

Request for Sponsorship



Dear Community Partner,

The Social Development Council of Cornwall and Area successfully obtained a Seed Grant through the Ontario Trillium Foundation in 2019. This grant has been used to develop a nurturing food literacy and cooking program for youth and young adults that supports the creation of strong mental health.

We believe the integration of healthy eating and the power of food will promote optimal nutrition, enhance cognitive function and improve emotional and behavioural well-being. Studies are beginning to show us more and more of a direct link between our diets and our mental health.

Our program focuses on teaching youth and young adults to make healthy food choices that can positively impact their mental well-being while learning how to prepare delicious, nutrient-dense foods together in the kitchen.

We are looking for continued resources to help with the costs associated with delivering this program for another season. We also seek local food partnerships to advocate seasonal and local shopping benefits. Our goal is to continue educating our community with local resources that can complement and strengthen mental health prevention in our community.

Since its inception in 2020, we have successfully facilitated “Your Brain on Food” for five (5) complete sessions, impacting more than 20 children and their families.

Here is what some of the participants had to say; *“I enjoyed every minute of the cooking class, from cutting to mixing and cooking with the group.” “I liked learning how food plays a role in my mental health” and “I liked cooking, learning new recipes and having fun.”*

Not only did we receive positive feedback from the participants, but the parents also shared their gratitude for the opportunity for their children to connect positively with healthy foods at no cost for participation.

If you’re interested in being a part of and supporting this one-of-a-kind program, please contact me, Erin Abraham, the Food Literacy Coordinator of the SDC, to learn more and share your questions.

I appreciate your consideration, and I look forward to working with you.

Sincerely yours,

Erin A

Erin Abraham
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“Building Stronger Communities”

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