



MILLENNIUM CAMPAIGN

VOICES AGAINST POVERTY



International - United Nations Millennium Campaign

Canada - Make Poverty History
Calgary - Children Without Poverty

CHILDREN WITHOUT POVERTY Monthly Newsletter: September 2006

www.millenniumcampaign.org
www.millenniumpromise.org
www.makepovertyhistory.ca
childrenwithoutpoverty@yahoo.ca

Please do your part.

The millennium campaign was created in 2000 by the United Nations to eradicate extreme poverty & hunger by 2015.

Please help. Please read on to help and wear a white band to show your support. White bands are available for \$1 from www.millenniumcampaign.org or by emailing childrenwithoutpoverty@yahoo.ca.

“Ignite the fire in others,
for at the end of the day,
it is people, not strategies,
that change the world.”

– Author Unknown

Did you know?

- More than 1 million children in Canada live in poverty (15.5%).
- 11.7% of children in Calgary live in poverty.
- 16.4% of Calgary seniors live in poverty.
- 30.4% of single parent families live in poverty in Calgary.
- 11.9% of Calgarians live in poverty (\$24,180 for a family of 4).

What do you know about the Community Kitchens Program of Calgary?

The impact of the Community Kitchens Program in Calgary in 2004:

- \$1.5 million dollars of cost savings back into the community.
- 8,765 Good Food Boxes delivered and 106,722 clients served.
- 206 tonnage of food into the community.
- 58,589 children fed.
- 38,628 adults fed.
- 90,934 meals prepared.

With five programs the Community Kitchens Program of Calgary assists Calgarians through:

Community Kitchens - At a community kitchen, eight or more people meet and plan a 14-day menu based on "specials" advertised in major food store flyers as well as foods available from local wholesalers. The cost to cook the 14-day menu is determined and divided between the participants based on the numbers of portions each requires. Each participant pays for their share of the food. The Community Kitchen Program shops for the food and delivers it

CHILDREN WITHOUT POVERTY is not a registered charity. Please donate to the charity of your choice. We recommend: www.millenniumpromise.org (not a registered Canadian charity), www.tear.org (not a registered Canadian charity), www.calgaryfoodbank.com.

to the local community kitchen. Participants then meet on a specified cooking day to prepare the 14 main course meals. Homemade soups for lunches and pancakes or muffins for breakfast are optional. After preparation is completed, individual family portions are packaged and taken home to be frozen for use over a two-week period.

Souper Stars - The Souper Stars Program teaches children in grades 4 to 6 how to attain a safer and healthier lifestyle. The program covers personal hygiene, basic nutrition, kitchen and food safety, grocery shopping, etiquette and vegetable and lunch preparation. In a series of eight classes taught in ten Calgary public and separate schools each semester, children actively participate in simple food preparation, learn how to make healthy food choices and to feel more confident in the kitchen. The program is designed to build self-esteem in children by affirming, edifying and equipping them with life skills and confidence in their personal abilities. Group dynamics, social skills and positive self-image are developed along with their nutritional education.

Tummy Tamers - Tummy Tamers is one of the very few initiatives in Calgary that provide a feeding program specifically designed for children over the months of July and August. Children ages 6-12 in low income communities frequently depend on school-based feeding programs. Tummy Tamers provides them the opportunity to have a hot lunch throughout the summer. Tummy Tamers is able to continue making a difference in the daily lives of children participating in Park N' Play day camps provided by the City of Calgary. Along with feeding the children either a hot lunch or snack, Tummy Tamers teaches the children about nutrition and the value of a healthy, active lifestyle.

Good Food Box – The Good Food Box runs like a large buying club with centralized buying and co-ordination. Once a month individuals place orders for boxes with volunteer coordinators in their neighbourhood and receive a box brimming with fresh, tasty produce. Customers pay \$10, \$15 or \$20 for their box, depending on the version that they choose. Each box contains the same mixture of food, though the contents change with each delivery, depending on what is in season and reasonable at the time. Good Food Box truck drivers deliver the boxes to the neighbourhood drop-offs, where the local volunteer coordinators ensure that customers pick-up their boxes.

Spinz Around – Is a “food rescue program”. When a retail establishment has an excess supply of perishable goods they call the Community Kitchens Program of Calgary to “rescue the food”. The Community Kitchens Program of Calgary then sorts through the food and “spinz around” the useable food into the community through various organizations and agencies throughout the city supplying low income families and those in need with wholesome food products.

For more information on the Community Kitchens of Calgary Program why don't you visit their website <http://www.communitykitchenprogram.com/index.htm> and see where you might be able to help out locally with our goal of eliminating world hunger!

- **Tired, just plain tired of the ‘hands in your pockets’ wanting your money, and the people at your door wanting your time?** Remember that many companies will match your donations. This helps you give less, or it doubles the good you can do. Either with the United Way Campaign in the fall or year round. Also note, you can give to whatever charity you want through the United Way – it does not have to be a United Way represented charity. You should be able to direct funds to the Food Bank through the United Way and have those monies matched by your company.
- **Carla Mohler-Specht** is working with teachers in Calgary schools to integrate the grade 3 curriculum, where children in Alberta are already discussing geopolitics around Poverty, with the United Nations Millennium Campaign. If you know a teacher interested, get them in touch with Carla: childrenwithoutpoverty@yahoo.ca.

To have people added or removed from the distribution list or to provide feedback, questions or requests, please respond to: childrenwithoutpoverty@yahoo.ca.

