

Sample Text for Schools to Inform Parents/Guardians About Nutrition Programs

This template can be customized by schools to inform families about your breakfast/snack program.

Breakfast Club

Food is fuel for learning. By starting each day with a nutritious breakfast students are able to approach their school day with energy and enthusiasm. Research has shown that eating a healthy breakfast contributes to improved academic performance, school attendance and classroom behaviour.

Although all students are encouraged to eat breakfast at home, we recognize that there may be circumstances that make this difficult. Our Breakfast Club is available daily at *[insert time] in the [insert location]*, and is a safe and friendly space to help students start their day off right.

We serve a variety of healthy foods that meet the Ontario Ministry of Children, Community and Social Services (MCCSS) Student Nutrition Guidelines. Typical items include fresh fruits/vegetables, whole grain foods and protein foods.

Our school's breakfast program is delivered in partnership with and funded by the Ottawa Network for Education (ONFE) School Breakfast Program with support from the Ontario Ministry of Children, Community and Social Services (MCCSS), community partners, the City of Ottawa, various community-based fundraising initiatives, and private donations.

Our school welcomes any parental contributions of volunteer time or money.

Healthy Snack Club

Food is fuel for learning and healthy snacks help keep students energetic throughout their school day. Research has shown that eating healthy snacks contributes to improved academic performance, school attendance and classroom behaviour.

Although all students are encouraged to bring snacks to school, we recognize that there may be circumstances that make this difficult. Our Healthy Snack Club is available daily at *[insert time] in the [insert location]* and is a safe and friendly space.

We serve a variety of healthy foods that meet the Ontario Ministry of Children, Community and Social Services (MCCSS) Student Nutrition Guidelines. Typical items include a variety of fresh fruit/vegetables with whole-grain or protein foods.

Our school's snack program is delivered in partnership with and funded by the Ottawa Network for Education (ONFE) School Breakfast Program with support from the Ontario Ministry of Children, Community and Social Services (MCCSS) and from community partners, City of Ottawa, various community-based fundraising initiatives, and private donations.

Our school welcomes any parental contributions of volunteer time or money.