



Youth Afterschool Meal Program



The **Youth Afterschool Meal Program** (YAMP) is a one-of-a-kind space in our neighbourhood: a community kitchen for youth that serves over 600 meals per month to kids in our community. Our goal is to improve access to healthy food to help youth succeed!

The program uses a partnership approach to provide healthy, nourishing meals to youth accessing programs in the Gibson and Landsdale (GALA) neighbourhood.

Improved food literacy and consistent access to healthy food have long-term health benefits, including reduced risk of chronic diseases such as diabetes, heart disease, and obesity. They also promote better mental health, improved academic performance in youth, and greater overall well-being.

Help Improve Access to Healthy Food for Youth!

[Donate Today!](#)



Act Justly.
Show Compassion.
Offer Hope.

Mission Services of Hamilton is located on the traditional territories of the Erie, Neutral, Huron-Wendat, Haudenosaunee, and Mississaugas.

MISSION

Restoring hope and empowering people to find their way forward.

VISION

We envision a resilient and healthy community that is compassionate, equitable and hopeful.

VALUES

- Dignity
- Innovation
- Compassion
- Excellence

The 196 and The 196+



The 196 is a youth-driven afterschool program providing educational and wellness supports to students in grades 6 to 8 in the Gibson-Landsdale neighborhood in a fun, fit, and healthy way. The 196 captures youths' interests, education goals, and wellness needs, and incorporates them into activities to enhance skills-learning and overall wellness.

The program runs every weekday from 2:30-4, then youth head over to the community kitchen for a healthy dinner served by the Youth Afterschool Meal Program.

The 196+ offers programming for students in grade 9 who have graduated from The 196 program and runs Tuesdays and Thursdays from 4-6pm. It aims to support with the important transition between middle school and high school. The program assists youth in acquiring volunteer hours, employable skills, and more.



MISSION SERVICES