

Name: _____

Turn me over!

Age: _____



Be A Hero For Hungry Kids

Hey Superhero!

My name is Sofia. I'm a Superhero here at Brown Bagging for Calgary's Kids. I'm here to help make sure that ALL kids get enough good food to eat.

Did you know?

It's hard to focus, and be kind, when you're hungry!

Why?

Food helps us to grow - it helps us to focus in school, it helps us to be nice and make new friends. Without enough food it's easy to be angry, frustrated and unkind. I'm BB4CK's Superhero for Mental Health. It's my job to make sure that every kid has enough food to eat so that their brains can grow and be strong and healthy.

But I can't do it alone - we need your help too! By helping us with this colouring, you are putting your hand up to help, and we need more of that. So don't forget to ask your Mom and Dad to leave a donation when you take a photo of your artwork to send to us!

Good luck, you incredible colourer!

Superhero Sofia

Hey parents! Thank you for helping your kids be Heroes and entering them into our 'Be a Hero for Hungry Kids' colouring contest.

Please consider donating on your child's behalf when submitting their entry. Your donation helps us continue to support Calgary's kids who need Heroes, like you.

Give today and Be a Hero for Hungry Kids - let's work towards our vision of communities ensuring no kids go hungry.

To donate, please visit: www.bb4ck.org/take-action/

To submit your child's work, please scan (in colour!) or take a photo of the front page, and email it to: jana@bb4ck.org. You can submit one colouring or drawing per superhero (each week). Please include as many details or stories as you'd like. We would love to use these images in our stories here at BB4CK. If you would prefer we did not use them, please let us know when you make your submission.

All submissions must be received by: Sunday October 4th, 2020.