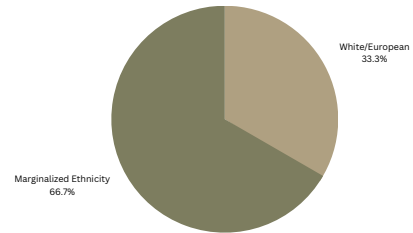
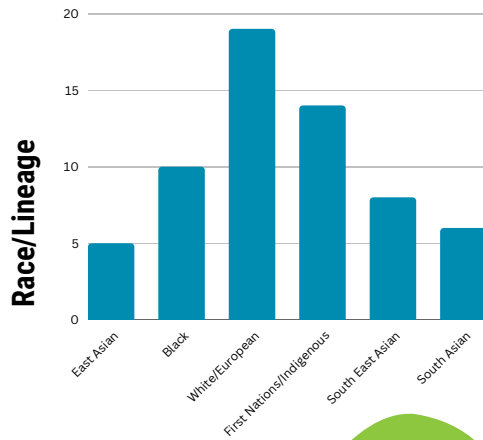
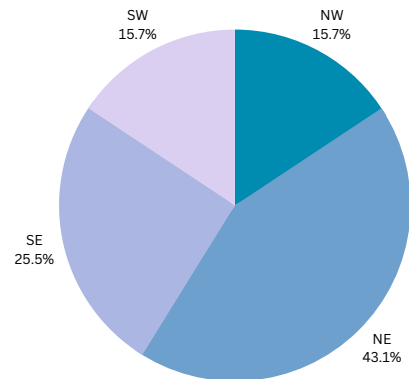


# FOR TO WITH

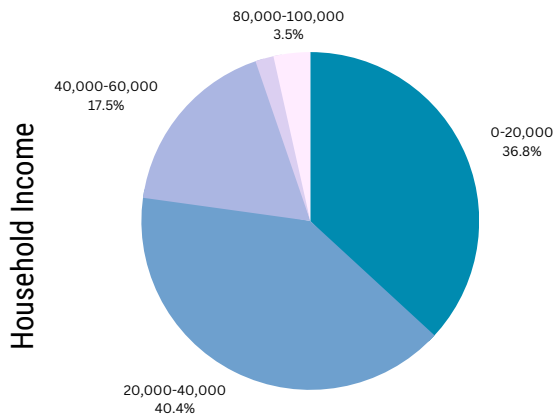
## DEMOGRAPHICS



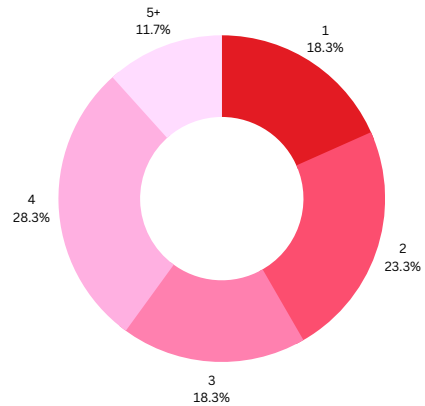
This pilot is serving a disproportionate ratio of racialized families, which emphasizes the importance of prioritizing a decolonized approach to engaging with families due to the historical marginalization that they may have experienced.



City Quadrant

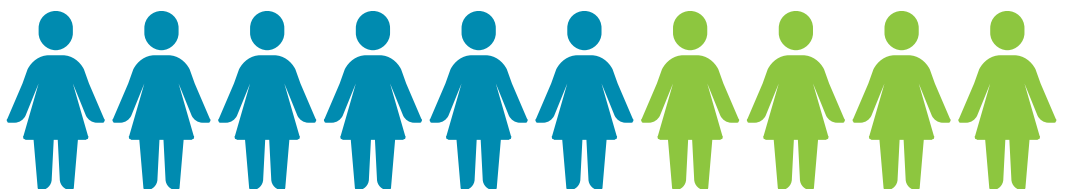


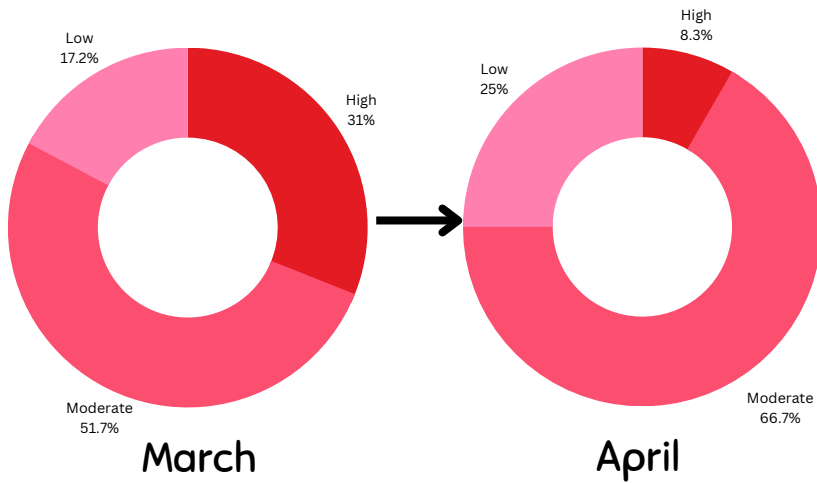
Household Income



Number of School Age Children

60% of families are single parent households





# Perceived Stress Scale

The **Perceived Stress Scale (PSS)** is a classic stress assessment instrument. The questions in this scale ask about the families' feelings and thoughts during the last month, to determine their stress levels relating to food.

"Yes, a lot. I am not as stressed about providing for my kids or how im going to manage to pull off keeping food on my table along with paying the bills and rent and also it then gives us the ability to go somewhere fun together spend some "family time" like this month I am able to take my kids to see the new Mario movie.. it's been years since I've been able to afford to go to the movie theater "

-Anonymous

"The grocery gift cards take away that stress of me worrying that we don't have food in the fridge for my kids to eat. I feel good knowing my kids had breakfast and can take a lunch to school and that we can actually make dinners."

-Anonymous

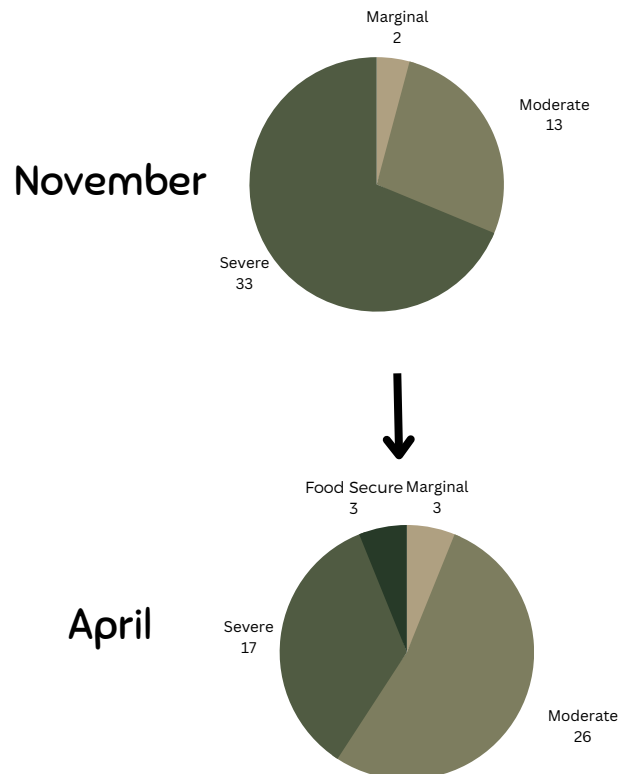
"Absolutely. We aren't stressing over every little price and what we have to put back once we get to the till"

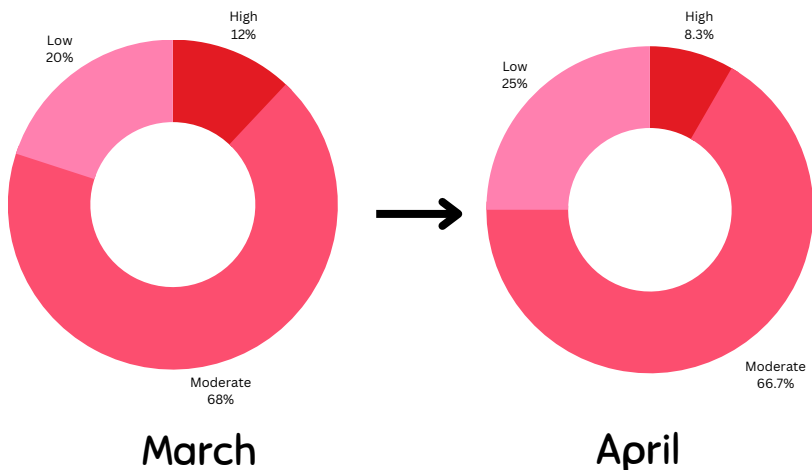
-Anonymous

# Food Security Scale

We measure this using the same metric the the Canadian Household Food Security Survey utilize

## Food Insecurity Spectrum





## Perceived Stress Scale

The **Perceived Stress Scale (PSS)** is a classic stress assessment instrument. The questions in this scale ask about the families' feelings and thoughts during the last month, to determine their stress levels relating to food.

This month we have had significant shifts in High Stress Individuals and Low Stress Individuals

"Yes, a lot. I am not as stressed about providing for my kids or how I'm going to manage to pull off keeping food on my table along with paying the bills and rent and also it then gives us the ability to go somewhere fun together spend some "family time" like this month I am able to take my kids to see the new Mario movie.. it's been years since I've been able to afford to go to the movie theater "

-Anonymous

"The grocery gift cards take away that stress of me worrying that we don't have food in the fridge for my kids to eat. I feel good knowing my kids had breakfast and can take a lunch to school and that we can actually make dinners."

-Anonymous

"Absolutely. We aren't stressing over every little price and what we have to put back once we get to the till"

-Anonymous

**4.82 Stars**



Family Rating of process of receiving cards

# Families Say

## Brief themes quotes from the Family Survey

My son waits every month for the cards and he only goes with me when I am going to do grocery shopping on cards. He feels super excited and love to do grocery when he has cards because he thinks cards are only for him so he can pick whatever food he wants.

My daughter really enjoyed buying all the ingredients needed for a science experiment (baking cookies!). She's noticing the price difference in sizes of products and name brand products being more expensive. I'm thankful we have an educational experience with her through this.

My children are always SO excited when I receive the grocery gift cards and they immediately want to go grocery shopping and help me pick out the best priced, healthy foods that they love to eat!!

We can eat, feel healthy and energetic, they help us in knowing we won't be hungry and that we can buy the foods we eat and things we need, such as toilet paper and laundry soap.

My family really depends on these gift cards because if we didn't have them we definitely wouldn't be able to buy what we can now with the gift cards, like fruit and vegetables, especially now that are rent went up a lot.

Children are free from food worries and concentrate on their studies as they become emotionally relaxed I'm learning why social work is necessary Children ask questions about why they feed their children and find the answer, and there is a very direct and realistic learning effect





BROWN BAGGING FOR  
**Calgary's Kids**  
bb4ck.org

# BLACK BEAN BROWNIES

**CHOCOLATE**

- 1 cup of rinsed and drained black beans
- 1/2 cup butter
- 2oz (60g) unsweetened chocolate
- 1/3 cup whole wheat flour
- Pinch of salt
- 2 large eggs
- 3/4 cup sugar
- 1 tsp vanilla
- 2/3 cup chocolate chips

**MAKES A DELICIOUS  
(AND NUTRITIOUS)  
BROWNIE!**



In a small saucepan set over very low heat, melt the butter and unsweetened chocolate, taking care not to let the mixture burn. Whisk to combine, then remove from the heat and let cool for a few minutes. In a medium bowl, whisk the flour and salt together and set aside.

**PLUS LOVE**

Place the beans and the cooled butter/chocolate mixture in the bowl of a food processor, and process until very smooth, scraping down the bowl once or twice. Add the eggs, sugar, and vanilla; process again until combined. Scrape the mixture into the flour mixture and fold gently leaving streaks of flour still visible. Pour into lightly buttered 8-inch square pan, and smooth the top. Bake at 350 for 28-30 minutes; the batter should no longer jiggle when the pan moves, but any toothpick will be chocolatey. Let cool before cutting out of pan.

Recipe edited from "Spilling the beans- Julie Van Rosendaal & Sue Duncan"

**NUT FREE!**