



CARIBOO FAMILY ENRICHMENT CENTRE

Strengthening the Quality of Personal, Family, and Community Life

September 19, 2018

Cariboo Regional District
Suite D, 180 North Third Avenue
Williams Lake, BC
V2G 2A4

Cariboo Regional District
File No. 1850-20

NOV 05 2018

Referred To DCO

Dear Sir/Madam,

Re: 2018 Grant for Assistance Final Report for the Cariboo Family Enrichment Centre Society's Youth Zone Healthy Choices Program

The CFEC received a grant totalling \$350 for 2016 from the Cariboo Regional District and the District of 100 Mile House. This money was spent for services at the Youth Zone, a drop-in program in 100 Mile House for at-risk youth.

The majority of the money was spent on food. This allowed the Youth Zone to serve healthy dinners every Thursday night to youths who may not otherwise have eaten nutritious dinners, or perhaps not have eaten dinner at all. Youth Zone staff took care to use fresh and local ingredients wherever possible, and interacted with the youths while cooking. This had a follow-on benefit of enhancing knowledge about making healthy food choices, as well as imparting practical skills to the youth. The rest of the money was spent on educational materials such as printed handouts or to subsidize guest speakers who joined us at the Youth Zone to share relevant messaging to the youths, based on questions asked by the youths.

The program was successful, with an estimated 250 meals served using funds from the CRD and District of 100 Mile House. Direct feedback from the youths was overwhelmingly positive. Local service providers reported a positive correlation between youths who attended the Youth Zone, and youths with healthy nutrition habits. Making healthy nutrition choices allows for better health, better concentration in school, and leads to positive decision-making habits.

The CRD was publically recognized in CFEC print media, including brochures, weekly newspaper ads in the 100 Mile Free Press, and agency documents. There is a certificate in the kitchen at the Youth Zone recognizing the contribution of the CRD and District of 100 Mile House. The Assistance Grant was also mentioned verbally in CFEC meetings and public events as a financial supporter of the CFEC.

Regards,

Chris Pettman
Executive Director



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