



# Strathcona Backpack Program



*A  
community-  
based food  
access  
program for  
Strathcona  
families*

Strathcona Community Centre Association

## THANK YOU TO OUR DONORS!

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- **Many others...**

**Access to healthy food**

**Neighbours coming together**

**Community Leadership**

**Sharing skills and knowledge**

The Strathcona Backpack Program supports families' access to healthy food over the weekends, improving students' focus and participation at school on Mondays. It is largely powered by community volunteers and many of the participants step-up to help run the program themselves.

Every Friday, families are welcomed into the 'Backpack Program Market' where they select produce, yogurt, tofu and non-perishables to bring home for the weekend. Food is also packed for participating families that cannot attend the market themselves.

The 'Market' also hosts a welcome area where community members can visit with their neighbours over tea and snacks. Some share their talents and interests at a weekly sharing table.

In addition, the program includes community kitchen opportunities, access to food training and a leadership committee made up of program participants and volunteers.

Currently more than 180 low-income families with roughly 430 children benefit from the Backpack Program every week. This number is growing. If you are interested in getting involved, we would like to hear from you.

## CONTACT US:

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