



March 24, 2022

School Lunch Program

The Mustard Seed is a charitable organization that seeks to eliminate homelessness and to reduce poverty where we serve. For the last 5 years we have been providing lunches for school children. In 2021 we made and delivered 66,774 lunches to 48 schools in Central Alberta. We have the program in Red Deer, Sylvan Lake, Innisfail, Bowden, Delburne, and Elnora. Each lunch consists of a fresh sandwich (children can choose from cheese, turkey, ham, pea butter and jam, jam and a halal option) a serving of fresh fruit, a serving of fresh vegetables and a treat like a home made cookie or granola bar.

The gap between food needs for families and their ability to meet those needs continues to grow. We are here to help. The Mustard Seed will be working with your local school to get lunches to students in need. All your personal information will remain confidential as we will be working directly with Family School Wellness workers. Together with them we will work to address food security needs. If you identify yourself as a family in need, please reach out to your school wellness worker for support. They will then be able to enrol you in our school lunch program.

Advocacy Services

If you need further support beyond our school lunch program, please call our Wellness Advocate at 403.347.1844. Our Wellness Advocate can help you with:

- Ordering government issues photo identification
- Ordering in and out of province birth certificates
- Ordering social insurance papers (cards are no longer offered by the federal government)
- AISH applications
- Income support applications
- CPP/CPPD/Senior benefits applications
- Transportation to the registry office to support applications/individuals
- Applications for Alberta Health Cards
- Referrals to Mental Health resources such as onsite counselling, CHMA, doctors, street connect, Bredin employment services and other as needed.
- Transportation to medical appointments
- Homecare/Alberta aids to daily living
- Referral to treatment for addiction issues
- Food bank referrals
- General information or guidance and support

Respectfully Yours,

Cassidy C.
School Lunch Program Coordinator

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