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Nutrition

A Full Belly for Success!

West Broadway Youth Outreach (WBYO) is a drop-in recreational & life skills program for youth ages 4 and up in the West Broadway area & beyond. We provide year round, free after-school & summer programming in a safe, fun and nurturing environment. WBYO ensures that local children have opportunities to learn and grow in an atmosphere where their basic emotional, social and educational needs are met and supported by positive role models. .

During the school year, we offer many different programs Monday to Friday: homework, reading and math clubs; career mentorship; team sports and athletics training; music lessons; cooking club; and more! Every summer, we offer daytime programming Monday to Friday. Each summer week has a theme, such as The Great Outdoors, Art-tastic, Mad Science and Sports. Year-round, we try to make sure that each day is a new adventure and all programming is completely free.

For all programs, staff and volunteers prepare a healthy, filling snack with a focus on fruits and vegetables. Staff are trained as necessary in food handling. Depending on the program and our supply levels, we also provide “snack-to-go” for kids to take home. We believe that one major component to stay focused, healthy and successful is having access to nutritious meals

Below is a billboard from the University of Manitoba that depicts one of our WBYO children – she is now in school to become a surgeon, but years ago she told us that the reason she started coming to WBYO’s Homework Club was because she knew she could get a little something to eat. She is Doctor #2 of 5 that we have been able to support through academic journeys.



Follow your heart
CHALLENGERS DO

TITO DADDU, Medicine '13

Learn more ▶

Have you seen these billboards?
That's Tito!
She was a proud **WBYO** homework kid who
followed her dream and now, is changing the world!
Where will your limitless potential take YOU?

WEST BROADWAY YOUTH OUTREACH Inc.
child's potential ends... just beyond infancy

westbroadwayyouthoutreach.com

Yum Yum Club



Known as Yum Yum Club, this Wednesday night cooking group has long been a WBYO staple. Kids learn about nutrition and cooking techniques, as well as geography and culture. We have children from many different countries coming to WBYO, and a “normal food” to some might be “the weirdest thing ever” to others! Kids share their favourite dishes and encourage each other to try new things. Little hands learn how to peel vegetables, count and measure, while older participants learn how to handle sharper knives and use kitchen appliances. At the end of the year, the club puts together a recipe book of everything we’ve been cooking to share with all WBYO families and volunteers.



The Fruit and Veggie Challenge



Last year, one of our incredible volunteers suggested we create a weekly Fruit and Veggie Challenge. Our kids love nothing more than a good competition, and this one has them running in and determined to try new foods. We've never seen so many kids excited about raw mushrooms, cooked beets and papaya!



Not only has the Fruit and Veggie challenge allowed us to share new experiences with our kids, but it has given us tools to use a fun learning opportunities. We plan to continue this project and make it a permanent weekly or monthly event!



The Future of Food

Typically, we have about 80 kids attend Homework Club every year; however, since we moved into our larger and more visible site in September 2016, we've had more than 100 kids attend – and there are still three months left in the school year. On a given day, we have anywhere from 20-50 kids at Homework Club (Mondays and Wednesdays), 10-30 at Swimming and Mathletes (Tuesdays), 35-95 at Dreams and Sports Night (Thursdays), and 10-20 at Girls & Boys World and Book Jam (Fridays).

During the summer, we typically have 30-50 kids participate each day, with 150 different kids attending throughout July and August.

As the trends have been setting, we expect these numbers to continue increasing each year.



We work to stretch every dollar by engaging volunteers and building relationships with local businesses and non-profits. Winnipeg Harvest contributes some snacks meals to us; our laptops, e-readers and books have been purchased at a discount from local retailers who believe in our program. To reward Homework Club kids, we apply for free event passes through United Way and other organizations whenever possible. Our kids' obvious joy and respectful behaviour mean we have strong relationships with movie theatres, restaurants, bus drivers, and others that provide discounted tickets and services, allowing us to maximize funding.

While we strive to do this with every effort, we know that together, we can truly have limitless potential!

