



B.C. First Nations Head Start Food Gift Certificates

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NAMGIS HEAD START IN ALERT BAY, STAFF USE FOOD GIFT CERTIFICATES to support families in developing or enhancing nutritional eating habits.

“If a parent and their child/ren attend on Monday and again on Tuesday they receive a coupon which can be redeemed at Shop-Rite grocery store (coupons are also distributed on Thursdays). We have a verbal agreement between the store manager and her staff that only foods derived from the Canada Food Guide are to be purchased with this coupon, and so far we’ve had no problems or complaints.

Each coupon is numbered in the upper right hand corner, and for each coupon that is handed out, we record it in our sign-in book and refer back to it once the coupon has been redeemed and returned to us by the store. This assures us and the accounting department that they are definitely being used. The coupons are in \$10 and \$20 denominations.”

“Parents and extended family members who attend on a regular basis have expressed their appreciation for the coupons.”

Colleen Smith, Head Start Coordinator, Alert Bay

“Receiving the food coupons allows me to purchase a wide variety of produce each week, which really helps!”

“Coupons are very helpful. I’m on S.A. I get milk every week. Coupons are awesome. Thank you.”

—*Kate Matilpi*

“I am very happy and appreciate the food coupons especially for me because I’m a foster parent and a stay-at-home mom. It helps a lot.”

—*Rhoda Puglas*

“Ever since I have been on maternity leave my grocery list has gone down, but with the food coupons; it helps a lot.”

—*Annie Puglas*