

# *Nutrition* **for Learning**

Since 1997



## NUTRITION FOR LEARNING

MISSION –TO ENHANCE A STUDENT’S ABILITY TO LEARN BY ENSURING THAT EACH CHILD AND YOUTH GOES TO SCHOOL WELL NOURISHED.

“STUDENT NUTRITION PROGRAMS OFFER NUTRITIOUS AND HEALTHY FOOD IN A SAFE, CARING AND WELCOMING ENVIRONMENT WHILE CONTINUOUSLY STRIVING FOR SERVICE EXCELLENCE. ”

---

160 Courtland Ave Kitchener ON N2G 2V3  
• Telephone: 519-579-5745 • Fax: 519-579-6520  
[www.nutritionforlearning.ca](http://www.nutritionforlearning.ca)



It may seem unbelievable, but 1 in 5 children in Canada are deemed hungry. Each day, one in ten children arrive at school without breakfast or lunch to sustain them an entire school day. Nutrition for Learning provides breakfast and lunch programs to low income children aged 5 through 18 years throughout the Region of Waterloo. We provide service to over 9,500 children and youth each day. In the 2009-2010 school year, well over 1 million meals will be provided.

**Children and Youth living in poverty have a myriad of concerns. Sourcing their next meal should not be one of them. Children in our community should not go hungry.**

Nutrition for Learning is committed to ensuring that all children, regardless of socioeconomic backgrounds, are provided with healthy food vital to their physical and emotional development. Nutrition programs are unique, reflecting each school environment where we serve. Nutrition for Learning supports full breakfast and morning meal programs for students who routinely arrive at school without food. We work collaboratively with over 450 volunteers, over 100 programs that reach over 9,500 children and youth every school day

## **Responding to Child Hunger in Waterloo Region**

Recipients of Student Nutrition Programs are children and youth who may be faced with challenges and stress that result from a number of factors including family breakdown, unemployment, settlement issues, isolation, poverty or abuse. Working families, poverty or simply a child’s lack of interest in eating breakfast are some of the reasons kids come to school hungry. Children access Student Nutrition Programs for many other reasons including lack of nutritional information and poor role models, long bus rides, care givers leave early for work, hectic morning schedules, they are not ready to eat so early in the morning, and some children do not want to eat at home alone. Countering these chronic social issues is a caring team of volunteers who help children and youth get a healthy start to their day. For many children, involvement in a Student Nutrition Program is the only opportunity to access nutritious foods like fresh fruits and vegetables. Teachers often report an immediate increase in alertness and energy levels.

However, Student Nutrition Programs also extend well beyond nutrition, education and health related issues. From a social perspective, Nutrition for Learning supports a safe and stable environment for children to establish a sense of belonging and relationships with caring volunteers. This impacts self-confidence, social relationships with other children, behavior in the classroom and academic performance. The children receive so much more than a healthy meal. They are provided with a sense of community, a chance to make new friends and someone to talk to before the start of their day.

# IMPACT



Over 9,500 children and youth are supported with a nutritious meal or snack daily and the benefits of Student Nutrition Programs include:

- Increase in self confidence and academic performance
- Addresses hunger and nutrition problems at the early stages in child development and is far less expensive than the community health and educational resources to solve the ensuing problems

that result in later life

- Students who eat properly are less likely to become ill and require parental care during the day. This results in higher employee productivity and lower rates of absenteeism.
- At-risk youth are more likely to stay in school and are less likely to experience unemployment and homelessness
- A better educated and healthier youth population contributes to a more productive work force
- Adults and employees who volunteer for Student Nutrition Programs benefit from a strong sense of community and sense of purpose.

*“ I can truly say that our breakfast program has made a huge difference for many children. Since our program has begun we believe we have made a great difference to the health, and comfort of our students. With this “well-being” comes an improved ability to concentrate in class and results in better success rates. The Nutrition for Learning program has made a huge difference in many students’ feelings and attitudes about school. Thank you so much!!!!!!  
Marlene Bennett, Southwood Secondary School.*

# OPPORTUNITY

There is an opportunity for anyone in Waterloo Region whether privately or corporately to be involved in assisting Nutrition for Learning. There are a variety of volunteer positions available, with opportunities to develop skills in safe food handling & first aid; nutrition; teamwork; and working with children.



- Gain Valuable Experience - working with children, leadership and team building skills
- Adopt a Program - where employees or members of an organization can rotate one day each week at a Student Nutrition Breakfast Program
- Create a Fundraiser - employees, individuals, corporations, or associations can create a fundraiser to support a Student Nutrition Program such as a dress down day or host a "Toonie Tuesday" to facilitate one program for an entire year
- Financial support or donation of non-perishable food items
- Become a Committee Member - a variety of committee opportunities are available including fundraising and special events, marketing, sponsor and volunteer recognition
- Become a Board Member - participate in organizational planning and responsibilities, policies and procedure development and organizational promotion and special events.



*Nutrition for Learning provides an opportunity for volunteers to engage children and youth in personal, non-academic conversations and strengthens connections between students and the community.*

## Sustainability



Feeding children and youth is a responsibility not an option or luxury. It costs an average of \$9500 to operate on program during the school year. The average cost per child for a breakfast is \$1.50 and a nutritional lunch is \$1.65 . Funds are raised through generous grants from the Ontario Ministry of Children and Youth Services. These grants are less than 40% of the annual budget, donations from corporations and community fundraising events to bridge the gap. The annual cost is approximately \$300 per child or youth we serve.

This is a very small investment towards the future health, education and well being of children living in our community.

*“In the past four months, over 400 breakfasts have been served to the students of Sunnyside. We are reaching out to more students who are in need of support and who come to school hungry. Students look forward to being invited to the program. Students are functioning better.”*

---

*Thank you to the Nutrition for Learning  
Impact, Opportunity, Sustainability Partners*

*Tim Hortons*®

