

School Meal & Snack Programs

SUCCESSFUL PROGRAMS

- Involve parents and volunteers.
- Are offered regularly.
- Are available for all students.
- Encourage social skills, such as sharing and politeness.
- Include nutrition education.
- Introduce children to new foods.
- Provide healthy and safe food.
- Give children energy to play, learn, and grow.



As a result of the healthy, nutritious foods provided at meal programs, teachers report that children have improved attendance, attention, behavior and levels of concentration.

Why do Schools have Meal and Snack Programs?

School meal and snack programs provide our community's children with nutritious foods so they are ready to learn. There are many reasons why meal programs are important for all children. They may arrive at school hungry because of:

- Early and long bus rides.
- Busy lifestyles that may lead to meal skipping.
- Shift work which makes it difficult for parents to prepare meals.

For menu and food safety consultation:

Thunder Bay District Health Unit
Nutrition (807) 625-5974
Inspection (807) 625-5992
or Toll Free 1-888-294-6630

For more information on starting a School Nutrition Program :

The Canadian Red Cross
(807) 345-6451



**IN THUNDER BAY & DISTRICT
2017-2018**

999 Balmoral Street, Thunder Bay ON P7B 6E7
Phone: (807) 625-5900 | Toll-free: 1-888-294-6630
TBDHU.COM



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

Breakfast Programs

| | |
|--|---------------------------------------|
| Algonquin Public | Manitouwadge |
| Armstrong Public | Breakfast Club |
| Beardmore Public | Manitouwadge High School |
| Bernier Stokes | Marathon High School |
| Bishop E.Q. Jennings | McKellar Park Central School |
| Bishop Gallagher | Nakina Public School |
| C.D. Howe | Nipigon Red Rock District High School |
| Claude E. Garton | Nor'wester View |
| Corpus Christi | Ogden Community School |
| Crestview | Our Lady of Charity |
| Dennis Franklin Cromarty High School | Our Lady of Fatima |
| École Gron Morgan | Pope John Paul II |
| Edgewater Park | Sherbrooke |
| George O'Neill Public | Sir Winston Churchill C&VI |
| Gorham and Ware Hammarskjold High School | St. Ann |
| Holy Cross | St. Bernard |
| Holy Family | St. Edward Catholic |
| Holy Saviour | St. Elizabeth |
| Kakabeka | St. Francis |
| Kingsway Park | St. James |
| Lake Superior High School | St. Joseph Catholic |
| | St. Jude |

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| St. Margaret |
| St. Martin Terrace Bay |
| St. Martin Thunder Bay |
| St. Patrick High School |
| St. Ignatius High School |
| St. Paul |
| St. Pius X |
| St. Thomas Aquinas |

Morning Meal Programs

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| Agnew H. Johnston |
| College Jump Start |
| College Link |
| Dorion Public |
| École Secondaire Château-Jeunesse |
| Holy Angels |
| Marjorie Mills |

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| St. Vincent |
| Superior C&VI |
| Upsala Public School |
| Valley Central |
| Vance Chapman |
| Westgate C&VI |
| Westmount Public |
| Whitefish Valley |

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| McKenzie |
| Sam/Misol |
| Schreiber Public School |
| St. Brigid Catholic |
| St. Hilary |
| Terrace Bay Public School |

Snack Programs

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| BA Parker | Marathon High School |
| École catholique Franco-Terrace | McKellar Park |
| École catholique Val-des-Bois | Ogden Community |
| École St. Joseph's | St. Joseph |
| Geraldton Composite High School | Superior C&VI |
| | Westmount Public |
| | Woodcrest Public |

Lunch Programs

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|----------------------------------|--------------------------|
| Bishop E.Q. Jennings | Margaret Twomey |
| Connections | St. Ignatius High School |
| École secondaire Cité-Superieure | Superior C&VI |
| Five Mile | Westmount Public |
| Gateway Alternative Education | Woodcrest Public |

"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 of Canada