



**Investing
in
Children** 
*Helping children to learn,
grow and thrive since 1999*®
Charitable # 86321 3450 RR0001

**Investing in Children is making
our community stronger by
providing opportunities for
children to learn, grow, thrive
and reach their full potential.**

Nutrition Programs

Children's Nutrition Network (CNN) - For more than two decades Investing in Children has worked as the lead community partner (with VON) to assist the Ontario Student Nutrition Program (OSNP) and other school food programs in the London-Middlesex region. CNN provides emergency funds and equipment to schools to ensure students in our region are receiving nutritious foods while at school.

Snack Stop - Investing in Children realizes that once the school year and the OSNP program finishes, the need for a nutritious start to a child's day remains imperative. Hunger does not take a holiday. Once a week, Investing in Children staff purchase, prepare and deliver FREE fresh fruits and vegetables to numerous city locations during the summer including libraries, community centres, family centres, resource centres and City of London camps. In 2023, more than 16,600 nutritious snacks were served!

Literacy Initiatives

Family Literacy and Math Events help children and their families develop literacy and numeracy skills in a safe and welcoming environment. Fun-themed stations all tied to books offer literacy and numeracy focused activities. A great opportunity for both children and their parents/guardians! Especially for our ESL newcomer families!

Young Authors' Virtual Camp offers fun and creative workshops over five days for budding young authors ages 10-15. Campers enjoy visits from published Canadian authors, learn new writing skills and work on creating pieces to be published in our camp magazine!

Blue Boxes for Books creates literacy opportunities for all children in London and surrounding counties by providing recycling boxes filled with free children's books placed in numerous locations throughout the city such as the London Food Bank, Ontario Works offices, community centres and family centres.

How Can I Help? 🙋 Volunteer 💰 Donate ★ Participate

For more information on Investing in Children and our various programs, please visit our website investinginchildren.on.ca, e-mail info@investinginchildren.on.ca or call 519-433-8996.

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Nurturing Well-being and Building Capacity

HARK After School Program

Our HARK After School Program is a FREE inclusive program that runs three days a week for students in grades 6, 7 and 8. HARK stands for Healthy, Active, Resilient Kids. Staff and volunteers work to promote: healthy eating and nutrition, active living, and overall personal wellness that is developed through self-esteem and character-building opportunities.

The program is offered in various neighbourhoods to provide accessibility to all. Families appreciate the unique experiences and opportunities their children are offered, such as cooking new foods, learning new skills, attending London Knights hockey games, watching performances at Grand Theatre or having exciting and famous Londoners visit the program!



Kids Power Conference brings together 120 students in Gr. 6 and 7 to participate in a day filled with workshops aimed at developing leadership skills. These students have been identified by their teachers and schools as a potential leader or an individual who would benefit from an opportunity to acquire leadership skills. The student are inspired at the FREE conference and encouraged by the guest speakers to create positive initiatives in their schools and communities.

Kids 1st Day is held on the last elementary school PD Day of the school year. All kids are invited to try new things and visit new places! For two decades, Investing in Children's Kids 1st Day has partnered with more than 50 area organizations and businesses to provide free or low-cost activities in London and area! Arts, crafts, swimming, Aikido classes, museum visits and more are offered. There is a Kids 1st Day activity for every child!

Free Youth Guitar Program is a 10-week program that teaches Gr. 7-10 students how to play the guitar. Students are given guitars and instruction, at no cost, during the program. Not only is playing the guitar a great skill to learn but it also serves students' mental wellness and creative spirits and provides a positive after school activity!

TVDSB Special Olympics Track and Field Event Investing in Children co-hosts this two-day event in collaboration with the Thames Valley District School Board. Special Olympics provides a fun, challenging athletic competition for more than 1,000 area student athletes with various abilities, partnered with more than 1,000 peer support students!

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