



## First Steps Program: Frequently Asked Questions

### What is First Steps?

- **First Steps is a free Harvest Manitoba program providing essential infant care supplies to families with children under 24 months who access our food bank services.**
- The program has run since 2008 and currently supports approximately 2,000 babies each month across Manitoba.
- Supplies include infant formula, diapers (all sizes), baby cereal, and baby food.
- Families choose only the items they need.

### How much formula is available?

- Families with infants aged 0–12 months can receive two cans of formula per month.
- Formula is not automatic. It can be requested when you register or place your order.

### Is there a cost?

- No. The program is completely free for eligible families.

## HOW TO ACCESS THE PROGRAM

### How do I sign up?

- **Contact the Harvest Manitoba Client Support Centre to register as a food bank client and request First Steps items (formula, baby food, diapers).**
- **If you already receive a Harvest hamper, simply request First Steps items with your next order.**
- Phone: 204-982-3660
- Email: [appointments@harvestmanitoba.ca](mailto:appointments@harvestmanitoba.ca)

### What do I need to register?

- Families confirm they have an infant in the household using their Manitoba Health Card. No other documentation is required.

### Where do I pick up my items?

- Items are added to your regular food bank order for pick-up at your nearest Community Food Network location.
- In Winnipeg, there are over 100 pick-up locations.

### Is First Steps available outside of Winnipeg?

- Yes. A number of rural food banks and northern communities already receive First Steps supplies through the Harvest Manitoba network.
- **For communities not yet part of the program, we are happy to work with you to explore what is possible in your area.**



- To inquire about First Steps in your community, please contact Greg Schroeder, Community Food Network Manager at [gschroeder@harvestmanitoba.ca](mailto:gschroeder@harvestmanitoba.ca).

#### How can our organization refer families?

- Please encourage families to contact us directly, our team will help them register and get set up.
- Phone: 204-982-3660
- Email: [appointments@harvestmanitoba.ca](mailto:appointments@harvestmanitoba.ca)

#### How does the recent Provincial Funding support the program?

- The funding from the Province of Manitoba was provided through Mino'Ayaawag Ikwewag (All Women Doing Well). This investment will ensure that Harvest Manitoba can continue to serve mothers and babies who are currently benefiting from our First Steps program and who access our food bank services.