



DID YOU KNOW?

1 IN 4

Canadian children and youth are attending school on an empty stomach.*



This means

1.5 MILLION CANADIAN STUDENTS



THAT'S ENOUGH TO FILL
31,150 SCHOOL BUSES



AND THAT DOESN'T EVEN COUNT THOSE WHO **MAY NOT HAVE BREAKFAST** FOR A NUMBER OF DIFFERENT REASONS:



Long bus rides



Lack of time



Lack of healthy food



They don't feel hungry



Early extra-curricular activities



Family emergencies

A HUNGRY STUDENT IS NOT EQUIPPED TO LEARN

*Public Health Agency of Canada, 2016; BMC Public Health, 2014; Toronto Public Health 2012; Unicef, 2013



Introducing a universal school breakfast club helps ensure that all students have an equal chance to learn, dream, and grow to reach their full potential

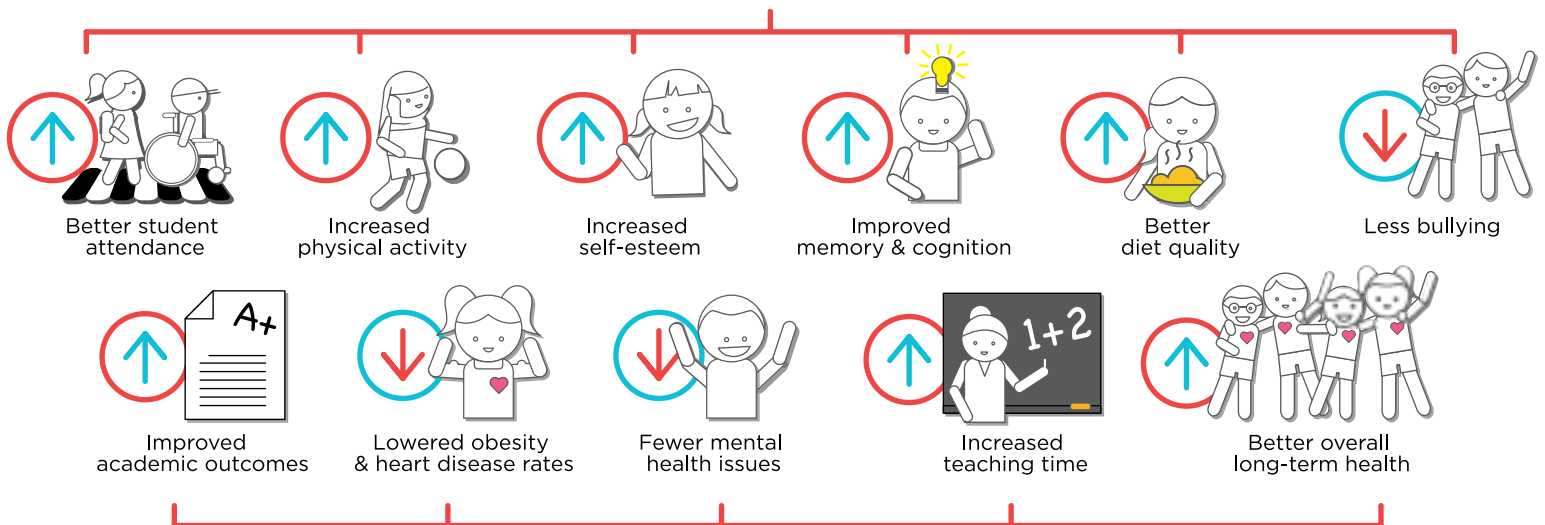


WHAT IS A BREAKFAST CLUB?



- **Universal access to a healthy breakfast** in a friendly and supportive environment every morning
- **Available for all students** in elementary, middle, and high schools
- **Offers a variety** of nutritious, culturally appropriate foods
- **Fruits and/or vegetables** are provided at every meal
- **A fun and safe place for children and youth** to socialize while sharing a meal
- **Engages student volunteers**, encouraging the development of life skills, leadership, and confidence
- **Builds positive relationships** between the school and the local community and between students and adult mentors and role models
- **Provides opportunities** for food and nutrition education, fostering the development of lifelong healthy eating habits
- **Contributes** to the development of a healthy school community

EATING BREAKFAST HAS LASTING PHYSICAL, MENTAL, AND EDUCATIONAL BENEFITS:



HEALTHY STUDENTS = HEALTHY FUTURES