

April 7, 2020

Dear New Frontiers' Families,

This is to let you know that in response to the COVID-19 pandemic situation, emergency food aid is being set up in Quebec. The Government of Quebec, the Quebec Food Banks, and the "Club des petits déjeuners" are joining forces to support families who are struggling due to, or accentuated by, current events. For the time being, the Government is focusing on families with school-aged children and has asked for our support to reach you.

If your family is having difficulty putting food on the table, contact your local community organization from the following list to find out how they can help you:

Coin du Partage Beauharnois	450-225-1818
Coup de pouce des Moissons Beauharnois	450-429-4229
La Rencontre Châteauguoise	450-699-6819
Châteauguay Food Bank	450-698-1780
Société St-Vincent-de-Paul de Châteauguay	450-691-5246
La Bouffe Additionnelle Huntingdon	450-264-2241
Société St-Vincent-de-Paul de Léry	450-698-0487
Marmiton de Mercier	450-691 6090 #3333
Société St-Vincent-de-Paul de Mercier	438-345-9009
Centre communautaire Un coin Chez-nous, St-Chrysostome	450-826-4425
Banque de nourriture de St-Isidore	450-454-2461
La guignolée de St-Martine Organisme Actions Familles	450-427-1576
Comité d'entraide de la guignolée de St-Urbain-Premier	450-427-3319
Café des deux pains Salaberry-de-Valleyfield	450-371-8909
Service Alimentaire Communautaire, Valleyfield	450-377-5551

We remind you that you must always respect the directives issued by the *Direction de la santé publique*, in particular:

- Following social distancing instructions by keeping a distance of at least two metres between people.
- Wash your hands often, with soap and warm water for at least 20 seconds.
- Use an alcohol-based disinfectant if soap and water are not available.
- Observe good hygiene when coughing or sneezing:
 - Cover your mouth and nose with your arm to reduce the spread of germs.
 - If you use a tissue, dispose of it as soon as possible and wash your hands afterwards.
- If you are sick, avoid going outdoors and ask if a delivery service is available.
- If a delivery service is available, avoid direct contact during delivery. If the items cannot be left outside, open your door and step back so that the delivery person is free to safely deposit the items.
- Clean the product packaging and rinse fruit and vegetables thoroughly before eating them.

Being adequately nourished is important. These exceptional circumstances we are currently experiencing may accentuate the need to seek help. Nobody should be embarrassed to seek support if they need it.

If you need psychosocial support, you should call Info-Santé 811. If you have symptoms of Covid-19, you should call 1-877-644-4545.

We all look forward to the reopening of our schools. In the meantime, we must continue our collective action in the fight against the coronavirus. Everyone's contribution is essential.

Yours sincerely,



Rob Buttars
Director General