



Vista Del Mar Child & Family Services is joining **#GivingTuesday** once again, a global day of giving that inspires people to improve communities by giving back in impactful ways.

This **#GivingTuesday**, Vista Del Mar is asking you to **help feed a Vista family**. For most students, winter break is a welcome vacation from school. But for many of the students at Vista, it means a few weeks without a guarantee of breakfast and lunch. **A donation of \$100** provides a full and prepared basket of food staples that will keep Vista families' pantries stocked during the winter break. Vista's goal is to feed 250 families in need. Will you help them reach this goal? Join the movement and help **#FeedAVistaFamily** on Tuesday, December 3rd.

Please visit <https://www.vistadelmar.org/givingtuesday/> for more information and to make a donation today.

About Vista Del Mar Child & Family Services: Vista Del Mar Child & Family Services has been committed to helping children and families by providing the highest quality of care available for over 110 years. Each year, Vista serves more than 5,000 children and families, and the demand for their services continues to grow. Vista's highly trained staff and state-of-the-art programs and facilities, together with their legacy of service, enable Vista to provide children and families with a unique environment of caring and understanding, giving them the best opportunity for a healthy future. Please visit www.vistadelmar.org for more information.