

Help make a difference with



What is Food for Learning?

Food for Learning, a program of The Hastings and Prince Edward Learning Foundation, is a community partnership that was established to provide funding and support to student nutrition programs within Hastings and Prince Edward counties. Food for Learning is committed to enhancing student learning by ensuring that all students have access to nutritious food through breakfast, snack and lunch programs. We strive to have programs available throughout the region so that all children are receiving the nutrition they need to maximize their learning potential. Our goal is to eliminate student hunger.

Recently, we asked students “Why do you come to the Food for Learning program at your school?” And “Why is the Food for Learning program important to you?” Listed are several of the responses.

“Sometimes I am still hungry after eating my lunch so I can have no to eat”

-Grade 1 Student

“This program in important because I don’t have time to eat breakfast before I have to leave for school”

-Grade 9 Student

“This program is important because having the chance to grab something to eat can help make you keep focused when learning because if you are hungry you aren’t able to learn much.”

-Grade 12 Student



Benefits of Food for Learning’s student nutrition programs:

- Allows children to eat with friends in a safe and comfortable environment.
- Strengthens the school community, as people from different parts of the community come together to ensure the children are well nourished.
- Teaches children healthy eating habits, as the programs are based on Canada’s Food Guide.
- Studies show that proper nutrition enhances a child’s ability to learn by increasing their attention span, energy levels, self-esteem, social skills and problem solving skills.



Why have Food for Learning in local schools?

- Many parents commute long distances to work and are forced to leave early in the morning, leaving children to prepare their own breakfast.
- Some children do not eat breakfast because their parents never do.
- Every day, there are many children who forget their lunch at home and therefore, would have no food to sustain them throughout the day.
- Some children don't feel like eating when they first wake up, but are hungry by the time they arrive at school.
- Many people do not realize the importance of eating a nutritious breakfast.
- Some children eat very early, travel a long way on the bus and are ready for a snack before classes start.
- For some families, there is little food available at home.



The objectives of Food for Learning:

- To ensure all students have access to a student nutrition program so they can be engaged in their learning, feel a sense of belonging while at school and develop healthy eating habits.
- To provide a source of nutrition to those students who are in need of a supplement to their diet
- To strive at all times to ensure the dignity of student who access the program

The cost of providing balanced meals and healthy snacks in this volume is substantial, and we need to ensure that we can continue to provide food to students who may otherwise go without.



How You Can Help!

Food for Learning relies on the community to sustain our programs. We are very fortunate to receive contributions from individuals, organizations and businesses throughout Hastings and Prince Edward counties. If you are interested in providing support to Food for Learning, there are many options to choose from.

- You can make a financial contribution that will assist with purchasing food, supplies and equipment for our breakfast, lunch and snack programs – every \$1 helps.
- You can volunteer your time to assist with a program at a school in your community – you can volunteer as little or as much as your schedule will allow.
- You can donate grocery gift cards which will be redeemed for food.
- You can donate healthy food directly to a school in your community – for example, fresh fruit or vegetables, healthy cereals, cheese, whole wheat bagels, eggs

Financial contributions can be forwarded to:
Food for Learning
c/o The Hastings and Prince Edward Learning Foundation
156 Ann Street
Belleville, ON K8N 3L3

(please make cheques payable to The Hastings and Prince Edward Learning Foundation)

To discuss any of these options, please contact **Kellie Brace**, Food for Learning Coordinator at **613-966-1170, ext. 2232** or email **kbrace@hpedsb.on.ca**