



**Liard First Nation
Health & Social Office**

February 20th, 2023

**Liard First Nation
Nutrition food Hampers & Food Cards**

Good day Families,

LFN Social Team Lead Tasha Stewart and Charlene Stewart will be issuing Food cards and nutrition food hampers monthly to all first nation families with children 0-18 years. We aim to have them cards and nutrition food hampers issued the second week of each month.

February 2023 - Food Cards
March 2023 - Food Hampers
April 2023 - Food Cards

If you're a new resident of Watson Lake, please feel free to contact me at the information provided below.

Sógā sinlā,

Tasha Stewart and Charlene Stewart, Jordan's Principle nutrition coordination

Liard First Nation

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I acknowledge that I work and live on the traditional territory of the Kaska in the unceded Territory of Liard First Nation.

