



# THE LUNCH ROOM

brought to you by The Lunch Lady

## The Lunch Lady Foundation

A warm and satisfying meal has always been a way to show love and care. This Valentine's Day show you care to more than just your valentine. By sending some "Lunch Love" you will be providing meals to children in need.

The Lunch Lady was originally created as a meal program to provide busy parents with the convenience of pre-ordering hot lunches for their children and over time we have become increasingly committed to providing wholesome food for everyone in the community, regardless of their means.

Given that there are many students who come to school without an adequate noon day meal, and that no formal lunch program is currently in place, Lunch Lady Founder, Ruthie Burd set up a charitable Foundation to help provide a solution.

The Lunch Lady Foundation's "Lunch Buddy" program serves to fill this need and is currently being piloted in Scarborough, Ontario. Working directly with schools, freshly prepared entrees (identical to the Lunch Lady Favourites everyone knows and loves), are delivered chilled by the dozen to heat and eat now or to be frozen for use later.



Lunch Lady Marlyn and Founder Ruthie Burd prepping the first delivery of Lunch Buddy meals.

The feedback has been very positive from both the schools and students. "We are so grateful to be a part of this pilot program. It warms our hearts to see a student's face light up after we offer them a hot meal" says one school administrator.

Starting in September 2022, parents will be able to contribute to the Lunch Buddy Program when ordering online for their own children.



In the Meantime, there are two ways you can help. Support our Lunch Love campaign by sending an [e-card to your valentine](#). Each card provides a meal to a child in need.

Alternatively, donations can be made to the [Lunch Lady Foundation](#) directly. Gifts over \$20 are eligible for a tax receipt.

**Together we can show our Lunch Love and make a difference.**



## Outdoor Fun

Do your kids have you climbing the walls? Why not take to the great outdoors for some family fun.

Did you know that connecting with nature reduces levels of cortisol (the stress hormone)? With all the changes that we've had to navigate over the past 24 months, reducing stress levels could be helpful for us all.

Download [Lunchie's Winter Scavenger Hunt](#) and have some fun outside together.

## Special Events & DIY

Looking for a safe & easy way to fundraise for your school, while bringing some fun to the students?.....Book a DIY Special Event!

Meals are individually packaged and sorted by class for easy Grab & Go distribution. Our contactless Drop & Go delivery ensures a safe experience for everyone. Online ordering can be done through our Lunch Lady system or any other ordering platform.

To learn more, or to book your dates, please reach out to your local Lunch Lady.

## Parent Reminders

**Snow Day Policy** - Please check with your local Lunch Lady regarding snow day policies for your school.

**Cancellations** - Don't forget, if your child will not be at school for any reason, please email your Lunch Lady by 8am so that we may cancel your meal and apply a credit to your account. Sorry no refunds. When situations arise at school, we are not always aware.

**Environmentally Aware** - The Lunch Lady is committed to reducing single use plastics and will no longer be providing plastic spoons, forks or straws with our meals. They will be available for purchase during the ordering process, but, we would encourage everyone to bring their own from home instead.



## Warm their hearts and tummies!

There's nothing quite like a hot wholesome meal on a cold day so we want to share one of all time favourites. It's a classic recipe from our top hits menu guaranteed to put a smile on the faces around your dinner table.

Download our [Smiling Shepherd's Pie recipe](#) and let us know how it goes. Share your photos on social media to share the smiles. [#smilingsshepherdspie](#) [#lunchlady](#)

**Don't Wait!**  
Book Your Special Event Now.



Valentine's Day



Pancake Day



Marvelous Mac



Fiesta