



SNACK PROGRAM

Dear Parents/Guardians,

Food is the fuel for learning and ensuring our students have access to nutritious foods throughout the day helps them to approach their school day with energy and enthusiasm. Our Snack Program is in place to assist with this and is open to all students whose parents/guardians feel they would benefit from having extra snacks available at school.

Snacks will consist of food options from at least two food groups and be offered during the first nutrition break. There will be an emphasis on fresh fruits and vegetables, whole grains and dairy products (cheese, yogurt, etc.).

Funding for this program is provided by a number of different governmental programs and private organizations and is overseen by the Ottawa School Breakfast Program. The largest funder is the Ontario Ministry of Children and Youth (MCYS), and is supplemented by various partnerships and community donations. Although there is no charge for the Snack Program, parents/guardians are welcome to make a donation to our school's own program. No student will be excluded from the program due to a parent's/guardian's inability to contribute to the program.

Sincerely,

Marva Major
Principal