



Dear Family,

St. Boniface School is happy to announce that a **Nutrition for Learning Program** will be offered this year. The program will begin at the end of September.

Each day, our Healthy Snack Program will be delivered in bags with ice packs to classrooms following morning announcements. Each bag will include **three** food groups consisting of protein, grains, fruits and vegetables. There will be enough food for all students in the class however; students are encouraged to eat from their own snacks first and when they would like additional snacks they are welcome to eat the food offered from the program. Our school will be celebrating the importance of starting each day right with healthy snacks and good nutrition.

Studies show that many Canadian children are not eating breakfast. The trend of skipping breakfast increases as students reach the intermediate grades. Children who skip breakfast may not learn as well as children who eat breakfast each day. Starting the day with healthy food provides the energy students need to be alert and make fewer errors in class.

We are very happy to work with our community partners, such as Nutrition for Learning and we are looking forward to another nutritious year!

Once again, thanks for your continued support in our Nutrition for Learning Program at St. Boniface. For more questions, please see **Mrs. Becker or Mrs. Johnston.**



Sincerely,

**The Nutrition for Learning Committee**