

How Do CAPC & CPNP Programs Impact the Health of Canadians?

Increasing Food Security

Children who are living in poverty and experiencing food insecurity may develop serious health risks including limited physical, mental, and social growth, and are at increased risk of being involved with the child welfare system. **CAPC and CPNP help vulnerable families access, cook, and eat nutritious food, and link them with other resources.**



For Local Information contact:

Created by the Ontario Coalition of CAPC & CPNP Projects, 2006
"Real Help, Right Here, Right Now" www.realhelp.ca



"I am on social assistance and after I pay my rent and buy diapers and formula for my baby, I literally have \$30 left for food and transportation. I came to this program a hurt, depressed, messed up girl and I was pregnant. I had no friends, no support and no finances. This program helped pick me up and give me self esteem. I am forever grateful for Umbrellas program as I feel it has saved my life."

Mother, CAPC

