



Emergency Food Support for KFL&A School Families

As you know, schools will remain closed to in-person learning until **Monday, January 17**. This means that some students will not be able to access in-school student nutrition programs for healthy snacks and meals that would be available to them if they were attending school in person.

If your family will be negatively affected by the two-week school closure and you could take advantage of additional food support for your student(s), you can apply to receive a *one-time Emergency Food Box* delivered by *The Food Sharing Project* to your door sometime between January 5 and 14.

The Emergency Food Box will include (subject to change):

- 1 loaf of whole wheat bread or bagels
- 1 block of cheddar cheese
- 1 dozen large eggs
- 1 tin tuna
- 1 jar peanut butter
- 6 apples
- 6 oranges
- 1 bunch of bananas
- 3 snack vegetables (broccoli, celery, baby carrots, red peppers, and/or cucumbers)
- 1 box regular Cheerios cereal
- 1 x \$25 PC brand grocery gift card to use for purchasing milk, and other healthy foods

If you would like to receive a *one-time Emergency Food Box* for your family, please do one of the following:

- Email foodbox@kingston.net and provide:
 1. Your family's name.
 2. Your full address (include any unit or apartment number).
 3. Your phone number.
- Call us at **613-530-3514** and leave a message with the following information:
 1. Your family's name.
 2. Your full address (include any unit or apartment number).
 3. Your phone number.

**Please speak clearly and slowly, so we are able to understand your message.*

Delivering your food box: Once we receive your request, we will schedule an afternoon delivery time as soon as possible between January 5 and 14. A volunteer will call you the evening before, at the number you provided, to confirm the delivery date and time.