

# Food For Kids Peterborough and County

## Student Nutrition Programs

### Annual Report 2009-2010

*In the 2009-2010 school year in the City and County of Peterborough...*

*Over one and a half million breakfasts and snacks were served.*

*As many as 8,700 students participated in Food For Kids programs.*

*The 45 schools involved included - 12 secondary & 33 elementary schools.*

*Over 150 local community partners supported Food For Kids by donating food, supplies, funding, space, and volunteer time.*

*Our 906 volunteers included community members, students, parents, and educators.*

*Ontario Service Awards were presented to 42 Food For Kids volunteers for their 5, 10 & 15 years of service.*

*Our vision is that every student in Peterborough City and County attends school well nourished and ready to learn.*



All students need to start their day with a nutritious breakfast to ensure that they can learn their best! That is why volunteers get together each morning to serve breakfast to students at 46 schools in the City and County of Peterborough.

There are many reasons that breakfast and snack programs are seen as a critical investment in our children:

- statistics show that 31% of elementary school children and 62% of secondary school students in Canada do not eat breakfast daily
- research has well established the link between good nutrition and learning
- local teachers report improved behaviour, attitude, alertness, attention span and learning with breakfast program involvement
- childhood is a critical time for establishing life long healthy eating habits



Food For Kids Peterborough and County is a non-profit community partnership which supports student nutrition programs in local elementary and secondary schools. Our student nutrition programs:

- offer healthy food choices in an inviting, inclusive and welcoming environment to all students who wish to attend
- are staffed by volunteers
- receive partial grants through the Ministry of Children and Youth Services and Breakfast for Learning
- are generously supported by the community through financial and in-kind donations.

