



Healthy Eating Program Exploration:

Although the population of students at CPS who are actually underfed may be very small, the percentage of children who are under-nourished may be larger due to various reasons. Regardless of percentage of “need”, we see the opportunity for augmenting and improving nutrition as well as educating students about healthy eating.

Schools in which healthy eating programs are established see improvements in student focus and behaviour.

Needs we are addressing:

- Kids who not getting enough *food* to eat.
(Coming to school with an empty stomach; coming to school without enough food to sustain them throughout the day.)
- Kids who are not getting enough *healthy food* to eat.
(Coming to school without enough nutritionally dense food to sustain their learning throughout the day.)
- Snack and meal support.
(Providing meal programs that support busy families, particularly for the extended day program.)
- Education
Educational programs that teach kids to make healthy choices.
- Guidelines
Nutritional guidelines for in-school treats, rewards, and events, based on new Ministry recommendations.

Rushed schedules – busy life: Sometimes, even when plenty of healthy food is available at home, children still come to school without enough. Some kids don’t have an appetite when they first awake in the morning—the morning routine sends them running out the door without having eaten the healthy breakfast laid out for them.

Sometimes kids forget their lunch, don’t pack an appropriate lunch themselves, or feel unusually hungry on a given day.

Forward-looking planning:

The anticipated introduction of an extended day program at CPS will create additional need/opportunities for incorporating healthy eating programs (for instance, before-school breakfast programs and/or after-school snack programs).

School Facilities:

As it is now, the school currently has the space and facilities to handle a small program.

Where: We have an extra fridge available in the phys-ed area that could store some perishable items. That gym area could act as a dispensary.

We can investigate investing in additional equipment, if identified as needed or appropriate in the planning process.

Student Volunteer Opportunities

Snack or meal programs would offer senior students opportunities to volunteer in the school.



Nutrition For Learning Program:

<http://www.nutritionforlearning.ca/start-program/>

About the Organization: Nutrition for Learning has been a registered charitable organization since 1997. They support community based nutrition programs committed to improving the learning capacity, health and well being of children and youth in Waterloo Region.

Nutrition for Learning currently supports 140 community based breakfast, morning meal and lunch programs impacting approximately 12,000 children daily. Their dedicated volunteers coordinate student nutrition programs in elementary and secondary schools throughout Waterloo Region.

Their mission: To enhance the ability to learn by ensuring that each student attends school well nourished.

Why? Each day, one in ten children arrive at school without breakfast or lunch to sustain them an entire school day in 2013/2014.

Research has proven that students coming to school hungry don't perform well in the classroom, have difficulty concentrating, display behavioural problems, are less alert and are often lethargic. Our programs impact the physical, cognitive, behavioural and academic needs of children and youth in Waterloo Region.

How it works: Nutrition For Learning programs are run by staff and volunteers in the school. Each school creates its own unique program based on student needs. Grants are available to fund programs.

Grant Application Process: Applications must be submitted in the Spring for the next school year. (For instance, applications for programs for September 2013 – June 2014 were due on Tuesday, April 30, 2013.)

So, we would work this year to create a program and apply for funding to the 2014-1015 school year.

Program options:

Breakfast Programs

- Serves 3 of 4 food groups
- Occurs before the school day begins

Morning Meal Program

- Serves 3 of 4 food groups
- Morning Meal occurs during the school day

Lunch Program

- Serves 3 of 4 food groups at midday

Voucher Program

- Run in high school cafeterias
- Meal cards distributed to at risk youth

Healthy Basket/Bin Program

- Serves at least 2 food groups
- Stationed or classroom baskets/bins are provided with non-perishable items

Healthy Snack

- Serves at least 2 food groups
- Trays or bins are sent to each classroom for all students' consumption