United Native Friendship Centre

BREAKFAST BUDDIES for Kids

Tuesdays and Thursdays
9:00 a.m. – 11 a.m.
Circle of Life Centre
616 Mowat Ave. Fort Frances

Hop on your bikes, scooters or skateboards or take a walk with your family and visit us on these days for a nutritious brown bag breakfast to go!

Breakfast Buddies Background: Based on the fact that no child should go hungry, UNFC Breakfast Buddies Program began 15 years ago with our staff attending local schools three mornings per week to provide breakfast to all of the children. We maintain our belief that breakfast is the most important meal of the day and want to ensure that no child is hungry during the COVID-19 pandemic.

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PREPARED MEALS TO GO

Every Wednesday
1:00 – 3:00 p.m.
Circle of Life Centre
616 Mowat Ave. Fort Frances

The cost of food and living and changes in employment and benefits are causing many families to struggle to put food on the table during the COVID-19 pandemic.

We at the UNFC understand and are here to help.

If you have been affected and need some food assistance, stop by the Circle of Life Centre on Wednesday afternoons for a prepared meal to go!

Our delicious meals are prepared by our staff with care for those in need.

For more information, call the UNFC at 274-8541.