

Student Nutrition Program; District of Parry Sound

Helping children attend school ready to learn.

What is The Student Nutrition Program?

The purpose of the Student Nutrition Program is to support the healthy development of children and youth attending school ready to learn. The program supports initiatives to increase levels of school readiness among young people and provide a healthy nutritious environment in schools. Student Nutrition program complements efforts to reduce rates of childhood obesity and the incidence of overweight children. The Ministry of Children and Youth Services has allocated funding to assist schools to select and serve healthy and nutritious foods for breakfast, lunch or snacks.

Why have a Student Nutrition Program in the schools?

Often students come to school without eating. This can be because they are not hungry, it is too early, or there is little food in the house. Students get on the bus early to get to school. Parents leave for work early and children are left to fend for themselves. In some households, parents don't eat breakfast.

What are the benefits?

Children have better concentration, behavior, energy and attendance at school. Improved test performance and standardized test scores. Decrease in violence in the schoolyard. Students participate in a positive social experience.

How can you help?

- Help prepare and serve a meal.
- Donate fruit, vegetables or milk products.
- Donate funds
- Donate cooking utensils
- Sit on the steering committee
- Become a volunteer to help serve or prepare breakfast, morning meal or snack. Sit on your local Community Partnership Committee.

Contact person:

Tammy Allan
Coordinator Student Nutrition Program
705-476-0974 ext 47
tallan@communitylivingnorthbay.org

Try this recipe at home: Monkey Mouthfuls

- Whole wheat tortilla wraps
- Light flavored cream cheese (e.g.: strawberry)
- 1 peeled banana

Spread wrap with cream cheese, place banana on wrap, and roll up and slice into 1 inch rounds.

