

Who is Halton Food for Thought?

We Feed Kids! Healthy Food! Thousands Every Day!



halton food
for thought

Halton Food for Thought's vision is a Halton Region in which "no student goes hungry at school." In partnership with the community, Halton Food for Thought is the sole provider of Student Nutrition Programs in schools across Halton Region. Partner programs include nutritious breakfasts, snacks and lunches served before or during school hours. They are a reliable source of healthy food and are open to all students in a school's community. We believe that through the provision of healthy food, every student has their best chance to succeed.

What is a Student Nutrition Program?

- In Ontario, Student Nutrition Programs (SNPs) are overseen by the Ministry of Children, Community and Social Services (MCCSS) and provide healthy meals and snacks to students in schools.
- To remain universal and non-stigmatizing, SNPs are offered free of charge and all students at each SNP site are encouraged to participate in the program.
- Programs operate in Halton schools (both Public and Catholic) and serve students in both elementary and high schools.
- SNP Nutrition Guidelines establish a province-wide standard to assist the selection of nutritious foods provided by SNPs and help promote healthy eating habits amongst children and youth.

Quick facts:

- HFFT was incorporated as a registered charity in 2007
- All HFFT partner programs are universal and provide equitable access to all students
- HFFT fed thousands of students every day in 203 programs
- 5 million healthy meals and snacks were provided in 130 Halton partner schools
- HFFT programs are run by more than 2,100 dedicated volunteers (including an incredible 1060 students)
- Just \$10 will provide a healthy breakfast to a student every day for a month

What happens when we feed kids in school?

- *88% of Schools with Student Nutrition Programs report an increase in attentiveness, 92% report an increase in readiness to learn and 74% report a reduction in at-risk student behaviour*
- *Partner schools report that when students have access to healthy food they are better prepared to focus on their studies; 84% report improved school performance while 96% report an increased energy level*
- *Without Halton Food for Thought's partner programs, many students would go without food during the day or would not be exposed to as many fresh vegetables and fruits*

Join Our Community!

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