

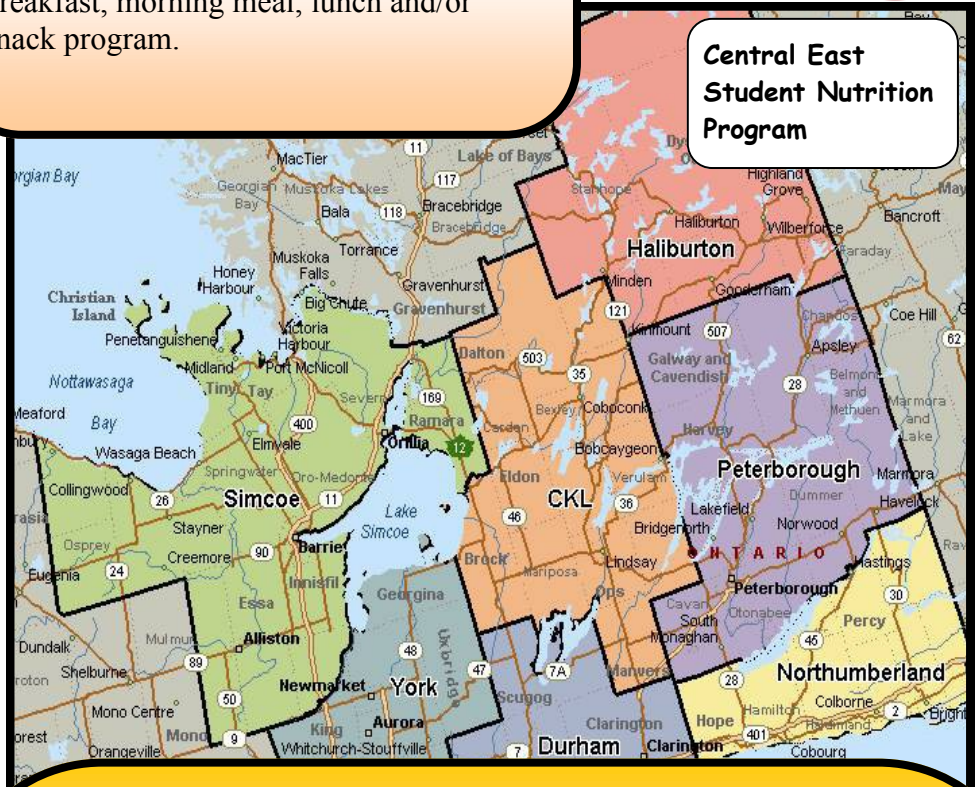
# Central East Student Nutrition Program FACT SHEET

## Objective

The objective of the program is to support the healthy development of children and youth arriving at school ready to learn. A student nutrition program may be either a breakfast, morning meal, lunch and/or snack program.



Central East  
Student Nutrition  
Program



## Background

- Ontario provincial funding for student nutrition programs started in the Spring 2005. Program guidelines and nutrition guidelines were developed by the Ministry of Children and Youth Services in collaboration with the Ministries of Education and Health etc, to establish a province-wide standard for program delivery, and provide local communities with a framework to assist in meeting the nutrition needs of children and youth.
- The Peterborough Family Resource Centre was selected as lead agency for Central East Region in the Spring of 2005. There are seven regions within Central East (see map above). Each region has a Community Partnership Committee.
- The PFRC contracts one or two Coordinators (dependent on regional size), to support student nutrition programs.
- Government funding is intended to be base funding so additional funds can be leveraged.
- Local fundraising and partnership development with community sponsors is required to increase the funding base of the programs.

## Principles

- Universal access to programs
- Nutritious food is served
- Community development and capacity building is required for program success
- Children and youth are supported to achieve their full potential

# Program Types



Grab 'n Go Program

Sit-down Program

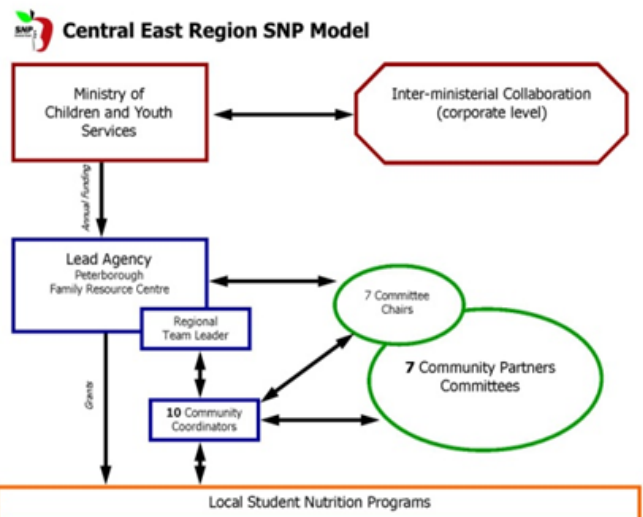
Bin Program

## Roles & Responsibilities of Local Partnership Committee

- Local Partnership Committee is made up of a variety of stakeholders including: education, health, business, service groups, media etc.
- Fundraise and develop partnerships with regional and local sponsors.
- Ensure the sustainability of local programs through in-kind donations, awareness and marketing.
- Link with local health units or other nutrition education supports to access consultation to support program delivery.
- Local Partnership Committee Chair or designate, on behalf of the Committee, participates in Chairs Committee meetings to develop Central East program policies and criteria for grant applications.
- Work with SNP Coordinators to develop Special Projects application.

## Impacts

- Large body of research supports the link between proper nutrition and learning.
- Combined and consistent message of this body of research is that children who eat breakfast significantly improves their cognitive abilities, enabling them to be more alert, pay better attention, and to do better in terms of reading, math and other standardized test scores.
- An extensive Toronto District School Board study (Toronto Star May 12, 2012) has found that eating breakfast boosts behavior, grades and graduation rates while curbing classroom interruptions, suspensions and sick days.
- Children who eat breakfast also are sick less often and do significantly better in terms of cooperation, discipline and interpersonal behaviors. Even nutritional deficiencies of a relatively short duration ie. a missed breakfast, impairs children's ability to function and to learn.
- From a social perspective, student nutrition programs provide a safe environment for children to establish a sense of belonging and develop relationships with caring volunteers. In addition, children enjoy the social interaction of eating with their friends and benefit from learning eating habits that will last them a lifetime. This further increases a child's self confidence, resiliency, strengthening of social relationships and energy levels. Participation also provides the opportunity to inform children, youth and their families about healthy eating through role modeling.
- Children receive so much more than a healthy meal. They are provided with a sense of community and a chance to make new friends.



## Roles & Responsibilities of SNP Coordinators

- Build local community capacity to support program sustainability ie. volunteers, fundraising, build resources, develop partnerships.
- Provision of data ie. monthly reports.
- Maintain school bi-annual financial records.
- Voting Member on Local Partnership Committee representing MCYS.
- Work with Local Committee to develop annual Special Projects application.
- Execute and keep financial records for Special Projects.