

Community Nutrition Programs for Kids

Partners

Breakfast Clubs of Canada

Breakfast for Learning

Ontario Student Nutrition Program

The Grocery Foundation

Chatham-Kent Public Health Unit

St. Clair Catholic District School Board

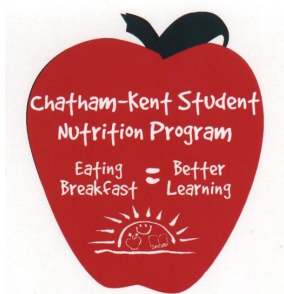
Conseil Scolaire Catholique Providence

Lambton Kent District School Board

Victoria Order of Nurses

Ministry Of Child and Youth Services

United Way of Chatham Kent



Participating Schools

| | |
|--------------------------------|-----------------------|
| A.A. Wright | Naahii Ridge |
| Blenheim D.H.S | Our Lady of Fatima |
| Chatham Kent S. S. | Queen Elizabeth II |
| Christ the King | Ridgetown D. H. S. |
| Dresden Area C.S. | St. Agnes |
| École St. Catherine | St. Anne |
| École St. Francis | St. Elizabeth |
| École St. Marie | St. Joseph, (C) |
| École St. Philippe | St. Joseph, (T) |
| George P. Vanier | St. Ursula |
| Good Shepherd | St. Michael |
| Gregory Drive | Tecumseh P.S. |
| H. W. Burges | Thamesville P.S |
| Harwich Raleigh | Wheatley Area |
| Holy Family | Winston Churchill |
| Indian Creek P.S. | W. J. Baird |
| John McGregor S. S. | Zone Township |
| John N. Given | SWAC –LKDSB |
| King George VI | SWAC SCCDSB |
| Lambton Kent C.S. | CKSS Alt. Ed |
| Merlin Area P.S. | Step Forward Alt. Ed. |
| Monsignor Uyen | Tilbury P.S. |
| McNaughton P.S. | Wallaceburg D.S.S. |
| Ursuline College | Victor Lauriston |
| Tilbury D.H.S. | |
| Ecole Secondaire de Pain Court | |

healthy food. active minds.



ontario student nutrition program
Chatham-Kent

The Chatham-Kent Student Nutrition Program is open to all students and offers a nutritious breakfast, lunch or snack for them to enjoy.

Our 475 volunteers work hard to provide a nutritious meal to improve the learning capacity, health, and well-being of more than 6000 students in our community.

The program provides an ideal environment for students to learn about nutrition, social skills, and manners.

One of the basic needs of children is good nutrition. Healthy foods help them to learn and be successful at school.

The key for our students is eating a healthy breakfast. Students who have not had breakfast for whatever reason find it harder to learn and pay attention in school.

You can help by:

- ⇒ *Volunteering at a school nutrition program*
- ⇒ *Providing food, supplies or financial donations*





The Student Nutrition Program is a universal program open to all students. School nutrition programs offer a wonderful opportunity for all children to have access to the fresh fruits and vegetables they need to fuel their young minds and to develop life-long healthy eating patterns.

A school has a choice of a Healthy Snack Program, a Blended Program, or a Meal Program (Breakfast or Lunch).

Depending on the school, student nutrition programs offer the students healthy food 3-5 days per week. Student nutrition programs are managed mainly by volunteers and the programs run before school starts, during scheduled class breaks or after school.

Students arrive at school without eating breakfast for many reasons including, but not limited to:

- ◆ Early morning extracurricular activities,
- ◆ Lack of time in the morning,
- ◆ Lack of appetite upon rising,
- ◆ Long commutes to school,
- ◆ Getting ready on their own in the morning,
- ◆ Preferring to eat breakfast with their peers,
- ◆ Food insecurity in the home, and/or

They're growing and hungry again!



How To Volunteer

Volunteering with the Student Nutrition Program at your school can provide you with the opportunity to build meaningful relationships in your community, develop new skills and experiences, and be a positive role model for the students in the nutrition program. There are a variety of volunteer roles you may be interested in such as purchasing ingredients or preparing snacks and meals. Volunteer time commitments are flexible. It is up to you how much time and when you want to contribute.

If interested please contact:

Chatham Kent Student Nutrition Program

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