



Taking Action to Feed and Care for Kids

Did you know that 1 in 6 Canadian children do not know where their next meal is coming from? Each day these kids face the school day on an empty stomach because there just isn't enough in the fridge at home.

Brown Bagging for Calgary's Kids (BB4CK) feeds hungry kids. We partner with 2/3 of Calgary schools to provide healthy lunches to kids who would otherwise go hungry. More than that, we are an advocate for social change. We believe that the only way to truly end childhood hunger in Calgary is for our community to take action - we work to inspire and support communities to feed and care for kids.

Everyone can take action and make a difference in their community! Here's how you can get started:

- At the next parent council meeting, let your school community know there are children in their school, possibly in their child's class, who are coming to school hungry. Look to these parents for strengths and talents they can share. Welcome all who would like to help, be flexible and creative, and set up a program that will make a difference and feed kids - helping them to grow, learn, and play!
- Create a sharing table, pantry, or fridge - supervised by a member of school staff, school families/ students can bring in extra food to contribute to the sharing table. Students who need food can choose items for lunch from the table with the help of the supervisor. Non-perishable snack items are recommended as extra items can be kept for future need.
- Become a lunch buddy! Families who would like to help can send an extra lunch or non-perishable snack items to the school on a rotating basis. Any extra non-perishable snack items can be kept for future need.
- Investigate connections with local markets, bakeries, and grocers to determine if they have an in-kind donation program that can support your school or community group feeding kids. Try local, independent locations first then consider chain stores in the area. Local small businesses are usually excited to find new ways to support their community.
- Involve your community and school community/parent council in a food drive to directly impact children in their neighborhood schools. Find our wish list and learn more about planning a snack drive at www.bb4ck.org.
- Fundraise. At your next celebration (birthdays, holidays, weddings, etc.), ask for donations to feed kids instead of gifts. Host an event, organize a bake sale, add a giving component to your company, create art, the possibilities are endless as to how you can raise funds to feed and care for kids!
- Your actions make a big difference in the lives of Calgary kids! Share your ideas and discuss the many ways to help feed kids with us.

If you'd like to get involved, please e-mail info@bb4ck.org or call us at 403-264-7979.