

From Poverty To Possibility



United Way
Central & Northern
Vancouver Island

Many Children Don't Receive the Proper Nutrition They Need

Sam* has lived in poverty her whole life. When she was two years old, her dad would put her on his shoulders and hitchhike from Cedar to Nanaimo just to buy a box of Kraft Dinner, collecting pop cans on the road along the way.



Sam's mother struggled with addiction and smoked pot. Sam recalls eating Mr. Noodles for dinner while her mother would eat steak. On special occasions, friends of Sam's mother would stop by the house and bring Sam fruit and sandwiches. It would be so exciting to have fresh fruit in the house!

Once Sam moved out on her own, things started to improve, even though she still struggled with money. Sam has now been living on her own for 13 years and the biggest highlight in Sam's life was when she got her job at Tim Horton's. It gave her a sense of pride, accomplishment and confidence.

Sam recently turned 30 and is expecting her first child.

She doesn't have any addictions like her mom did and even though she is still living in poverty; she has already begun to provide her son with a better life than she had.

Thanks to your donations, Sam is learning how to provide and prepare healthy meals for her and her son. Without access to programs on healthy eating and nutrition, Sam wouldn't know what kind of meals to prepare. She is trying the best she can to give her son a good life, and these programs wouldn't be available if without your donations to United Way.

To donate to United Way today and for more information on similar programs in your community, visit www.uwcnvi.ca.

To read more stories about Sam and other people you have helped, visit uwcnvi.ca.

**Names have been changed.*