



YMCA of Greater Toronto  
Student Nutrition Program  
Peel Region



## Can you Live Free for those that live without?

Every day, many children in our community live without the basic necessities that many of us take for granted.

Did you know 1 in 5 students arrive at school without breakfast, a snack or a lunch to sustain them an entire school day.

This can change- You can make a difference.

The YMCA currently supports over 200 student nutrition programs to ensure students in Peel Region attend school well-nourished and ready to learn. Last year many of those programs challenged their community to Live Free for a day to show support for those who live without each and every day.

By supporting the Live Free Campaign, you can help provide a healthy start to the day for a child in need in your community.

If you're up for the challenge or would like to learn more about the Live Free campaign in the Peel Region please email: [peelstudentnutrition@ymcagta.org](mailto:peelstudentnutrition@ymcagta.org)