



Healthy Start
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Dear

A young participant with a busy toddler and newborn told us she was struggling with food security and couldn't make an appointment for the food bank until the following week. One of our outreach workers dropped off a few meal bags (a bag of non-perishable food to make a meal), and the participant revealed that she had no idea how to cook a meal from scratch.



Healthy Start



She joined our weekly online cooking demonstration group, *In the Kitchen with the Dietitian*, where a Dietitian answers questions, prepares food and provides meal ideas to help busy families and those who are less confident in the kitchen. Over the next several months, her confidence and pride grew knowing she could make healthy meals for her children, and even made a few new recipes she discovered on our website. She shared the impact of being a Healthy Start participant:

"This program is a great source of information and support. I thought I couldn't cook but the dietitian gave me information, and now I'm eating healthier than I ever did before. I also didn't feel confident as a parent — you answered my questions and gave me support when I was feeling overwhelmed."

We continue to reach over 1,100 participants and their families through our virtual groups and, during warmer

months, at our outdoor "Come & Go" sessions in parks. Face-to-face events are incredibly important for many people who feel alone and isolated.

Your donation helps us assemble ready-to-cook meal bags, offer interpreting services to newcomers, and provide essential items such as diapers, hygiene products and basic kitchen items.

In January 2022, we will celebrate 25 years of serving our community — it's been an amazing journey filled with many wonderful moments and memories.

We hope this coming year will bring us all closer to seeing each other in person.

Best wishes for 2022,



You gave me great support when I was feeling overwhelmed!



Sheryl Bates Dancho
Chair, Board of Directors

Davorka Monti
Executive Director

Please accept my donation of \$.....

NAME	
ADDRESS	CITY
EMAIL	POSTAL CODE

To donate by **cheque**: please make cheque payable to Healthy Start for Mom & Me (envelope enclosed)

To donate online: visit hsmm.ca and click on the CanadaHelps.org or PayPal icon

Note: donations received by December 31, 2021 will be issued a 2021 charitable tax