

## Successful Programs...

- Involve parents
- Are offered regularly
- Are open to all students
- Encourage social skills-sharing and politeness
- Include nutrition education
- Provide healthy, safe food
- Give children energy to play, learn, and grow!



***Teachers have reported that children had improved attendance, attention, behavior and levels of concentration as a result of the healthy, nutritious foods provided at the programs.***

## For more information on any of these School Meal & Snack programs, please contact:

The Canadian Red Cross  
Thunder Bay & District Branch  
112 Harold Street S.  
Thunder Bay, ON P7E 1K4  
(807) 623-3073



Canadian Red Cross / Croix-Rouge canadienne

### For menu and food safety consultation call:

Thunder Bay District Health Unit  
Nutrition (807) 625-5956  
Inspection (807) 625-5930  
or Toll Free 1-888-294-6630



### WHAT IS THE FOOD ACTION NETWORK?

The Thunder Bay Food Action Network (FAN) is a non-profit coalition that works to improve access to safe, personally acceptable, nutritionally adequate food through a sustainable local food system. It brings together community members and organizations to improve community food security in Thunder Bay and surrounding area through coordinated, community-led action.



[www.nwofood.com](http://www.nwofood.com)

## School Meal & Snack Programs In Thunder Bay & District



## Why School Meal & Snack Programs?

**School Meal & Snack programs provide our community's children with nutritious foods so they are ready to learn.**

There are many reasons why children may arrive at school hungry:

- # Early and long bus rides
- # Busy lifestyles may lead to meal skipping
- # Shift work can make it difficult for some parents to prepare meals
- # Limited food choices at home

**Teachers know that children learn best when they are not hungry.**

## School Meal & Snack Programs September 2007

### Thunder Bay

Agnew H. Johnston School  
- Breakfast, Snack, Lunch

Algonquin Avenue School  
- Breakfast

Bishop Gallagher School  
- Breakfast, Snack, Lunch

Claude E. Garton School  
- Breakfast, Lunch, All Day  
Snack

Corpus Christi School - Snack

Dennis Franklin Cromarty High  
School - Breakfast, Lunch

Ecole Gron Morgan  
- Lunch, Snack

Hammarskjold High School  
- Breakfast

Holy Cross School - All Day  
Snack

Hyde Park School - Lunch,  
Snack

Hillcrest High School - Breakfast

Kingsway School - Breakfast,  
Lunch, Snack

Lakehead Alternative Ed. - All  
Day Snack

McKellar Park School  
- Breakfast, Lunch, Snack

Ogden Community School  
- Breakfast, Snack, Lunch

Our Lady of Charity - Snack

Pope John Paul II - Lunch

Sir Winston Churchill High  
School - Breakfast, Snack,  
Lunch

St. Ann School - Breakfast, All  
Day Snack

St. Bernard School - All Day  
Snack

St. Elizabeth School - Breakfast

St. Ignatius High School -  
Breakfast, Lunch

St. James School - Breakfast,  
Lunch

St. John School - Breakfast

St. Jude School - Breakfast,  
Snack, Lunch

St. Margaret School - All Day  
Snack

St. Martin School - Breakfast

St. Patrick High School -  
Breakfast, Lunch, All Day Snack

St. Paul School - Snack

St. Pius X School - All Day  
Snack

St. Vincent - Snack

SAM/MISOL - Confederation  
College - Breakfast, All Day  
Snack

Vale Community Centre -  
Breakfast

Vance Chapman School -  
Breakfast, Snack, Lunch

Vance Chapman - Breakfast

Whitefish Valley School -  
Breakfast, Lunch, All Day Snack

Westgate Highschool -  
Breakfast

Woodcrest - Snack

### District

Armstrong Public School  
- Breakfast, Snack, Lunch

B.A. Parker School, Geraldton  
- Snack

Beardmore Public School  
- Snack

Bernier-Stokes, Collins  
- Breakfast, Snack

Biinjiitwaabik Zaaging  
Anishinak Elementary School  
Rocky Bay First Nation  
- Breakfast, Snack, Lunch

Chateau Jeunesse, Longlac  
- Snack

Ecole Val des Bois, Marathon  
- Breakfast, Snack

George O'Neill Public School,  
Nipigon - Breakfast

Gull Bay Indian Day School -  
Breakfast, Snack, Lunch

Holy Angels, Schreiber  
- Snack

Margaret Twomey Public  
School, Marathon - Breakfast,  
Snack, Lunch

Marjorie Mills School, Longlac  
- Snack

Nakina Public School -  
Breakfast, Snack

Nipigon-Red Rock District  
High School - Breakfast

Our Lady of Lourdes,  
Manitouwadge - Snack

Red Rock Public School  
Breakfast, Snack

Schrieber Public School -  
Snack

St. Brigid School, Nakina  
- Breakfast, Snack, Lunch

St. Edward School, Nipigon  
- Breakfast

St. Hilary, Red Rock - Snack

St. Joseph/Ecole St. Joseph,  
Geraldton - Snack

St. Martin, Terrace Bay  
Breakfast

StoreFront Alternative Ed. -  
Snack

Terrace Bay Public School  
- Snack

Upsala - Breakfast, Snack



**“When a child’s stomach is empty, everything else is secondary. Before developing a thirst for knowledge and a hunger for learning, one must satisfy the body’s own thirst and hunger.”**

*Romeo Le Blanc  
former Governor General*