratitude,

Harris Mill

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