



**Move 4 MANA** is a Heritage Woods Secondary School student-led initiative that will save the lives of severe acute malnourished children in developing countries and at the same time promote physical activity in our student body.

**What is MANA?** MANA is a ready-to-use-therapeutic food. Each packet contains 500 calories that will provide essential nutrients to severe acute malnourished children. Without the intervention of MANA, these children will most likely starve to death.

**How does it work?** Students use an app to track their activity and for every 500 calories burned by a Heritage Woods student, our sponsor, Food for Famine, will donate a packet of MANA to a child suffering from severe acute malnutrition.

#### **Who is sponsoring the event?**

Food for Famine is generously supplying and paying for all MANA packets that the students earn and World Vision Canada will be sending the packets to the developing country of our choosing.

#### **When does the event start?**

In recognition of World Food Day, we will kick off the Move 4 MANA initiative on October 16, 2018, at 11:20 AM and the 'challenge' will run for one month.

#### **What is our Goal?**

To save as many lives as possibly while promoting fitness in youth. We also hope to inspire youth across Canada to carry on Move 4 MANA!

#### **Why is this Important?**

Last year was the FIRST time this has been done in Canada and Heritage Woods wants to extend the opportunity to schools across BC. We want to make a difference and save lives. Furthermore, this event will create and awareness about nutritional challenges around the world.

## **Our Shared Vision**

Our vision is to Get Active, Save Lives, and Inspire Youth.

**Please watch this 2-minute promotional film produced by our team.**

<https://www.youtube.com/watch?v=bWVJrr4HzvM&feature=youtu.be>

To contact our group, you can reach us at: [Move4Mana@gmail.com](mailto:Move4Mana@gmail.com)

As well, you could also contact myself, Adrienne Clayton:

[adrienneclayton@icloud.com](mailto:adrienneclayton@icloud.com) or one of our sponsor teachers: Dailene Wood ([dwood@sd3.bc.ca](mailto:dwood@sd3.bc.ca)) Mariyln Nunn ([munn@sd43.bc.ca](mailto:munn@sd43.bc.ca))



Pictured in order (L-R) Adrienne C, Kaleb B, Katie S, Ishana L, Lyris B, and Maddie M.