



BRANT FOOD FOR THOUGHT

Hello Neighbour!

Brant Food For Thought knows that this is a difficult time and that many of the students that we have been supporting weekly are being affected by the loss of student nutrition programs due to school closures. That's why the staff at Brant Food For Thought have been working tirelessly for the past few weeks to redirect our resources to help children and youth in Brantford and Brant, and their families during the COVID-19 crisis.

Brant Food For Thought, with the assistance of Forte Produce, and in partnership with generous community emergency food relief partners, is very happy to provide you with this **Nutritious Food Box** to keep you and your children nourished during this stressful time. Although the schools are closed, students are expected to continue learning through online education portals, and we know that good nutrition contributes to a child's ability to learn, whether it's in the school setting or at home.

In your box, you'll find an assortment of fresh fruits and vegetables, dairy, eggs and grain products. What kind of creative snacks or meals can you and your family come up with to enjoy during your added family time together while nourishing your bodies? We'd love to hear what you come up with and how you're using your **Nutritious Food Box**. You can email us at judy@brantfoodforthought.ca or by mail to Brant Food For Thought, 446 Grey Street, Unit 103B, Brantford, ON N3S 7L6. Send us some pictures. Like us on Facebook or follow us on Twitter and Instagram @BrantFFT. Use the hashtag #BFFTNutritionBox.

All of us at Brant Food For Thought and our community partners hope you take a little comfort in knowing that your community is here for you during this uncertain time. After all, we're all in this together!

Stay Home - Stay Healthy!

The Staff and Board of Brant Food For Thought

We gratefully acknowledge the support of our generous community partners: Brant Haldimand-Norfolk Catholic District School Board, Grand Erie District School Board, Mon Avenir, Forte Produce, Lococo's, Brantford Food Bank, Salvation Army Brantford & Paris Food Banks, Brant Family & Children's Services St. Vincent De Paul, Burford Food Bank and our many friends and community contributors.