

“Kids Feeding Kids” Program in Penticton, BC in partnership with the “Foundry” supported by Kiwanis Foundation of Canada Grant.

The Kiwanis Club of Penticton is making a meaningful impact on local youth by addressing food insecurity through its “Kids Feeding Kids” program, which was a recipient of a Kiwanis Foundation of Canada Community Outreach grant in 2024. This program aims to support teens who are facing housing instability, many of whom are displaced from their homes and maybe couch surfing, living with relatives, or even on the street. Food insecurity is a common issue among these young people, and the Kiwanis Club of Penticton has stepped in to help.

In partnership with The Foundry, who have youth support centres across British Columbia, the program provides both food hampers and valuable life skills. The Foundry is a key resource for youth, offering free confidential services focussed on mental health, substance abuse, physical health and social support. With locations throughout the province, The Foundry ensures young people have access to the help they need, whether its counseling, housing assistance or educational support. By fostering a welcoming environment, The Foundry aims to break down barriers and provide comprehensive care to teens and young adults navigating life’s challenges.

The “Kids Feeding Kids” program works in two important ways: first, it provides food hampers with supplies for displaced youth to cook meals for themselves. Second, the program offers hands-on cooking sessions where youth can learn how to prepare simple meals. These sessions not only teach valuable cooking skills but also fosters a sense of community. Participants cook meals together and any extra food is stored in individual containers to be shared with other youth who drop into The Foundry’s youth drop-in centre.

Through this collaboration, the Kiwanis Club of Penticton and The Foundry are helping to meet both the immediate food needs and long-term life skills of young people, empowering them to take control of their nutrition and wellbeing. By addressing food insecurity and teaching cooking skills, the “Kids Feeding Kids” program is supporting youth in building brighter, healthier futures.