

# MINDS MATTER NEWSLETTER

## HEALTHY LUNCH IDEAS

Packing lunches every day can be hard, especially when money or time is tight. Healthy lunches do not need to be fancy or expensive. They help children learn, focus and feel good at school.

Try to include three parts in each lunch. First add a protein food. Protein helps children feel full and supports their growth. Good choices are eggs, beans, lentils, cheese, peanut butter, tuna or hummus.

Second add a whole grain such as whole wheat bread, tortillas, pitas, crackers, pasta or rice. Whole grains give steady energy. Third add a fruit or vegetable. Fresh, frozen or canned are all good. Choose canned fruit packed in water or juice.

Use foods your child already likes. A peanut butter and banana sandwich is simple and low cost. Leftovers like rice and beans or pasta can be packed. Water is the best drink. Milk is also a healthy option.

## BASIC NEEDS SUPPORT

**CLICK EACH ONE FOR LINK**

Free Food in Alberta  
The Calgary Food Bank  
211- Food Hampers  
City of Calgary - Access to Food  
WINS - Winter Clothing  
CUPS Calgary  
Alberta Family Resource Network  
Project Warmth- Society of Alberta

*Scan the QR code below for quick  
and easy meals*



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## COMMUNITY SUPPORTS

CLICK EACH ONE FOR LINK

Calgary has several community programs that provide help during the holidays, offering things like food hampers, gift cards, toys for children, and general support for families and individuals. These services aim to make the season a little easier for anyone facing challenges, ensuring people can still enjoy a warm and supported Christmas holiday season.

- **211 Alberta:** Call 2-1-1 to get connected with all available Christmas help programs, including toy support.
- **The Salvation Army:** Christmas Toy Program for kids 0–12. Register online or call for details on toys and food hampers.
- **Closer To Home:** Adopt-a-Family provides gift cards for gifts/essentials. Contact directly to check eligibility.
- **Rise Calgary:** You can contact them directly via email at [info@risealgary.ca](mailto:info@risealgary.ca) or by phone at (403) 204-8280 to request support.
- **The Mustard Seed:** Christmas Hamper by contacting an Advocate directly at (587) 393-4020 or via email at [wellness@theseed.ca](mailto:wellness@theseed.ca).
- **Society of St. Vincent de Paul:** You can contact them directly at (403) 250-0319 or your local Catholic Church for more information on their Christmas programs.
- **Women's Centre of Calgary:** Holiday Toy Room can be accessed by women needing support for their children's gifts. Contact the centre directly for information on the access process.

## MENTAL HEALTH SUPPORT

CLICK FOR LINK

- **The Summit** - Mental health services for youth and families. walk in services available for anyone under 18 years old.

If you have any questions, please reach out to [CHPS@recoveryalberta.ca](mailto:CHPS@recoveryalberta.ca)