

- 1 "E:\OneDrive - McMaster University\School 2022-2023 (Third Year)\0 Global Health Advocacy 4ZZ3\website\venv\Scripts\python.exe" "E:/OneDrive - McMaster University/School 2022-2023 (Third Year)/0 Global Health Advocacy 4ZZ3/website/description writer.py"
- 2 Write a ~100 word third-person description about an organization called "Essential Aid" with the following description: "Infant and toddler food bank."
- 3 Below is an excerpt taken directly from the about page of Essential Aid's website:
- 4 Essential Aid and Family Services of Ontario Inc . has devoted its energy and resources to meeting the basic needs of the hungry, in need and most vulnerable children of our communities. Find out how you can contribute to the future of a child in need through donations of money and time.
- 5
- 6 MISSION
- 7 To prevent hunger in children and lower health risks by providing free Infant and children's essentials to families in need.
- 8
- 9 VISION
- 10 We envision a community where all families have viable access to the essential items needed for their children.
- 11
- 12 VALUES
- 13 We believe: Everyone is treated equally, without prejudice or judgement. All qualifying families are offered assistance
- 14
- 15 Our history
- 16 2011 - Raven van Bommel provides diapers and formula to a family in need for the first time, her life changes forever and her mission to ensure no child goes without begins
- 17
- 18 2012 - Offering supplies out of her home, Raven reaches out to families in need and an informal non-profit organization is born.
- 19
- 20 2013 - Essential Aid and Family Services of

- 20 Ontario Inc. incorporates as a non-profit charitable organization and opens the doors to the Infant Food Bank in downtown Hamilton.
- 21
- 22 2014 - Essential Aid becomes a Registered Charity and, with the incredible efforts of dedicated volunteers, continues to grow to reach out to hundreds of children each month.
- 23
- 24 2015- Continuing on it's path of exponential growth, Essential Aid's volunteer team reaches over 20 members and distributes over 50,000 diapers during the year.
- 25
- 26 2016 - With the help of a corporate payroll sponsorship, Essential Aid welcomes it's very first staff member, Kimberly Pruden, as Program Manager.
- 27
- 28 2017- Essential Aid opens the doors to a much needed larger space and new Centre and continues to reach the community needs by developing and implementing new programs. Community Support Coordinator, Jennifer Hamu, joins the team as a part time staff member.
- 29
- 30 2018/2019- Our reach extends and EA continues supporting the most vulnerable Infants and Toddlers in Hamilton and surrounding areas.
- 31
- 32 2020 - Essential Aid responds to the COVID-19 pandemic and distributes over 98,000 diapers to local children in need.
- 33 ic| message: [ { 'content': 'Write in a third-person, professional tone.', 'role': 'system' },  
34                   { 'content': 'Write a ~100 word  
35                   third-person description about an organization '  
36                    'called "Essential Aid'  
37                    '" with the following description: "Infant '  
38                    'and toddler food bank  
39                    '"  
37  
38                    '  
39                    'Below is an excerpt  
                  taken directly from the about page of '  
                  "Essential Aid's

39 website:  
40                 "  
41                 'Essential Aid and  
Family Services of Ontario Inc. has devoted '  
42                 'its energy and  
resources to meeting the basic needs of the '  
43                 'hungry, in need and  
most vulnerable children of our communities.'  
44                 'Find out how you can  
contribute to the future of a child in need '  
45                 'through donations of  
money and time.  
46  
47  
48  
49                 'MISSION  
50  
51                 'To prevent hunger in  
children and lower health risks by '  
52                 '"providing free Infant  
and children's essentials to families in "  
53                 'need.  
54  
55  
56  
57                 'VISION  
58  
59                 'We envision a  
community where all families have viable access  
60                 'to the essential items  
needed for their children.  
61  
62  
63  
64                 'VALUES  
65  
66                 'We believe: Everyone  
is treated equally, without prejudice or '  
67                 'judgement. All  
qualifying families are offered assistance  
68  
69  
70  
71                 'Our history

72  
73                                  '2011 - Raven van  
74     Bommel provides diapers and formula to a '  
75                                  'family in need for  
76     the first time, her life changes forever and '  
77                                  'her mission to ensure  
78     no child goes without begins  
79  
80  
81  
82  
83  
84  
85                                  '2012 - Offering  
86     supplies out of her home, Raven reaches out to '  
87                                  'families in need and  
88     an informal non-profit organization is '  
89                                  'born.  
90  
91  
92  
93  
94  
95  
96  
97                                  '2013 - Essential Aid  
98     and Family Services of Ontario Inc. '  
99                                  'incorporates as a non  
100                                 -profit charitable organization and opens '  
101                                 'the doors to the  
102     Infant Food Bank in downtown Hamilton.

103  
104  
105  
106  
107                                  '2014 - Essential Aid  
108     becomes a Registered Charity and, with the '  
109                                  'incredible efforts of  
110                                 dedicated volunteers, continues to grow to '  
111                                 'reach out to hundreds  
112                                 of children each month.  
113  
114  
115  
116  
117                                  "2015- Continuing on  
118     it's path of exponential growth, Essential "  
119                                 "Aid's volunteer team  
120     reaches over 20 members and distributes "  
121                                 'over 50,000 diapers  
122                                 during the year.  
123  
124  
125  
126

103    '2016 - With the help  
       of a corporate payroll sponsorship,  
 104    'Essential Aid  
       welcomes it's very first staff member, Kimberly  
       "  
 105    'Pruden, as Program  
       Manager.  
 106    '  
 107    '  
 108    '  
 109    '2017- Essential Aid  
       opens the doors to a much needed larger '  
 110    'space and new Centre  
       and continues to reach the community needs '  
 111    'by developing and  
       implementing new programs. Community Support '  
 112    'Coordinator, Jennifer  
       Hamu, joins the team as a part time staff '  
 113    'member.  
 114    '  
 115    '  
 116    '  
 117    '2018/2019- Our reach  
       extends and EA continues supporting the '  
 118    'most vulnerable  
       Infants and Toddlers in Hamilton and surrounding  
       '  
 119    'areas.  
 120    '  
 121    '  
 122    '  
 123    '2020 - Essential Aid  
       responds to the COVID-19 pandemic and '  
 124    'distributes over 98,  
       000 diapers to local children in need.',  
 125    'role': 'user'}]  
 126        response: <OpenAIObject chat.completion id=  
       chatcmp1-716iqfpLBgQU1XWOFPz7Ce2flaqx8 at  
       0x233ea5c9cd0> JSON: {  
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 128    {  
 129    "finish\_reason": "stop",  
 130    "index": 0,  
 131    "message": {  
 132    "content": "Essential Aid

132 and Family Services of Ontario Inc. is a dedicated non-profit organization focused on providing essential items to infants, toddlers, and families in need. Established in 2011 by Raven van Bommel, the organization has grown significantly over the past decade, addressing issues of hunger and health risks among vulnerable children in their community. With a mission to provide free essentials to families, Essential Aid envisions a future where all individuals have access to crucial resources for their children, and operates without discrimination or judgement.

133

134                         The organization has expanded both its team, services, and locations since inception. In response to the COVID-19 pandemic in 2020, Essential Aid distributed over 98,000 diapers to local children in need. By continually adapting to meet community requirements through new programs and increased support from volunteers and staff members, Essential Aid remains committed to preventing hunger and improving the lives of countless children.",

135                         "role": "assistant"

136                         }

137                         }

138                         ],

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147                         "total\_tokens": 670

148                         }

149 ic| \$" + str(round(response.usage.  
completion\_tokens / 1000 \* 0.06 + response.usage.  
.prompt\_tokens / 1000 \* 0.03, 3)): '\$0.025'

150 Essential Aid and Family Services of Ontario Inc  
. is a dedicated non-profit organization focused

- 150 on providing essential items to infants, toddlers, and families in need. Established in 2011 by Raven van Bommel, the organization has grown significantly over the past decade, addressing issues of hunger and health risks among vulnerable children in their community. With a mission to provide free essentials to families, Essential Aid envisions a future where all individuals have access to crucial resources for their children, and operates without discrimination or judgement.
- 151
- 152 The organization has expanded both its team, services, and locations since inception. In response to the COVID-19 pandemic in 2020, Essential Aid distributed over 98,000 diapers to local children in need. By continually adapting to meet community requirements through new programs and increased support from volunteers and staff members, Essential Aid remains committed to preventing hunger and improving the lives of countless children.
- 153 Write a ~100 word third-person description about an organization called "Carole's Cupboard" with the following description: "Kosher food bank."
- 154 Below is an excerpt taken directly from the about page of Carole's Cupboard's website:
- 155 ABOUT US
- 156 Hamilton Jewish Family Services is a non-profit multi-service agency. Since 1929, we have been identifying and responding to the needs and challenges of the local Jewish Community. Specifically, but not exclusively, we are committed to the delivery of social services that reflect Jewish values and traditions.
- 157
- 158 Although we're a small agency by size, Hamilton Jewish Family Services provides a full range of social services traditionally offered in a large Jewish community.
- 159
- 160 Through the years we've maintained a flexible mandate that allows us to rise to the demands and changing needs of our clients.
- 161

162

163

164 OUR MISSION

165 Strengthening individual, family, and communal life in keeping with Jewish values and traditions.

166

167

168

169 OUR VALUES

170 Respect

171 Peace in the Home

172 Communal Responsibility

173 Love Your Neighbour as Yourself

174 Solidarity

175 Honouring Our History

176 OUR STORY

177 Jewish Social Services was started in 1929 and is the oldest Jewish agency in Hamilton-Wentworth.

178

179 It was formed to help the Jewish Community face problems of the depression. Throughout the years the focus of our agency has grown to meet the ever-increasing needs of the community. In 1950 when Hungarian refugees came to Hamilton the agency expanded into resettlement.

180

181 In 1975 when the former USSR started to allow increased emigration, Jewish Social Services began to work with Canada Manpower to resettle immigrants in Hamilton. Since that time, over 300 families have been successfully resettled.

182

183 This service to newcomers from all countries and walks of life has expanded to deal with the unique problems of immigrant families such as language, aging parents, financial hardships, job searching, education and integration into the Hamilton Jewish Community.

184

185 In 1990 as poverty increased, the focus became helping the poor through the food bank, financial counseling and emergency casework.

186 ic| message: [{content}: 'Write in a third-

186 person, professional tone.', 'role': 'system'},  
187                   {'content': 'Write a ~100 word  
188                   third-person description about an organization '  
189                   'called "Carole\\'s  
190                   Cupboard" with the following description:  
191                   '"Kosher food bank."  
192  
193                   '  
194                   'Below is an excerpt  
195                   taken directly from the about page of '  
196                   "Carole's Cupboard's  
197                   website:  
198                   "  
199                   'ABOUT US  
200                   '  
201                   'Hamilton Jewish  
202                   Family Services is a non-profit multi-service '  
203                   'agency. Since 1929,  
204                   we have been identifying and responding to '  
205                   'the needs and  
206                   challenges of the local Jewish Community. '  
207                   'Specifically, but not  
208                   exclusively, we are committed to the '  
209                   'delivery of social  
210                   services that reflect Jewish values and '  
211                   'traditions.  
212  
213                   '  
214                   '  
215                   '  
216                   '  
  
205                   'Although weâ€™re a  
206                   small agency by size, Hamilton Jewish Family '  
207                   'Services provides a  
208                   full range of social services traditionally '  
209                   'offered in a large  
210                   Jewish community.  
211  
212                   '  
213                   'Through the years  
214                   weâ€™ve maintained a flexible mandate that '  
215                   'allows us to rise to  
216                   the demands and changing needs of our '  
217                   'clients.

217  
218  
219  
220  
221                          'OUR MISSION  
222  
223                          'Strengthening  
individual, family, and communal life in keeping  
224                          'with Jewish values  
and traditions.  
225  
226  
227  
228  
229  
230  
231  
232                          'OUR VALUES  
233  
234                          'Respect  
235  
236                          'Peace in the Home  
237  
238                          'Communal  
Responsibility  
239  
240                          'Love Your Neighbour  
as Yourself  
241  
242                          'Solidarity  
243  
244                          'Honouring Our History  
245  
246                          'OUR STORY  
247  
248                          'Jewish Social  
Services was started in 1929 and is the oldest  
249                          'Jewish agency in  
Hamilton-Wentworth.  
250  
251  
252  
253                          'It was formed to help  
the Jewish Community face problems of the '

254 'depression.  
255 Throughout the years the focus of our agency has  
'  
256 'grown to meet the  
ever-increasing needs of the community. In  
257 '1950 when Hungarian  
refugees came to Hamilton the agency  
'  
258 'expanded into  
resettlement.  
259  
260  
261 'In 1975 when the  
former USSR started to allow increased  
262 'emigration, Jewish  
Social Services began to work with Canada  
263 'Manpower to resettle  
immigrants in Hamilton. Since that time,  
264 'over 300 families  
have been successfully resettled.  
265  
266  
267  
268 'This service to  
newcomers from all countries and walks of life  
269 'has expanded to deal  
with the unique problems of immigrant  
270 'families such as  
language, aging parents, financial hardships,  
271 'job searching,  
education and integration into the Hamilton  
272 'Jewish Community.  
273  
274  
275  
276 'In 1990 as poverty  
increased, the focus became helping the poor  
277 'through the food bank  
, financial counseling and emergency  
278 'casework.',  
279 'role': 'user'}]  
280 response: <OpenAIObject chat.completion id=  
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281 "choices": [  
]

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286                  "content": "Carole's
Cupboard is a kosher food bank operating under
Hamilton Jewish Family Services, a non-profit,
multi-service agency established in 1929. With
the primary objective of addressing the needs
and challenges faced by the local Jewish
community, the organization offers various
social services rooted in Jewish values and
traditions. Although small in size, Hamilton
Jewish Family Services boasts a comprehensive
range of social services typically found in
larger Jewish communities. The agency
continuously adapts to meet the evolving demands
and requirements of its clients while upholding
key values such as respect, peace, communal
responsibility, solidarity, honoring history,
and love for one's neighbor.",
287                  "role": "assistant"
288              }
289          }
290      ],
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297          "prompt_tokens": 438,
298          "total_tokens": 562
299      }
300  }
301 ic| $" + str(round(response.usage.
completion_tokens / 1000 * 0.06 + response.usage
.prompt_tokens / 1000 * 0.03, 3)): '$0.021'
302 Carole's Cupboard is a kosher food bank
operating under Hamilton Jewish Family Services
, a non-profit, multi-service agency established
in 1929. With the primary objective of
addressing the needs and challenges faced by the
local Jewish community, the organization offers

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- 302 various social services rooted in Jewish values and traditions. Although small in size, Hamilton Jewish Family Services boasts a comprehensive range of social services typically found in larger Jewish communities. The agency continuously adapts to meet the evolving demands and requirements of its clients while upholding key values such as respect, peace, communal responsibility, solidarity, honoring history, and love for one's neighbor.
- 303 Write a ~100 word third-person description about an organization called "Baraka Box" with the following description: "Halal food bank."
- 304 Below is an excerpt taken directly from the about page of Baraka Box's website:
- 305 What is BarakahBox?
- 306
- 307 BarakahBox is a food bank operation in the Hamilton area that we have been running since 2015! It is Mishka Social Serviceâ€™s largest project and is a joint venture with Islamic Relief Canada and National Zakat Foundation.
- 308
- 309 Barakah Box serves Halal foods to more than 400 families each month in the Hamilton area. As we have transitioned to a gift card system, families are now able to go to the local halal food market (Eastern Food Market) and purchase foods of their choice within their allocated budget that is based on income, family size, and eligibility. This transition has given them the dignity and power to make their own choices about the products they need when they need them
- 310
- 311 Barakah Boxâ€™s food bank registration can be done online or on the second Saturday of each month at the Hamilton Mountain Mosque (MAH).
- 312 ic| message: [{ 'content': 'Write in a third-person, professional tone.', 'role': 'system' },  
313 { 'content': 'Write a ~100 word  
third-person description about an organization '  
314 'called "Baraka Box"  
315 with the following description: "Halal food '  
316 'bank.' "

316    'Below is an excerpt  
317    taken directly from the about page of Baraka  
318    'Box's website:  
319    "  
320    'What is BarakahBox?  
321    '  
322    '  
323    '  
324    'BarakahBox is a food  
325    bank operation in the Hamilton area that we  
326    'have been running  
327    since 2015! It is Mishka Social Serviceâ€™s  
328    'largest project and  
329    is a joint venture with Islamic Relief  
330    'Canada and National  
331    Zakat Foundation.  
332    '  
333    '  
334    'Barakah Box serves  
335    Halal foods to more than 400 families each  
336    'month in the Hamilton  
337    area. As we have transitioned to a gift  
338    'card system, families  
339    are now able to go to the local halal food  
340    'market (Eastern Food  
341    Market) and purchase foods of their choice  
342    'within their  
343    allocated budget that is based on income, family  
344    'size, and eligibility  
345    . This transition has given them the  
346    'dignity and power to  
347    make their own choices about the products  
348    'they need when they  
349    need them.  
350    '  
351    '  
352    'Barakah Boxâ€™s food  
353    bank registration can be done online or on  
354    'the second Saturday  
355    of each month at the Hamilton Mountain  
356    'Mosque (MAH).',

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345                      'role': 'user'}]
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348              {
349                  "finish_reason": "stop",
350                  "index": 0,
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352                      "content": "Baraka Box is
a prominent Halal food bank established in 2015
, operating in the Hamilton area. As the largest
project of Mishka Social Services, it is a
collaborative effort with Islamic Relief Canada
and the National Zakat Foundation. Baraka Box
strives to provide essential sustenance to over
400 families per month in its region of
operation. With a transition to a gift card
system, the organization empowers families by
allowing them to purchase their preferred Halal
foods from Eastern Food Market within an
allocated budget derived from income, family
size, and eligibility. The registration for
Baraka Box can be completed online or at
Hamilton Mountain Mosque on the second Saturday
of each month.",

353                  "role": "assistant"
354              }
355          }
356      ],
357      "created": 1680498555,
358      "id": "chatcmpl-
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361      "usage": {
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363          "prompt_tokens": 246,
364          "total_tokens": 381
365      }
366  }
367 ic| $" + str(round(response.usage.
completion_tokens / 1000 * 0.06 + response.usage.
.prompt_tokens / 1000 * 0.03, 3)): '$0.015'
368 Baraka Box is a prominent Halal food bank

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- 368 established in 2015, operating in the Hamilton area. As the largest project of Mishka Social Services, it is a collaborative effort with Islamic Relief Canada and the National Zakat Foundation. Baraka Box strives to provide essential sustenance to over 400 families per month in its region of operation. With a transition to a gift card system, the organization empowers families by allowing them to purchase their preferred Halal foods from Eastern Food Market within an allocated budget derived from income, family size, and eligibility. The registration for Baraka Box can be completed online or at Hamilton Mountain Mosque on the second Saturday of each month.
- 369 Write a ~100 word third-person description about an organization called "Youth Afterschool Meal Program" with the following description: "After school meals and snacks for children."
- 370 Below is an excerpt taken directly from the about page of Youth Afterschool Meal Program's website:
- 371 Youth Afterschool Meal Program
- 372 Mission Servicesâ€™ Afterschool Meal Program applies a strengths-based, youth-led approach to community food security. Opened in 2016, the program offers bagged lunches for youth, a drop-in hot meal program for 85 children and youth each weekday, as well as special workshops and activities around healthy eating for parents. Our goal is to improve access to healthy food in order to enhance health outcomes among young people and their families in our neighbourhood.
- 373
- 374 Funding for Mission Servicesâ€™ youth programs comes from individual donations in the community as well as the Hamilton Community Foundation (ABACUS and the Edith H. Turner Foundation Fund), Mischa Weisz Foundation, PC Childrenâ€™s Charity, Charity of Hope, Childrenâ€™s Fund (CHML), the City of Hamiltonâ€™s City Enrichment Fund, and TC Energy.
- 375
- 376 Mission Services thanks John Bear Automotive Group on Upper James for the complimentary lease

376 of our Chevrolet Spark. The Spark has been very  
beneficial for running smaller errands between  
buildings and picking up supplies. The Spark is  
used by Operations, the 196 program, and the  
Good Food Centre.

377 ic| message: [{ 'content': 'Write in a third-  
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378 { 'content': 'Write a ~100 word  
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379 'called "Youth  
Afterschool Meal Program" with the following '  
380 'description: "After  
school meals and snacks for children."  
381 '  
382 'Below is an excerpt  
taken directly from the about page of Youth '  
383 'Afterschool Meal  
Program's website:  
384 "  
385 'Youth Afterschool  
Meal Program  
386 '  
387 'Mission Servicesâ€™  
Afterschool Meal Program applies a '  
388 'strengths-based,  
youth-led approach to community food security.  
389 'Opened in 2016, the  
program offers bagged lunches for youth, a '  
390 'drop-in hot meal  
program for 85 children and youth each weekday  
,

391 'as well as special  
workshops and activities around healthy '  
392 'eating for parents.  
Our goal is to improve access to healthy '  
393 'food in order to  
enhance health outcomes among young people and '  
394 'their families in our  
neighbourhood.  
395 '  
396 '  
397 '  
398 'Funding for Mission  
Servicesâ€™ youth programs comes from '  
399 'individual donations

399 in the community as well as the Hamilton ' 400 'Community Foundation  
401 (ABACUS and the Edith H. Turner Foundation ' 402 'Fund), Mischa Weisz  
403 Foundation, PC Childrenâ€™s Charity, Charity ' 404 'of Hope, Childrenâ€™s  
405 Fund (CHML), the City of Hamiltonâ€™s City ' 406 'Enrichment Fund, and  
407 TC Energy.  
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406  
407 'Mission Services  
408 thanks John Bear Automotive Group on Upper ' 409 'James for the  
410 complimentary lease of our Chevrolet Spark. The  
411  
412 'Spark has been very  
413 beneficial for running smaller errands ' 414  
414 'between buildings and  
415 picking up supplies. The Spark is used by ' 415  
416 'Operations, the 196  
417 program, and the Good Food Centre.',  
418 'role': 'user'}]  
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426 "content": "The Youth  
Afterschool Meal Program, initiated by Mission  
Services in 2016, is dedicated to enhancing  
community food security through a strengths-  
based, youth-led approach. The program provides  
nutritious bagged lunches, hot meals for 85  
children and youth each weekday, and conducts  
workshops on healthy eating for parents. The  
ultimate aim is to improve access to wholesome  
food and boost health outcomes among young  
people and their families within their  
neighborhood.

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421 This commendable initiative has
422 received funding from individual community
423 donations, the Hamilton Community Foundation,
424 Mischa Weisz Foundation, PC Children's Charity,
425 Charity of Hope, Children's Fund (CHML), the
426 City of Hamilton's City Enrichment Fund and TC
427 Energy. Additionally, Mission Services extends
428 its gratitude to John Bear Automotive Group for
429 providing a complimentary Chevrolet Spark lease
430 which aids in various operational tasks.",

431 "role": "assistant"
432 }
433 }
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440 "usage": {
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445 }
446
447 ic| $" + str(round(response.usage.
448 completion_tokens / 1000 * 0.06 + response.usage.
449 .prompt_tokens / 1000 * 0.03, 3)): '$0.019'

450 The Youth Afterschool Meal Program, initiated by
451 Mission Services in 2016, is dedicated to
452 enhancing community food security through a
453 strengths-based, youth-led approach. The program
454 provides nutritious bagged lunches, hot meals
455 for 85 children and youth each weekday, and
456 conducts workshops on healthy eating for parents
457 . The ultimate aim is to improve access to
458 wholesome food and boost health outcomes among
459 young people and their families within their
460 neighborhood.

461
462 This commendable initiative has received funding
463 from individual community donations, the
464 Hamilton Community Foundation, Mischa Weisz
465 Foundation, PC Children's Charity, Charity of
466 Hope, Children's Fund (CHML), the City of

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- 439 Hamilton's City Enrichment Fund and TC Energy. Additionally, Mission Services extends its gratitude to John Bear Automotive Group for providing a complimentary Chevrolet Spark lease which aids in various operational tasks.
- 440 Write a ~100 word third-person description about an organization called "The 196" with the following description: "Meal and homework help for highschool students."
- 441 Below is an excerpt taken directly from the about page of The 196's website:
- 442 The 196
- 443 The 196 is a youth program for students in grades 6 to 8. Our goal is to empower 10 young people experiencing poverty to pursue a post-secondary education after completing high school . A collaboration between Mission Services of Hamilton and Mohawk College, we aim to create positive attitudes about education among kids who may not be thinking about attending post-secondary.
- 444
- 445 The 196 offers youth in our neighbourhood a healthy afterschool snack, a nutritious hot meal , and a homework club, as well as a recreational component led by student leaders at Mohawk College.
- 446
- 447 We are grateful to the Hamilton Community Foundation for supporting this program.
- 448
- 449 Want to join The 196? We always accept referrals from parents, teachers, students, etc. Contact Adalia at 905-528-4212 ext 1126.
- 450 Youth Wellness Programming: Mini Chefs
- 451 In January 2018 Mission Services started a new Youth Food Program, and hired a Youth Wellness Worker with funding from the Edith H. Turner Foundation Fund. The Youth Wellness Worker runs our food literacy and food skills program, Mini Chefs, as well as other food programming activities with the goals of increasing food knowledge, food skills, and healthy habits. Mini Chefs teaches cooking skills and food knowledge by having one head chef lead in the planning,

451 preparation, cooking and serving of a meal.  
452  
453 The goal of the Youth Wellness Worker's  
programming is to improve the health and  
wellness of youth in our community by teaching  
important lessons, and skills, surrounding food  
security and healthy eating.  
454 ic| message: [{  
'content': 'Write in a third-  
person, professional tone.',  
'role': 'system'}],  
455 {  
'content': 'Write a ~100 word  
third-person description about an organization '  
456 'called "The 196" with  
the following description: "Meal and '  
457 'homework help for  
highschool students."  
458  
459 'Below is an excerpt  
taken directly from the about page of The '  
460 '"196's website:  
461 "  
462 'The 196  
463  
464 'The 196 is a youth  
program for students in grades 6 to 8. Our '  
465 'goal is to empower 10  
young people experiencing poverty to '  
466 'pursue a post-  
secondary education after completing high school  
467  
468 'A collaboration  
between Mission Services of Hamilton and Mohawk  
469  
470 'College, we aim to  
create positive attitudes about education '  
471 'among kids who may  
not be thinking about attending '  
472  
473  
474 'The 196 offers youth  
in our neighbourhood a healthy afterschool '  
475 'snack, a nutritious  
hot meal, and a homework club, as well as a '  
476 'recreational

476 component led by student leaders at Mohawk '  
477 'College.  
478  
479  
480  
481 'We are grateful to  
the Hamilton Community Foundation for '  
482 'supporting this  
program.  
483  
484  
485  
486 'Want to join The 196  
? We always accept referrals from parents, '  
487 'teachers, students,  
etc. Contact Adalia at 905-528-4212 ext '  
488 '1126.  
489  
490 'Youth Wellness  
Programming: Mini Chefs  
491  
492 'In January 2018  
Mission Services started a new Youth Food '  
493 'Program, and hired a  
Youth Wellness Worker with funding from the '  
494 'Edith H. Turner  
Foundation Fund. The Youth Wellness Worker runs  
495 'our food literacy and  
food skills program, Mini Chefs, as well '  
496 'as other food  
programming activities with the goals of '  
497 'increasing food  
knowledge, food skills, and healthy habits. Mini  
498 'Chefs teaches cooking  
skills and food knowledge by having one '  
499 'head chef lead in the  
planning, preparation, cooking and serving '  
500 'of a meal.  
501  
502  
503  
504 "The goal of the Youth  
Wellness Worker's programming is to "

```
505                     'improve the health
and wellness of youth in our community by '
506                     'teaching important
lessons, and skills, surrounding food '
507                     'security and healthy
eating.', [
508             'role': 'user']
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511             {
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513                 "index": 0,
514                 "message": {
515                     "content": "The 196 is an
initiative designed to support and empower high
school students from grades 6 to 8, particularly
those experiencing poverty. With the
collaboration between Mission Services of
Hamilton and Mohawk College, this program aims
to create a positive attitude towards education
and assist students in pursuing post-secondary
education. The 196 provides a variety of
services, including nutritious meals, homework
assistance, and recreational activities led by
student leaders from Mohawk College. The
organization's Youth Wellness Programming \u2013
Mini Chefs offers food-centric courses that
improve overall health and wellness within the
youth sector by promoting food knowledge, skills
development, and healthy habits. Acknowledging
the Hamilton Community Foundation's support for
this valuable program, The 196 welcomes
referrals from parents, teachers, or students
interested in joining.", "role": "assistant"
517             }
518         }
519     ],
520     "created": 1680498586,
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529     }
530 ic| $" + str(round(response.usage.
531 completion_tokens / 1000 * 0.06 + response.usage
532 .prompt_tokens / 1000 * 0.03, 3)): '$0.021'
533 The 196 is an initiative designed to support and
      empower high school students from grades 6 to 8
      , particularly those experiencing poverty. With
      the collaboration between Mission Services of
      Hamilton and Mohawk College, this program aims
      to create a positive attitude towards education
      and assist students in pursuing post-secondary
      education. The 196 provides a variety of
      services, including nutritious meals, homework
      assistance, and recreational activities led by
      student leaders from Mohawk College. The
      organization's Youth Wellness Programming - Mini
      Chefs offers food-centric courses that improve
      overall health and wellness within the youth
      sector by promoting food knowledge, skills
      development, and healthy habits. Acknowledging
      the Hamilton Community Foundation's support for
      this valuable program, The 196 welcomes
      referrals from parents, teachers, or students
      interested in joining.
532 Write a ~100 word third-person description about
      an organization called "Meals On Wheels" with
      the following description: "Meal delivery for
      seniors and people with disabilities."
533 Below is an excerpt taken directly from the
      about page of Meals On Wheels's website:
534 About Meals on Wheels
535 Our program meets the nutritional needs of
      seniors or those with health problems in our
      community of Dundas who cannot, for any reason,
      prepare meals for themselves or otherwise
      arrange for them.
536
537 FREQUENTLY ASKED QUESTIONS
538 Delivery Days & Times
539 Monday to Friday between 11:00am to 1:00pm.
```

- 539 Delivery is not available on weekends, however additional meals may be requested to accommodate weekends and holidays, ask the Coordinator about your options.
- 540
- 541 Nominal Fee
- 542 \$7.50 (subject to change)
- 543
- 544 Who is eligible to receive meals?
- 545 Seniors or adults living with a disability or convalescing who are residents of Dundas and not beyond the railway line at Sydenham and York Road or beyond the Conservation Area on Governorâ€™s Road.
- 546
- 547 Payment Options
- 548 Accepted payments are cash and cheque only, clients are invoiced monthly through mail.
- 549
- 550 How are the hot meals delivered?
- 551 Our friendly volunteers deliver your meals in disposable containers. Volunteers have been screened by a Criminal Reference Police Check.
- 552
- 553 Where are meals prepared?
- 554 The meals are prepared at Wentworth Lodge, a long-term care facility in Dundas in the City of Hamilton.
- 555
- 556 What is included in the meal?
- 557 You will receive a hot bowl of soup, a main course meal consisting of a protein, a vegetable and a starch, complete with a dessert.
- 558
- 559 Can I get meals on a temporary basis?
- 560 Yes. You can get meals in the case of emergencies; if you are recuperating from an illness/surgery or if the person who usually prepares your meals is on vacation or ill.
- 561
- 562 Do you accommodate special diets?
- 563 Yes. There are special diets for people with diabetes, vegetarian or gluten free options as well as little salt is used to prepare meals. Chopped, minced, dental soft and pureed meals

563 are also available upon request.  
564  
565 Are meals still delivered when there is bad weather?  
566 In the case of inclement weather, meal delivery will be cancelled for the protection of our volunteers. Clients should keep a supply of easy-to-prepare frozen or canned food. All clients will be called in the event of a cancellation. Please listen to radio channels 900 am CHML, or watch OH Live (channel 12) TV news for severe weather cancellation notices.  
567  
568 Can I cancel my meal due to an appointment/vacation?  
569 Should you wish to cancel a meal for a given day, you must give 24 hours notice, calling our office by 11:00AM the day before or in advance if you know ahead of time.  
570 ic| message: [{  
 'content': 'Write in a third-person, professional tone.',  
 'role': 'system'  
},  
 {  
 'content': 'Write a ~100 word third-person description about an organization '  
 }]  
571  
572 'called "Meals On Wheels" with the following description: "Meal '  
573 'delivery for seniors and people with disabilities."  
574  
575 'Below is an excerpt taken directly from the about page of Meals '  
576 'On Wheels's website:  
577 "  
578 'About Meals on Wheels  
579 '  
580 'Our program meets the nutritional needs of seniors or those with '  
581 'health problems in  
582 our community of Dundas who cannot, for any '  
583 'reason, prepare meals for themselves or otherwise arrange for '  
584 them.  
585  
586  
587 'FREQUENTLY ASKED

587 QUESTIONS

588

'Delivery Days & Times

590

'Monday to Friday

591

between 11:00am to 1:00pm. Delivery is not  
'available on weekends  
, however additional meals may be requested  
'to accommodate  
weekends and holidays, ask the Coordinator about

592

'your options.

593

594

595

596

597

'Nominal Fee

598

599

'\$7.50 (subject to

change)

600

601

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'Who is eligible to  
receive meals?

605

606

'Seniors or adults  
living with a disability or convalescing who

607

'are residents of

Dundas and not beyond the railway line at

608

'Sydenham and York

Road or beyond the Conservation Area on

609

'Governorâ€™s Road.

610

611

612

'Payment Options

613

614

'Accepted payments are  
cash and cheque only, clients are invoiced

615

'monthly through mail.

616

617

618

619

620

'How are the hot meals  
delivered?

621  
622    'Our friendly  
623   volunteers deliver your meals in disposable '  
624   'containers.  
625   Volunteers have been screened by a Criminal '  
626   Reference Police  
627   Check.  
628  
629  
630   'Where are meals  
631   prepared?  
632  
633  
634  
635   'What is included in  
636   the meal?  
637   'You will receive a  
638   hot bowl of soup, a main course meal '  
639   consisting of a  
640   protein, a vegetable and a starch, complete with  
641   'a dessert.  
642  
643   'Can I get meals on a  
644   temporary basis?  
645   'Yes. You can get  
646   meals in the case of emergencies; if you are '  
647   recuperating from an  
648   illness/surgery or if the person who '  
649   usually prepares your  
650   meals is on vacation or ill.  
651   'Do you accommodate

651 special diets?  
652  
653                                  'Yes. There are  
654                                  special diets for people with diabetes, '  
655                                  'vegetarian or gluten  
656                                  free options as well as little salt is used '  
657                                  'to prepare meals.  
658                                  Chopped, minced, dental soft and pureed meals '  
659                                  'are also available  
upon request.  
660  
661  
662  
663  
664  
665  
666  
667  
668  
669  
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672  
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675  
676  
677

'Are meals still  
delivered when there is bad weather?  
'  
'In the case of  
inclement weather, meal delivery will be '  
'cancelled for the  
protection of our volunteers. Clients should '  
'keep a supply of easy  
-to-prepare frozen or canned food. All '  
'clients will be  
called in the event of a cancellation. Please '  
'listen to radio  
channels 900 am CHML, or watch CH Live (channel  
'  
'12) TV news for  
severe weather cancellation notices.  
'  
'Can I cancel my meal  
due to an appointment/vacation?  
'  
'Should you wish to  
cancel a meal for a given day, you must give '  
'24 hours notice,  
calling our office by 11:00AM the day before or  
'  
'in advance if you  
know ahead of time.',  
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683                     "content": "Meals on
Wheels is a dedicated organization providing
meal delivery services to seniors and
individuals living with disabilities. Serving
the Dundas community, Meals on Wheels ensures
these vulnerable populations receive nutritious
meals, accommodating special dietary needs
including diabetic, vegetarian, gluten-free, and
modified-texture options. Operating between 11:
00 am and 1:00 pm Monday to Friday (excluding
weekends), prepared hot meals arrive in
disposable containers handled by reliable
volunteers who've undergone thorough background
checks. Carrying a nominal fee of $7.50 per meal
, the program offers efficiency and convenience
through monthly invoicing and various payment
methods\u2014cash or cheque only\u2014and caters
to temporary requests if needed.",
684                     "role": "assistant"
685                 }
686             }
687         ],
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696         }
697     }
698 ic| $" + str(round(response.usage.
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.prompt_tokens / 1000 * 0.03, 3)): '$0.026'
699 Meals on Wheels is a dedicated organization
providing meal delivery services to seniors and
individuals living with disabilities. Serving
```

- 699 the Dundas community, Meals on Wheels ensures these vulnerable populations receive nutritious meals, accommodating special dietary needs including diabetic, vegetarian, gluten-free, and modified-texture options. Operating between 11:00 am and 1:00 pm Monday to Friday (excluding weekends), prepared hot meals arrive in disposable containers handled by reliable volunteers who've undergone thorough background checks. Carrying a nominal fee of \$7.50 per meal, the program offers efficiency and convenience through monthly invoicing and various payment methods—cash or cheque only—and caters to temporary requests if needed.
- 700 Write a ~100 word third-person description about an organization called "Heart To Home" with the following description: "Meal delivery for seniors and people with disabilities."
- 701 Below is an excerpt taken directly from the about page of Heart To Home's website:
- 702 Welcome to Heart to Home Meals!
- 703 We believe life should get easier as you age. That's why we've created a service with your lifestyle, tastes and nutrition in mind. Order online or by phone and one of our friendly, trusted members of our delivery team will deliver your meals straight to your door. We can even place them in your freezer for you!\*
- 704
- 705 And when it comes to nutrition, our team of experts work tirelessly to ensure we're always providing the best to our customers. Andrea, our Consultant Dietitian, has worked closely with our chefs to develop a framework for delicious meals that help support the nutritional needs of seniors. Our menu includes a wide variety of entrées including beef, chicken, pork, fish, vegetarian and breakfast options. We have several soups to start and tempting desserts to satisfy your sweet tooth. Our diet coding system was created to help you choose the meals that meet your dietary needs for high protein, low carbohydrates and/or saturated fat, low sodium, high fibre, vegetarian, and/or no added sugar.

706 ic| message: [ { 'content': 'Write in a third-  
person, professional tone.', 'role': 'system' },  
707                   { 'content': 'Write a ~100 word  
third-person description about an organization '  
708                    'called "Heart To Home  
" with the following description: "Meal '  
709                    'delivery for seniors  
and people with disabilities."  
710                   '  
711                   'Below is an excerpt  
taken directly from the about page of Heart '  
712                    "To Home's website:  
713                   "  
714                   'Welcome to Heart to  
Home Meals! '  
715                   '  
716                   'We believe life  
should get easier as you age. Thatâ€™s why '  
717                    'weâ€™ve created a  
service with your lifestyle, tastes and '  
718                    'nutrition in mind.  
Order online or by phone and one of our '  
719                    'friendly, trusted  
members of our delivery team will deliver your '  
720                    'meals straight to  
your door. We can even place them in your '  
721                    'freezer for you!\*  
722                   '  
723                   '  
724                   '  
725                   'And when it comes to  
nutrition, our team of experts work '  
726                    'tirelessly to ensure  
weâ€™re always providing the best to our '  
727                    'customers. Andrea,  
our Consultant Dietitian, has worked closely '  
728                    'with our chefs to  
develop a framework for delicious meals that '  
729                    'help support the  
nutritional needs of seniors. Our menu includes  
'  
730                    'a wide variety of  
entrÃ©es including beef, chicken, pork, fish, '  
731                    'vegetarian and  
breakfast options. We have several soups to

```

731 start '
732                               'and tempting desserts
733           to satisfy your sweet tooth. Our diet '
734           'coding system was
735           created to help you choose the meals that meet '
736           'your dietary needs
737           for high protein, low carbohydrates and/or '
738           'saturated fat, low
739           sodium, high fibre, vegetarian, and/or no '
740           'added sugar.', [
741           'role': 'user']
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746         {
747           "finish_reason": "stop",
748           "index": 0,
749           "message": {
750             "content": "Heart to Home
751 is a reputable organization providing meal
752 delivery services tailored to the needs of
753 seniors and individuals with disabilities.
754 Committed to making life easier as they age,
755 Heart to Home offers a wide range of nutritious
756 and diverse meal options, designed in
757 collaboration with Consultant Dietitian, Andrea
758 . The specialized menu includes entr\u00e9es
759 catering to various dietary requirements such as
760 high protein, low carbohydrates and sodium,
761 high fiber, vegetarian and no added sugar meals
762 . Customers can conveniently order online or by
763 phone, receiving their custom meals directly at
764 their doorstep through Heart to Home's efficient
765 and friendly delivery team.", "role": "assistant"
766         }
767       ]
768     ],
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    .prompt_tokens / 1000 * 0.03, 3)): '$0.016'  
760 Heart to Home is a reputable organization  
    providing meal delivery services tailored to the  
    needs of seniors and individuals with  
    disabilities. Committed to making life easier as  
    they age, Heart to Home offers a wide range of  
    nutritious and diverse meal options, designed in  
    collaboration with Consultant Dietitian, Andrea  
    . The specialized menu includes entrées catering  
    to various dietary requirements such as high  
    protein, low carbohydrates and sodium, high  
    fiber, vegetarian and no added sugar meals.  
    Customers can conveniently order online or by  
    phone, receiving their custom meals directly at  
    their doorstep through Heart to Home's efficient  
    and friendly delivery team.  
761 Write a ~100 word third-person description about  
    an organization called "The Good Shepard" with  
    the following description: "Free hot meals for  
    anyone."  
762 Below is an excerpt taken directly from the  
    about page of The Good Shepard's website:  
763 The Good Shepherd Centre & Daily Meals  
764 The Good Shepherd Centre was established in 1961  
    as a menâ€™s shelter. The Centre has since  
    become a beacon of hope and a place of shelter,  
    sustenance and spiritual healing for thousands  
    of individuals. Services offered; emergency  
    overnight accommodation for up to 54 clients  
    including meals and laundry services, overflow  
    spaces for up to 10 clients, case management and  
    referrals to appropriate community resources.  
765  
766 The Good Shepherd Centre was established in 1961  
    as a menâ€™s shelter. The Centre is a beacon of  
    hope and a place of shelter for thousands of  
    individuals.  
767
```

768 Services offered:  
769  
770 Emergency overnight accommodation for up to 54 clients  
771 Meals and laundry services  
772 Overflow spaces for up to 10 men  
773 Case management and referrals to community resources  
774 A community hot meal program for anyone in need (Monday-Friday, from 3:30 pm-4:45 pm, Saturday lunch from 11:30 am-12:30 pm)  
775 A nurse practitioner is available Mondays and Wednesdays from 8:00 am-4:00 pm  
776 A Shelter Health Network doctor is available on Thursdays from 9:00 am- noon  
777 All services are accessible  
778 ic| message: [ {'content': 'Write in a third-person, professional tone.', 'role': 'system'}, { 'content': 'Write a ~100 word third-person description about an organization ' } ]  
779  
780 'called "The Good Shepard" with the following description: "Free '  
781 'hot meals for anyone  
782 "  
783 'Below is an excerpt  
784 taken directly from the about page of The '  
785 "Good Shepard's  
786 website:  
787 "  
788 'The Good Shepherd  
789 Centre was established in 1961 as a menâ€™s '  
790 'shelter. The Centre  
791 has since become a beacon of hope and a '  
792 'place of shelter,  
793 sustenance and spiritual healing for thousands '  
794 'of individuals.  
795 Services offered; emergency overnight '  
796 'accommodation for up  
797 to 54 clients including meals and laundry '  
798 'services, overflow  
799 spaces for up to 10 clients, case management '

794 'and referrals to appropriate community resources.  
795  
796  
797  
798 'The Good Shepherd Centre was established in 1961 as a menâ€™s shelter. The Centre  
799 is a beacon of hope and a place of shelter  
800 for thousands of individuals.  
801  
802  
803  
804 'Services offered:  
805  
806  
807  
808 'Emergency overnight accommodation for up to 54 clients  
809  
810 'Meals and laundry services  
811  
812 'Overflow spaces for up to 10 men  
813  
814 'Case management and referrals to community resources  
815  
816 'A community hot meal program for anyone in need (Monday-Friday, from 3:30 pm-4:45 pm  
817 , Saturday lunch from 11:30 am-12:30 pm)  
818  
819 'A nurse practitioner is available Mondays and Wednesdays from 8:00 am-4:00 pm  
820  
821  
822 'A Shelter Health Network doctor is available on Thursdays from 9:00 am- noon  
823  
824  
825 'All services are accessible',

```
826                      'role': 'user'}]
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829          {
830              "finish_reason": "stop",
831              "index": 0,
832              "message": {
833                  "content": "The Good
Shepherd Centre, founded in 1961, has evolved
from its origins as a men's shelter into an
essential support system for countless
individuals. The organization provides various
services such as emergency overnight
accommodations, meals, laundry facilities, and
case management. Additionally, The Good Shepherd
offers referrals to suitable community
resources to better assist their clients.
834
835          One of the key features of this
institution is their community hot meal program
, which offers free hot meals for anyone in need
. In addition to these services, The Good
Shepherd hosts medical professionals on-site
multiple days per week to address health
concerns among its clientele. All of the
services provided by The Good Shepherd are
accessible, ensuring that they can continue
serving as a beacon of hope and shelter for
those in need.",

836          "role": "assistant"
837          }
838          }
839      ],
840      "created": 1680498631,
841      "id": "chatcmpl-
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842      "model": "gpt-4-0314",
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844      "usage": {
845          "completion_tokens": 148,
846          "prompt_tokens": 311,
847          "total_tokens": 459
848      }
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849 }  
850 ic| \$" + str(round(response.usage.  
completion\_tokens / 1000 \* 0.06 + response.usage.  
.prompt\_tokens / 1000 \* 0.03, 3)): '\$0.018'  
851 The Good Shepherd Centre, founded in 1961, has  
evolved from its origins as a men's shelter into  
an essential support system for countless  
individuals. The organization provides various  
services such as emergency overnight  
accommodations, meals, laundry facilities, and  
case management. Additionally, The Good Shepherd  
offers referrals to suitable community  
resources to better assist their clients.  
852  
853 One of the key features of this institution is  
their community hot meal program, which offers  
free hot meals for anyone in need. In addition  
to these services, The Good Shepherd hosts  
medical professionals on-site multiple days per  
week to address health concerns among its  
clientele. All of the services provided by The  
Good Shepherd are accessible, ensuring that they  
can continue serving as a beacon of hope and  
shelter for those in need.  
854 Write a ~100 word third-person description about  
an organization called "Inner-City Women's  
Collective Kitchen" with the following  
description: "Community building and affordable  
meal prep lessons."  
855 Below is an excerpt taken directly from the  
about page of Inner-City Women's Collective  
Kitchen's website:  
856 Inner-CIty Women's Collective Kitchen  
857 Twice a month, this group meets in a kitchen  
setting to learn how to prepare affordable meals  
to address food access, relieve social  
isolation and to engage and build capacity in  
the community.  
858  
859 Included among the skills taught are:  
860  
861 Budgeting  
862 Shopping  
863 Healthy Meal Preparation  
864 Money saved through buying in bulk, cost-sharing

864 , and selecting seasonal foods goes a long way  
toward maintaining access to nutritious meals.  
865 ic| message: [{}{'content': 'Write in a third-  
person, professional tone.', 'role': 'system'},  
866 {'content': 'Write a ~100 word  
third-person description about an organization '  
867 'called "Inner-City  
Women\'s Collective Kitchen" with the '  
868 'following description  
: "Community building and affordable meal '  
869 'prep lessons."  
870  
871 'Below is an excerpt  
taken directly from the about page of '  
872 "Inner-City Women's  
Collective Kitchen's website:  
873 "  
874 "Inner-City Women's  
Collective Kitchen  
875 "  
876 'Twice a month, this  
group meets in a kitchen setting to learn '  
877 'how to prepare  
affordable meals to address food access, relieve  
878 'social isolation and  
to engage and build capacity in the '  
879 'community.  
880  
881  
882  
883 'Included among the  
skills taught are:  
884  
885  
886  
887 'Budgeting  
888  
889  
890  
891 'Healthy Meal  
Preparation  
892  
893 'Money saved through  
buying in bulk, cost-sharing, and selecting '

```
894                                     'seasonal foods goes a
long way toward maintaining access to '
895                                     'nutritious meals.',  
896                                     'role': 'user'}]
897     response: <OpenAIObject chat.completion id=
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898         "choices": [
899             {
900                 "finish_reason": "stop",
901                 "index": 0,
902                 "message": {
903                     "content": "Inner-City  
Women's Collective Kitchen is an exemplary  
organization dedicated to fostering community  
building and providing affordable meal  
preparation lessons. Meeting bi-monthly in a  
nurturing kitchen environment, this committed  
group addresses significant issues such as food  
access and social isolation while promoting  
community engagement and capacity building. The  
skill set acquired through the initiative  
encompasses budgeting, shopping, and healthy  
meal preparation. By empowering participants  
with strategies such as bulk purchasing, cost-  
sharing, and seasonal food selection, Inner-City  
Women's Collective Kitchen effectively ensures  
sustained access to nutritious meals for those  
who need it most.",  
904                     "role": "assistant"
905                 }
906             }
907         ],
908         "created": 1680498645,
909         "id": "chatcmpl-
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910         "model": "gpt-4-0314",
911         "object": "chat.completion",
912         "usage": {
913             "completion_tokens": 111,
914             "prompt_tokens": 166,
915             "total_tokens": 277
916         }
917     }
918 ic| $" + str(round(response.usage.
```

918 completion\_tokens / 1000 \* 0.06 + response.usage  
.prompt\_tokens / 1000 \* 0.03, 3)): '\$0.012'

919 Inner-City Women's Collective Kitchen is an exemplary organization dedicated to fostering community building and providing affordable meal preparation lessons. Meeting bi-monthly in a nurturing kitchen environment, this committed group addresses significant issues such as food access and social isolation while promoting community engagement and capacity building. The skill set acquired through the initiative encompasses budgeting, shopping, and healthy meal preparation. By empowering participants with strategies such as bulk purchasing, cost-sharing, and seasonal food selection, Inner-City Women's Collective Kitchen effectively ensures sustained access to nutritious meals for those who need it most.

920 Write a ~100 word third-person description about an organization called "Cooking At The Core" with the following description: "Learn nutritious meal planning and budgeting on a limited income."

921 Below is an excerpt taken directly from the about page of Cooking At The Core's website:

922 Cooking at the Core

923 Cooking at the Core is a 9-week program designed to help low-income individuals and families learn nutritious meal planning and budgeting on a limited income.

924

925 Guest chefs join Community Health Workers and Dietitians to teach the sessions.

926 ic| message: [{ 'content': 'Write in a third-person, professional tone.', 'role': 'system' },  
927 { 'content': 'Write a ~100 word third-person description about an organization '  
928 'called "Cooking At The Core" with the following description: '  
929 '"Learn nutritious meal planning and budgeting on a limited '  
930 'income.'

931

932 'Below is an excerpt taken directly from the about page of '

```
933                                     "Cooking At The Core's
934                                     website:
935                                     "
936                                     '
937                                     'Cooking at the Core
938                                     is a 9-week program designed to help '
939                                     'low-income
940                                     individuals and families learn nutritious meal '
941                                     '
942                                     '
943                                     'Guest chefs join
944                                     Community Health Workers and Dietitians to '
945                                     'teach the sessions.', [
946                                     'role': 'user']]
947                                     response: <OpenAIObject chat.completion id=
948                                     chatcmpl-71613jKFh6uUt5hEB5JtWfBcZbGjo at
949                                     0x233ea5c9cd0> JSON: {
950                                     "choices": [
951                                     {
952                                     "finish_reason": "stop",
953                                     "index": 0,
954                                     "message": {
955                                     "content": "Cooking At The
956                                     Core is a reputable organization dedicated to
957                                     promoting healthy living among low-income
958                                     individuals and families. Through their
959                                     innovative 9-week program, participants engage
960                                     in an enriching learning experience centered
961                                     around nutritious meal planning and budget-
962                                     conscious strategies. This initiative brings
963                                     together qualified professionals, including
964                                     guest chefs, Community Health Workers, and
965                                     Dietitians, who collaborate seamlessly to ensure
966                                     the effective delivery of each session. By
967                                     combining practical cooking demonstrations with
968                                     valuable financial guidance, Cooking At The Core
969                                     empowers vulnerable communities by providing
970                                     them with essential life skills for maintaining
971                                     overall well-being on a limited budget.", ,
972                                     "role": "assistant"
973                                     }
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955 }  
956 ],  
957 "created": 1680498661,  
958 "id": "chatcmpl-  
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959 "model": "gpt-4-0314",  
960 "object": "chat.completion",  
961 "usage": {  
962 "completion_tokens": 114,  
963 "prompt_tokens": 129,  
964 "total_tokens": 243  
965 }  
966 }  
967 ic| $" + str(round(response.usage.  
completion_tokens / 1000 * 0.06 + response.usage.  
.prompt_tokens / 1000 * 0.03, 3)): '$0.011'  
968 Cooking At The Core is a reputable organization  
dedicated to promoting healthy living among low-  
income individuals and families. Through their  
innovative 9-week program, participants engage  
in an enriching learning experience centered  
around nutritious meal planning and budget-  
conscious strategies. This initiative brings  
together qualified professionals, including  
guest chefs, Community Health Workers, and  
Dietitians, who collaborate seamlessly to ensure  
the effective delivery of each session. By  
combining practical cooking demonstrations with  
valuable financial guidance, Cooking At The Core  
empowers vulnerable communities by providing  
them with essential life skills for maintaining  
overall well-being on a limited budget.  
969 Write a ~100 word third-person description about  
an organization called "Kids Food Nation" with  
the following description: "Developing food  
skills through hands on experience."  
970 Below is an excerpt taken directly from the  
about page of Kids Food Nation's website:  
971 Kid Food Nation  
972 Kid Food Nation is a national initiative that  
helps kids and families develop food skills  
through hands-on experiences related to planning  
, preparing, and cooking. The program also  
features an online hub with resources for  
healthy eating and meal preparation, and a
```

- 972 national recipe competition that encourages kids to put their food literacy skills into practice and submit original, healthy, and nutritious recipes.
- 973
- 974 About the Boys and Girl's Club (parent organization)
- 975 A place where everyone belongs
- 976 As a leading provider of quality programs for children, youth, adults and families, BGC Hamilton-Halton offers transformative experiences that are affordable, accessible, and reliable with a focus on learning and skills development.
- 977
- 978 We are proud of our history of leveling the playing field and providing opportunities for members of our community to discover, develop, and achieve their full potential by supporting their healthy, physical, educational and social development.
- 979
- 980 Our highly trained staff and volunteers are caring role models who use an individualized, strength-based approach and engage Club members to play, learn, and develop essential life skills. We create caring environments that are safe, inclusive and fun. We challenge developmentally-appropriate growth, and encourage healthy, respectful relationships.
- 981
- 982 Our Clubs are located in neighbourhoods where they need us most. We emphasize flexible programs based on local needs, the interests of our participants, and the diversity, character and identity of their communities.
- 983
- 984 Belonging to BGC Hamilton-Halton can be life changing. We inspire children, youth, adults and families to achieve their dreams and grow up to be healthy and successful individuals.
- 985 ic| message: [{}'content': 'Write in a third-person, professional tone.', 'role': 'system'],
- 986                    {'content': 'Write a ~100 word third-person description about an organization

986                                  'called "Kids Food  
987                                  Nation" with the following description: '  
988                                  '"Developing food  
989                                  skills through hands on experience."  
990                                  '  
991                                  'Below is an excerpt  
992                                  taken directly from the about page of Kids '  
993                                  '"Food Nation's  
994                                  website:  
995                                  "  
996                                  'Kid Food Nation  
997                                  '  
998                                  'Kid Food Nation is a  
999                                  national initiative that helps kids and '  
1000                                 'families develop  
1001                                 food skills through hands-on experiences '  
1002                                 'related to planning  
1003                                 , preparing, and cooking. The program also '  
1004                                 'features an online  
1005                                 hub with resources for healthy eating and '  
1006                                 'meal preparation,  
1007                                 and a national recipe competition that '  
1008                                 'encourages kids to  
1009                                 put their food literacy skills into practice '  
1010                                 'and submit original  
1011                                 , healthy, and nutritious recipes.  
1012                                 '  
1013                                 '  
1014                                 '  
1015                                 '"About the Boys and  
1016                                 Girl's Club (parent organization)  
1017                                 "  
1018                                 '  
1019                                 'A place where  
1020                                 everyone belongs  
1021                                 '  
1022                                 'As a leading  
1023                                 provider of quality programs for children,  
1024                                 youth, '  
1025                                 'adults and families  
1026                                 , BGC Hamilton-Halton offers transformative '  
1027                                 'experiences that are  
1028                                 affordable, accessible, and reliable with a '  
1029                                 'focus on learning  
1030                                 and skills development.

1013  
1014  
1015  
1016    ' We are proud of our  
1017   history of leveling the playing field and '  
1018   providing  
1019   opportunities for members of our community to '  
1020   discover, develop,  
1021   and achieve their full potential by '  
1022   supporting their  
1023   healthy, physical, educational and social '  
1024   development.  
1025  
1026  
1027  
1028  
1029  
1030  
1031  
1032  
1033   ' Our highly trained  
1034   staff and volunteers are caring role models '  
1035   who use an  
1036   individualized, strength-based approach and  
1037   engage '  
1038   Club members to play  
1026   , learn, and develop essential life skills. '  
1027   We create caring  
1028   environments that are safe, inclusive and fun  
1029   '  
1030   We challenge  
1031   developmentally-appropriate growth, and  
1032   encourage '  
1033   '  
1034   We emphasize  
1035   flexible programs based on local needs, the '  
1036   interests of our  
1037   participants, and the diversity, character and  
1038   identity of their  
1039   communities.  
1040  
1041

```
1039
1040                               'Belonging to BGC
1041                               Hamilton-Halton can be life changing. We '
1042                               'inspire children,
1043                               youth, adults and families to achieve their '
1044                               'dreams and grow up
1045                               to be healthy and successful individuals.', [
1046                               'role': 'user']]}
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1051       {
1052         "finish_reason": "stop",
1053         "index": 0,
1054         "message": {
1055           "content": "Kids Food
1056 Nation is a national initiative aimed at
1057 fostering food skills in children and families
1058 through hands-on experiences, particularly
1059 focusing on planning, preparing, and cooking.
1060 Spearheaded by the Boys and Girls Club of
1061 Hamilton-Halton, a reputable organization
1062 dedicated to providing transformative programs
1063 for community members of various ages, Kids
1064 Food Nation offers an online platform with
1065 resources for healthy eating and meal
1066 preparation. Furthermore, the program hosts a
1067 national recipe competition that encourages
1068 children to apply their food literacy skills by
1069 creating original, nutritious recipes. By
1070 leveraging their compassionate staff and
1071 volunteers' expertise in promoting safe,
1072 inclusive learning environments, the
1073 organization empowers individuals to achieve
1074 their full potential through healthy
1075 development.", [
1076           "role": "assistant"
1077         }
1078       }
1079     ],
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1082     7161F4oCIviTMQ9dCgZ2uNVEEN4Mx",
1083     "model": "gpt-4-0314",
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1061             "prompt_tokens": 384,
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1063         }
1064     }
1065 ic| $" + str(round(response.usage.
    completion_tokens / 1000 * 0.06 + response.
    usage.prompt_tokens / 1000 * 0.03, 3)): '$0.019
'
1066 Kids Food Nation is a national initiative aimed
    at fostering food skills in children and
    families through hands-on experiences,
    particularly focusing on planning, preparing,
    and cooking. Spearheaded by the Boys and Girls
    Club of Hamilton-Halton, a reputable
    organization dedicated to providing
    transformative programs for community members
    of various ages, Kids Food Nation offers an
    online platform with resources for healthy
    eating and meal preparation. Furthermore, the
    program hosts a national recipe competition
    that encourages children to apply their food
    literacy skills by creating original,
    nutritious recipes. By leveraging their
    compassionate staff and volunteers' expertise
    in promoting safe, inclusive learning
    environments, the organization empowers
    individuals to achieve their full potential
    through healthy development.
1067 Write a ~100 word third-person description
    about an organization called "Mini Chefs" with
    the following description: "Cooking skills and
    food knowledge for youth."
1068 Below is an excerpt taken directly from the
    about page of Mini Chefs's website:
1069 More than a meal, we are a non-profit, multi-
    social service agency who believes every person
    deserves access to healthy food, safe housing
    , and opportunities for tomorrow.
1070 We accomplish this by offering professional
    services in a caring and dignified manner for
    every person who comes through our doors â€“
    without regard to faith, race, ethnicity,
```

1070 gender, age, disability, educational status, or  
sexual orientation.

1071

1072 The community we hope to create is one that is  
healthy and resilient. It's a place where  
everyone has access to healthy food, safe  
housing, and opportunities to enrich their  
futures and participate in the social and  
economic life of our neighbourhood and city.

1073

1074 Toward this ambitious goal, we serve more than  
20,000 people each year.

1075

1076 Help us make our city a great place to live for  
everyone.

1077 ic| message: [ {'content': 'Write in a third-  
person, professional tone.', 'role': 'system'} ,  
1078 {'content': 'Write a ~100 word  
third-person description about an organization  
'  
1079 'called "Mini Chefs"  
with the following description: "Cooking '  
1080 'skills and food  
knowledge for youth."  
1081  
1082 'Below is an excerpt  
taken directly from the about page of Mini '  
1083 'Chefs's website:  
1084 "  
1085 'More than a meal, we  
are a non-profit, multi-social service '  
1086 'agency who believes  
every person deserves access to healthy '  
1087 'food, safe housing,  
and opportunities for tomorrow.  
1088  
1089 'We accomplish this  
by offering professional services in a caring '  
1090 'and dignified manner  
for every person who comes through our '  
1091 'doors â€“ without  
regard to faith, race, ethnicity, gender, age  
,  
1092 'disability,  
educational status, or sexual orientation.

1093  
1094  
1095  
1096    'The community we  
hope to create is one that is healthy and '  
1097    'resilient. It's a  
place where everyone has access to healthy '  
1098    'food, safe housing,  
and opportunities to enrich their futures '  
1099    'and participate in  
the social and economic life of our '  
1100    'neighbourhood and  
city.  
1101  
1102  
1103  
1104    'Toward this  
ambitious goal, we serve more than 20,000  
people '  
1105    'each year.  
1106  
1107  
1108  
1109    'Help us make our  
city a great place to live for everyone.',  
1110    'role': 'user'}]  
1111         response: <OpenAIObject chat.completion id=  
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1113    {  
1114    "finish\_reason": "stop",  
1115    "index": 0,  
1116    "message": {  
1117    "content": "Mini Chefs is  
a non-profit organization dedicated to  
imparting cooking skills and food knowledge to  
youth, fostering healthy and self-sufficient  
individuals. As a multi-social service agency,  
Mini Chefs aims to provide every person with  
access to healthy food, safe housing, and  
opportunities for growth regardless of their  
background or circumstances. Upholding a  
philosophy of care and dignity, the  
organization seeks to create a healthy,

```
1117 resilient community where everyone can thrive.  
Annually serving over 20,000 individuals, Mini  
Chefs continuously strives to make their city  
an inclusive and empowering place for all  
residents.",  
1118             "role": "assistant"  
1119         }  
1120     }  
1121 ],  
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1124     "model": "gpt-4-0314",  
1125     "object": "chat.completion",  
1126     "usage": {  
1127         "completion_tokens": 115,  
1128         "prompt_tokens": 233,  
1129         "total_tokens": 348  
1130     }  
1131 }  
1132 ic| $" + str(round(response.usage.  
completion_tokens / 1000 * 0.06 + response.  
usage.prompt_tokens / 1000 * 0.03, 3)): '$0.014  
'  
1133 Mini Chefs is a non-profit organization  
dedicated to imparting cooking skills and food  
knowledge to youth, fostering healthy and self-  
sufficient individuals. As a multi-social  
service agency, Mini Chefs aims to provide  
every person with access to healthy food, safe  
housing, and opportunities for growth  
regardless of their background or circumstances  
. Upholding a philosophy of care and dignity,  
the organization seeks to create a healthy,  
resilient community where everyone can thrive.  
Annually serving over 20,000 individuals, Mini  
Chefs continuously strives to make their city  
an inclusive and empowering place for all  
residents.  
1134 Write a ~100 word third-person description  
about an organization called "Newcomer Parent  
And Child Cooking" with the following  
description: "Bond over cooking while meeting  
other newcomer families in Hamilton."  
1135 Below is an excerpt taken directly from the
```

- 1135 about page of Newcomer Parent And Child Cooking 's website:
- 1136 Newcomer Parent and Child Cooking
- 1137 This program is designed for newcomer parents 18+ and their children to cook together and learn new recipes. Through cooking, parents and children will have a time to bond over cooking while meeting other newcomer families in Hamilton. Spaces are limited. Must be a permanent resident or government assisted refugee. This program is running virtually.
- 1138
- 1139 Thursdays 5:00-6:00pm
- 1140
- 1141 About the Boys and Girl's Club (parent organization)
- 1142 A place where everyone belongs
- 1143 As a leading provider of quality programs for children, youth, adults and families, BGC Hamilton-Halton offers transformative experiences that are affordable, accessible, and reliable with a focus on learning and skills development.
- 1144
- 1145 We are proud of our history of leveling the playing field and providing opportunities for members of our community to discover, develop, and achieve their full potential by supporting their healthy, physical, educational and social development.
- 1146
- 1147 Our highly trained staff and volunteers are caring role models who use an individualized, strength-based approach and engage Club members to play, learn, and develop essential life skills. We create caring environments that are safe, inclusive and fun. We challenge developmentally-appropriate growth, and encourage healthy, respectful relationships.
- 1148
- 1149 Our Clubs are located in neighbourhoods where they need us most. We emphasize flexible programs based on local needs, the interests of our participants, and the diversity, character and identity of their communities.

1150  
1151 Belonging to BGC Hamilton-Halton can be life  
changing. We inspire children, youth, adults  
and families to achieve their dreams and grow  
up to be healthy and successful individuals.  
1152 ic| message: [{{'content': 'Write in a third-  
person, professional tone.', 'role': 'system'}},  
1153 {'content': 'Write a ~100 word  
third-person description about an organization  
'  
1154 'called "Newcomer  
Parent And Child Cooking" with the following '  
1155 'description: "Bond  
over cooking while meeting other newcomer  
1156 'families in Hamilton  
'  
1157 '  
1158 'Below is an excerpt  
taken directly from the about page of '  
1159 "Newcomer Parent And  
Child Cooking's website:  
1160 "  
1161 'Newcomer Parent and  
Child Cooking'  
1162 '  
1163 'This program is  
designed for newcomer parents 18+ and their '  
1164 'children to cook  
together and learn new recipes. Through '  
1165 'cooking, parents and  
children will have a time to bond over '  
1166 'cooking while  
meeting other newcomer families in Hamilton. '  
1167 'Spaces are limited.  
Must be a permanent resident or government '  
1168 'assisted refugee.  
This program is running virtually.  
1169 '  
1170 '  
1171 '  
1172 'Thursdays 5:00-6:  
00pm  
1173 '  
1174 '  
1175 '

1176 "About the Boys and  
1177 Girl's Club (parent organization)  
1178 "  
1179 'A place where  
1180 everyone belongs  
1181 '  
1182 'As a leading  
1183 provider of quality programs for children,  
1184 youth, '  
1185 'adults and families  
1186 , BGC Hamilton-Halton offers transformative '  
1187 'experiences that are  
1188 affordable, accessible, and reliable with a '  
1189 'focus on learning  
1190 and skills development.  
1191 '  
1192 '  
1193 '  
1194 '  
1195 'We are proud of our  
1196 history of leveling the playing field and '  
1197 'providing  
1198 opportunities for members of our community to '  
1199 'discover, develop,  
1200 and achieve their full potential by '  
1201 'supporting their  
1202 healthy, physical, educational and social '  
1203 'development.  
1204 '  
1205 '  
1206 '  
1207 '  
1208 'Our highly trained  
1209 staff and volunteers are caring role models '  
1210 'who use an  
1211 individualized, strength-based approach and  
1212 engage '  
1213 'Club members to play  
1214 , learn, and develop essential life skills. '  
1215 'We create caring  
1216 environments that are safe, inclusive and fun  
1217 '  
1218 '  
1219 '  
1220 'We challenge  
1221 developmentally-appropriate growth, and  
1222 encourage '  
1223 'healthy, respectful  
1224 relationships.

1201  
1202  
1203  
1204    'Our Clubs are  
located in neighbourhoods where they need us  
most.'  
1205    'We emphasize  
flexible programs based on local needs, the '  
1206    'interests of our  
participants, and the diversity, character and  
'  
1207    'identity of their  
communities.'  
1208  
1209  
1210  
1211    'Belonging to BGC  
Hamilton-Halton can be life changing. We '  
1212    'inspire children,  
youth, adults and families to achieve their '  
1213    'dreams and grow up  
to be healthy and successful individuals.',  
1214    'role': 'user'}]  
1215     response: <OpenAIObject chat.completion id=  
chatcmpl-716ljp2IQaalc48g8uQnGxHNiDVqz at  
0x233ea5c9eb0> JSON: {  
1216         "choices": [  
1217             {  
1218                 "finish\_reason": "stop",  
1219                 "index": 0,  
1220                 "message": {  
1221                     "content": "Newcomer  
Parent and Child Cooking is a dynamic program  
offered by the esteemed BGC Hamilton-Halton,  
catering to newcomer families in the Hamilton  
area. Designed for parents aged 18+ and their  
children, this initiative provides a  
collaborative space to learn new recipes, bond  
over cooking, and connect with other like-  
minded families. Enrollment is exclusive to  
permanent residents or government-assisted  
refugees, reinforcing the organization's  
commitment to inclusivity and supporting  
underprivileged communities.  
1222

```

1223           Held virtually on Thursdays from
5:00\u20136:00 pm, the program exemplifies BGC
Hamilton-Halton's dedication to offering
transformative experiences that are accessible
, affordable, and focused on learning and skill
development. By nurturing healthy development
within a safe environment, Newcomer Parent and
Child Cooking continues BGC's mission of
helping individuals discover their full
potential and fostering caring relationships.",

1224           "role": "assistant"
1225       }
1226     }
1227   ],
1228   "created": 1680498703,
1229   "id": "chatcmpl-
7161jp2IQaalc48g8uQnGxHNiDVqz",
1230   "model": "gpt-4-0314",
1231   "object": "chat.completion",
1232   "usage": {
1233     "completion_tokens": 171,
1234     "prompt_tokens": 403,
1235     "total_tokens": 574
1236   }
1237 }
1238 ic| $" + str(round(response.usage.
completion_tokens / 1000 * 0.06 + response.
usage.prompt_tokens / 1000 * 0.03, 3)): '$0.022
'

1239 Newcomer Parent and Child Cooking is a dynamic
program offered by the esteemed BGC Hamilton-
Halton, catering to newcomer families in the
Hamilton area. Designed for parents aged 18+
and their children, this initiative provides a
collaborative space to learn new recipes, bond
over cooking, and connect with other like-
minded families. Enrollment is exclusive to
permanent residents or government-assisted
refugees, reinforcing the organization's
commitment to inclusivity and supporting
underprivileged communities.

1240
1241 Held virtually on Thursdays from 5:00-6:00 pm,
the program exemplifies BGC Hamilton-Halton's
dedication to offering transformative

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- 1241 experiences that are accessible, affordable, and focused on learning and skill development. By nurturing healthy development within a safe environment, Newcomer Parent and Child Cooking continues BGC's mission of helping individuals discover their full potential and fostering caring relationships.
- 1242 Write a ~100 word third-person description about an organization called "Mission Services" with the following description: "Offers bagged lunches for youth."
- 1243 Below is an excerpt taken directly from the about page of Mission Services's website:
- 1244 More than a meal, we are a non-profit, multi-social service agency who believes every person deserves access to healthy food, safe housing , and opportunities for tomorrow.
- 1245 We accomplish this by offering professional services in a caring and dignified manner for every person who comes through our doors â€” without regard to faith, race, ethnicity, gender, age, disability, educational status, or sexual orientation.
- 1246
- 1247 The community we hope to create is one that is healthy and resilient. Itâ€™s a place where everyone has access to healthy food, safe housing, and opportunities to enrich their futures and participate in the social and economic life of our neighbourhood and city.
- 1248
- 1249 Toward this ambitious goal, we serve more than 20,000 people each year.
- 1250
- 1251 Help us make our city a great place to live for everyone.
- 1252 ic| message: [ { 'content': 'Write in a third-person, professional tone.', 'role': 'system' },
- 1253 { 'content': 'Write a ~100 word third-person description about an organization
- 1254 'called "Mission Services" with the following description: '
- 1255 '"Offers bagged lunches for youth."

1256  
1257    'Below is an excerpt  
1258    taken directly from the about page of '  
1259    "Mission Services's  
1260    website:  
1261    "  
1262    'More than a meal, we  
1263    are a non-profit, multi-social service '  
1264    agency who believes  
1265    every person deserves access to healthy '  
1266    'food, safe housing,  
1267    and opportunities for tomorrow.  
1268    '  
1269    'We accomplish this  
1270    by offering professional services in a caring '  
1271    'and dignified manner  
1272    for every person who comes through our '  
1273    'doors Â€" without  
1274    regard to faith, race, ethnicity, gender, age  
1275    '  
1276    'disability,  
1277    educational status, or sexual orientation.  
1278    '  
1279    'The community we  
1280    hope to create is one that is healthy and '  
1281    'resilient. ItÂ€™s a  
1282    place where everyone has access to healthy '  
1283    'food, safe housing,  
1284    and opportunities to enrich their futures '  
1285    'and participate in  
1286    the social and economic life of our '  
1287    'nighbourhood and  
1288    city.  
1289    '  
1290    'Toward this  
1291    ambitious goal, we serve more than 20,000  
1292    people '  
1293    'each year.  
1294    '  
1295    '

```
1284                               'Help us make our
1285           city a great place to live for everyone.',  

1285           'role': 'user']]  

1286   response: <OpenAIObject chat.completion id=
chatcmpl-716m2kHl0W11qNyI8RiUjj10j8Z14 at
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1287           "choices": [  

1288             {  

1289               "finish_reason": "stop",  

1290               "index": 0,  

1291               "message": {  

1292                 "content": "Mission  

Services, a respected non-profit organization,  

is passionately committed to providing bagged  

lunches for the youth and advocating for  

healthy food, safe housing, and equal  

opportunities for all. By rendering  

professional services with utmost care and  

dignity to over 20,000 individuals annually,  

they strive to create a resilient community  

irrespective of faith, race, ethnicity, gender  

, age, disability, educational status or sexual  

orientation. Mission Services envisions a  

thriving neighborhood and city where everyone  

enjoys access to essential resources while  

actively participating in social and economic  

exchanges. Join them in their noble endeavor to  

make the city an ideal place to live for one  

and all.",  

1293               "role": "assistant"  

1294             }  

1295           }  

1296         ],  

1297         "created": 1680498722,  

1298         "id": "chatcmpl-
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1299         "model": "gpt-4-0314",
1300         "object": "chat.completion",
1301         "usage": {
1302           "completion_tokens": 125,
1303           "prompt_tokens": 229,
1304           "total_tokens": 354
1305         }
1306       }
1307 ic| $" + str(round(response.usage.
```

- 1307 completion\_tokens / 1000 \* 0.06 + response.  
usage.prompt\_tokens / 1000 \* 0.03, 3)): '\$0.014  
'
- 1308 Mission Services, a respected non-profit organization, is passionately committed to providing bagged lunches for the youth and advocating for healthy food, safe housing, and equal opportunities for all. By rendering professional services with utmost care and dignity to over 20,000 individuals annually, they strive to create a resilient community irrespective of faith, race, ethnicity, gender, age, disability, educational status or sexual orientation. Mission Services envisions a thriving neighborhood and city where everyone enjoys access to essential resources while actively participating in social and economic exchanges. Join them in their noble endeavor to make the city an ideal place to live for one and all.
- 1309 Write a ~100 word third-person description about an organization called "Tastebuds" with the following description: "Starting a school nutrition program."
- 1310 Below is an excerpt taken directly from the about page of Tastebuds's website:
- 1311 About Us
- 1312 Tastebuds is a partnership of community agencies and community members that supports and facilitates local student nutrition programs for children and youth in Hamilton.
- 1313
- 1314 Our Vision
- 1315 All students in Hamilton have universal access to healthy foods in schools and community environments to improve student success, support healthy growth, development, and lifelong eating habits.
- 1316
- 1317 Our Mission
- 1318 Our inclusive program engages students in enjoying healthy meals and snacks in a welcoming school setting. Tastebuds is committed to collaborating with our partners and student voices to continually work towards

1318 sprouting healthy relationships with food. Our  
collaborative model is strengthened by caring  
funders, positive leadership, dedicated  
volunteers, kindhearted communities and  
passionate support from our schools.

1319 ic| message: [{{'content': 'Write in a third-  
person, professional tone.', 'role': 'system'}},  
1320 {'content': 'Write a ~100 word  
third-person description about an organization  
  
1321 'called "Tastebuds"  
with the following description: "Starting a '  
1322 'school nutrition  
program."  
1323  
1324 'Below is an excerpt  
taken directly from the about page of '  
1325 "Tastebuds's website  
  
1326 "  
1327 'About Us  
1328  
1329 'Tastebuds is a  
partnership of community agencies and community  
  
1330 'members that  
supports and facilitates local student  
nutrition'  
1331 'programs for  
children and youth in Hamilton.  
1332  
1333  
1334  
1335 'Our Vision  
1336  
1337 'All students in  
Hamilton have universal access to healthy foods  
  
1338 'in schools and  
community environments to improve student '  
1339 'success, support  
healthy growth, development, and lifelong '  
1340 'eating habits.  
1341  
1342

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1343 '
1344           'Our Mission
1345 '
1346           'Our inclusive
1347             program engages students in enjoying healthy
1348               meals '
1349             'and snacks in a
1350               welcoming school setting. Tastebuds is
1351               committed '
1352             'to collaborating
1353               with our partners and student voices to '
1354               'continually work
1355               towards sprouting healthy relationships with '
1356               'food. Our
1357               collaborative model is strengthened by caring
1358               funders, '
1359               'positive leadership
1360               , dedicated volunteers, kindhearted '
1361               'communities and
1362               passionate support from our schools.',

1363           'role': 'user'}]
1364   response: <OpenAIObject chat.completion id=
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1366     0x233ea5c9a30> JSON: {
1367     "choices": [
1368       {
1369         "finish_reason": "stop",
1370         "index": 0,
1371         "message": {
1372           "content": "Tastebuds is
1373             an organization based in Hamilton, dedicated to
1374               supporting and facilitating local student
1375                 nutrition programs for children and youth. This
1376                   collaborative initiative brings together
1377                     community agencies, members, schools, and
1378                       stakeholders to ensure that all students have
1379                         access to healthy foods in their schools and
1380                           communities. The ultimate vision of Tastebuds
1381                             is to improve student success, support healthy
1382                               growth and development, and foster lifelong
1383                                 healthy eating habits. Through inclusive
1384                                   engagement with students and partners alike,
1385                                     Tastebuds cultivates strong relationships
1386                                       rooted in positive leadership, dedicated
1387                                         volunteers, compassionate communities, and
1388                                         
```

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1360    "passionate school support.",  
1361              "role": "assistant"  
1362          }  
1363      }  
1364  ],  
1365      "created": 1680498738,  
1366      "id": "chatcmpl-  
1367      "716mI0mGD9dcRs2CL4cM6qSdz6kTd",  
1368      "model": "gpt-4-0314",  
1369      "object": "chat.completion",  
1370      "usage": {  
1371          "completion_tokens": 115,  
1372          "prompt_tokens": 207,  
1373          "total_tokens": 322  
1374      }  
1375  ic| $" + str(round(response.usage.  
1376 completion_tokens / 1000 * 0.06 + response.  
1377 usage.prompt_tokens / 1000 * 0.03, 3)): '$0.013  
1378 Tastebuds is an organization based in Hamilton  
1379 , dedicated to supporting and facilitating  
1380 local student nutrition programs for children  
1381 and youth. This collaborative initiative brings  
1382 together community agencies, members, schools  
1383 , and stakeholders to ensure that all students  
1384 have access to healthy foods in their schools  
1385 and communities. The ultimate vision of  
1386 Tastebuds is to improve student success,  
1387 support healthy growth and development, and  
1388 foster lifelong healthy eating habits. Through  
1389 inclusive engagement with students and partners  
1390 alike, Tastebuds cultivates strong  
1391 relationships rooted in positive leadership,  
1392 dedicated volunteers, compassionate communities  
1393 , and passionate school support.  
1376 Process finished with exit code 0  
1377  
1378  
1379
```