

Food For Kids Peterborough

A Community Partnership

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Food For Kids Peterborough 2008-2009 Annual Report

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 41 schools in the City and County of Peterborough.

Food For Kids Peterborough is a community partnership supporting school breakfast and snack programs in Peterborough City and County. These programs are a community response to busier daily lifestyles in Canada, with adults spending more and more time working away from home.

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

- research shows that 31% of elementary school children and 62% of secondary school students in Canada don't eat breakfast daily
- good nutrition begins at home but continues at school
- childhood is a critical time for establishing life long healthy eating habits
- 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

The Peterborough community, parents, Ministry of Children and Youth Services, and Breakfast For Learning support the programs. It only costs an average of 30 cents a day, per student, to offer breakfast in our community because of generous sponsors, food donations and discounts.

In the 2008-2009 school year in the City and County of Peterborough...

- Over one million breakfasts and snacks were served
- As many as 6,500 students participated in Food For Kids Peterborough programs
- The 41 schools involved included:
 - 12 secondary schools and
 - 29 elementary schools
- Over 110 local community partners supported Food For Kids Peterborough by donating food, supplies, funding, space, and volunteer time