

Gatineau April 8, 2020

Dear Parents,

This letter is to inform you that in the face of the COVID-19 pandemic, an emergency food aid program is being put in place in the province of Québec. The Québec government along with the Québec Food Banks and Breakfast Clubs of Québec are working together to support individuals and families living with food uncertainties created or accentuated by the current crisis. The targeted clientele by this food assistance program is, for the time being, families with school-age children necessitating food aid.

In order to benefit from this aid, we invite you to communicate with your local community organization mentioned below, to collect a basket of food. For families unable to travel due to isolation restrictions or for any other reason, we suggest that you check with your local food bank to see if a delivery service is available.

At this time, it is recommended to call your local food bank to make arrangements to receive your basket as many locations now operate by appointment only given the current crisis.

The participating community organizations are:

<p>L'Ange-Gardien, Masson-Angers, Buckingham, Mayo</p> <p><i>LA MIE DE L'ENTRAIDE</i></p> <p>(819) 281-3231</p>	<p>Val-des-Bois – Bowman</p> <p><i>LA MIE DE L'ENTRAIDE</i></p> <p>(819) 454-2974</p>	<p>MRC de la Papineau (Petite-Nation)</p> <p><i>BANQUE ALIMENTAIRE DE LA PETITE NATION</i></p> <p>(819) 983-3191</p>	<p>MRC Vallée-de-la-Gatineau South (Bouchette, Gracefield, Cayamant, Kazabazua, Lac Ste-Marie, Low)</p> <p><i>AUX GOÛTS DU JOUR</i></p> <p>(819) 463-1469</p>
<p>MRC de la Vallée-de- la-Gatineau North (Maniwaki)</p> <p><i>LE PAIN QUOTIDIEN</i></p> <p>(819) 449-6734</p>	<p>MRC des Collines de l'Outaouais (Pontiac, Quyon, Luskville, La Pêche, Chelsea)</p> <p><i>GRENIER DES COLLINES</i></p> <p>(819) 457-1010</p>	<p>MRC du Pontiac</p> <p><i>BOUFFE PONTIAC CAMPBELL'S BAY</i></p> <p>(819) 648-2550</p>	<p>Aylmer Sector</p> <p><i>CENTRE ALIMENTAIRE AYLMER</i></p> <p>(819) 684-0163</p>
<p>Hautes-Plaines & part of Mont-Bleu (Hull)</p> <p><i>COMITÉ PARTAGE ST- PIERRE-CHANNEL</i></p> <p>(819) 776-3030</p>	<p>Plateau, Mont-Bleu, Parc-de-la-Montagne, Lac-des-fées, Wrightville</p> <p><i>CONFÉRENCE ST- VINCENT-DE-PAUL NOTRE-DAME-DE-L'EAU- VIVE</i></p> <p>(819) 770-2364</p>	<p>Jean-Dallaire, Fournier, île-de-Hull</p> <p><i>LA MANNE DE L'ÎLE</i></p> <p>(819) 770-5261</p>	<p>Val-Tétreau & Manoir des Trembles (Hull)</p> <p><i>CONFÉRENCE ST-VINCENT- DE-PAUL NOTRE-DAME-DE- LORETTE</i></p> <p>(819) 776-3216</p>

<p>St-Mathieu Neighbourhood (Gatineau)</p> <p><i>CONFÉRENCE ST-VINCENT-DE-PAUL ST-MATHIEU</i></p> <p>(819) 351-1796</p>	<p>St-François-De-Sales Neighbourhood (Gatineau)</p> <p><i>CONFÉRENCE ST-VINCENT-DE-PAUL ST-FRANÇOIS-DE-SALES</i></p> <p>(819) 246-8058</p>	<p>Notre-Dame-Du-Rosaire Neighbourhood (Gatineau)</p> <p><i>CONFÉRENCE ST-VINCENT-DE-PAUL NOTRE-DAME-DU-ROSAIRE</i></p> <p>(819) 639-8764</p>	<p>St-Richard Neighbourhood (Gatineau)</p> <p><i>CONFÉRENCE ST-VINCENT-DE-PAUL ST-RICHARD</i></p> <p>(819) 663-4785</p>
<p>St-René-Goupil Neighbourhood (Gatineau)</p> <p><i>DÉPANNAGE ST-RENÉ-GOUPIL</i></p> <p>(819) 663-4240 OPTION 6, THEN # 201</p>	<p>Ste-Maria-Goretti Neighbourhood (Gatineau)</p> <p><i>DÉPANNAGE STE-MARIA-GORETTI</i></p> <p>(819) 663-4240 OPTION 6, THEN # 203</p>	<p>Ste-Rose-De-Lima Neighbourhood (Gatineau)</p> <p><i>FAMILLE-SECOURS STE-ROSE-DE-LIMA</i></p> <p>(819) 663-5787</p>	<p>Rouyn-Noranda, Cadillac, Rollet</p> <p><i>RESSOURCERIE BERNARD-HAMEL</i></p> <p>(819) 797-2245</p>
<p>Temiscaming</p> <p><i>REGROUPEMENT D'ENTRAIDE SOCIALE DE TÉMISCAMINGUE</i></p> <p>(819) 622-0765</p>	<p>Val d'Or, Senneterre, Malartic</p> <p><i>CENTRE DE BÉNÉVOLAT DE LA VALLÉE DE L'OR</i></p> <p>(819) 825-0154</p>		

*Interactive Moisson Outaouais Map : <https://www.moissonoutaouais.com/aide-alimentaire/recevoir-de-laide-alimentaire/>

We would like to also remind you that it is important to follow the guidelines issued by Public Health at all times, including:

- Follow social distancing instructions: when possible, keep a minimum distance of two metres (6 feet) between people.
- Wash your hands with running lukewarm water and soap for at least 20 seconds.
- Use an alcohol-based disinfectant if you don't have access to soap and water.

- Use proper hygiene guidelines when coughing or sneezing.
 - Cover your mouth and nose with your arm to reduce the spread of germs.
 - If you use a tissue, discard it as soon as possible and wash your hands afterwards.
 - If you are sick, avoid travelling and ask if a delivery service is available.
- In the case of a delivery, avoid all direct contact during the delivery. If items cannot be left outside of your home, on a doorstep, please open your door and move away to allow the delivery person space to drop off the items safely.
- Clean product packaging and rinse fruits and vegetables thoroughly before eating.

We remind you that a healthy diet and proper nourishment can help maintain good health. The current extraordinary situation, lived by all, may mean that many will require support services during this time.

Please do not be embarrassed to use these services if you need them.

If you have any symptoms, please call [1 877 644-4545](tel:18776444545). For any psychosocial support, we invite you to call Info-Social [811](tel:811).

We are all looking forward to the return of our normal routine, and of course school!

In the meantime, we invite you to continue our collective actions in the fight against Covid-19, because everyone's contribution is essential.



Mike Dubeau
Director General
Western Québec School Board