



## B.C. First Nations Head Start **The Common Bowl**

(BCFNHS *Growing Together* newsletter)

---

WE HAVE INTRODUCED THE COMMON BOWL and this is where parents can donate any items to the center. They are asked not to send any junk food at any time, including party times. We encourage the children to drink milk or water, and we do not supply any juice. If a child comes with junk food, we would put it away until they leave, and mention to the parent about our rules about "No Junk Food." Some parents will stop by and ask if we need anything as they are heading into town. It is nice to have this kind of support from parents."

Lorna Azak  
Coordinator, Wil sii sitaatkws Head Start  
(Gitwinksihlkw village / "Canyon City")