



Student Nutrition Programs

Feeding Our Future

Toronto District School Board, through its Nutrition Foundation Statement, recognizes the **direct relationship between healthy nutrition and the academic achievement** of our students. Well-nourished children are ready and able to learn in our classrooms.

The TDSB is committed to working with its community partners to ensure that students have equitable access to high quality school-based nutrition programs and that through curriculum activities, have opportunities to develop good nutrition habits that last a lifetime.

Impact

Research has shown that students participating in nutrition programs:

- are able to concentrate better
- retain and apply information more effectively
- more likely to demonstrate positive behaviours and relationships with peers
- able to appreciate and enjoy a variety of foods.
- develop good nutrition habits that will last a lifetime.

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Unique to each school

Nutrition programs reflect the uniqueness of each individual school and are supported by a local Student Nutrition Advisory Committee.

This committee may consist of parents, administrators, teaching staff, volunteers and may be part of the School Council.

Program Criteria

To qualify for provincial and municipal grants, each nutrition program must incorporate the following criteria:

- a local Student Nutrition Advisory Committee
- collection of parental contributions
- a universal program open to all students regardless of their ability to pay
- nutritious, safe food, offered daily
- ethno-cultural sensitivity
- financial accountability and liability.

Support is just a phone call away . . .