



## THE COLLECTIVE SCHOOL CATERER THAT MAKES YOUR LIFE EASIER



### Offer your children healthy meals

We're committed to offering your children the best:

- + healthy, balanced and complete meals that respect the recommendations in Canada's food guide
- + choice and variety with several options available per day, including vegetarian



### Pay according to your budget

Each child should have access to healthy and balanced meals at school, regardless of their social environment.

That's why our service works on the principle of voluntary contributions.

#### How to choose your contribution?

- + **You pay what you can afford:** Pay as much as your budget allows, starting from \$1 per meal.
- + **You give the price of the meal:** Our meals cost \$5.50 to produce, the suggested price for each meal is \$5.50 by default, our cost to produce the meal
- + **You contribute more than the price of the meal:** At more than \$5.50, you'll be contributing towards a meal for another child.

### HAPPY PARENTS

*"Every time my son eats meals from La Cantine pour tous, he says that it's the best meal in the world. Thank you!"*

*"I love your service. On top of offering healthy meals according to our budget, you give children the chance to discover food that I can't bring myself to afford. I hope with all my heart that soon many more schools can benefit from it too."*

*"Our child is discovering new meals and developing food preferences with this service."*



### You'll save time, we take care of everything

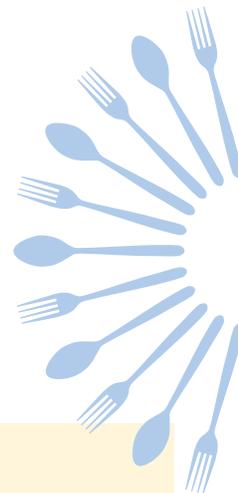
- ✓ Sign up, order and pay in just a few clicks on our online platform
- ✓ Order in a flexible way, only when you need it
- ✓ Cancel or modify your order three working days ahead of time



### Participate in an innovative collective project

**Our goal is for all children in Quebec to have access to healthy and balanced school meals, regardless of their social environment.**

Your child's meals are prepared by our member organizations: community and local caterers that are invested in their communities and whose initiatives you are supporting.



### WHY IS IT SO IMPORTANT?

- + Canada ranks 37 over 41 rich countries when it comes to children having access to healthy nutrition
- + Canada is the only G7 country that does not offer a school meal program accessible for every child in school
- + A number of studies have shown that a program such as this has positive impacts on:



Health



Eating habits



Food safety



Academic success

**BY ORDERING YOUR MEALS WITH LA CANTINE POUR TOUS,**  
you'll be participating in the deployment  
of a true social project that is defining and sustainable.

### SIGN UP AND ORDERING has never been easier

[commander.lacantinepourtous.org/en](http://commander.lacantinepourtous.org/en)

Online payment



Sign up and add your children as beneficiaries



Choose among the meal options proposed



Indicate the amount of your contribution



The meals are delivered at school ready-to-eat

TO FIND OUT MORE:

@ [lacantinepourtous.org](http://lacantinepourtous.org)

f [lacantinepourtous](https://www.facebook.com/lacantinepourtous)



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