



Toronto Foundation for Student Success



STUDENT NUTRITION PROGRAMS

DONATE NOW at www.tfss.ca

WHAT WE DO

Student Nutrition Programs (SNPs) provide children and youth with over 218,000 nutritious meals every school day. There are 827 SNPs, provided primarily in schools, where students eat a healthy breakfast, lunch, or snack. When we're talking about student nutrition, it's simple: if you're hungry, it's hard to focus, and if you can't focus, you can't learn. To *level the playing field* for our most vulnerable children, we need to ensure that they are well-nourished and face one less barrier to graduating from school.

KEY FACTS

- » One in every four children in Toronto lives in poverty and 40% of all children come to school hungry each day. This can be as high as 68% in our most at-risk communities.
- » A healthy breakfast for a child costs just \$2.00.
- » The bulk of SNP funding comes from individual and corporate donations. Funding also comes from other sources including the Government of Ontario and the City of Toronto.
- » Parents, community members, teachers, and other volunteers make up the teams who run the SNPs.
- » Students who don't eat breakfast are twice as likely to be suspended and are more likely to miss school.
- » 78% of secondary school students who eat breakfast on most days are on track for graduation.
- » Principals and teachers perceive that students' attitudes, behaviours, and rates of tardiness improve when they eat a healthy meal.
- » To help ensure children have access to more of the nourishment they need, through the Nutrition Pantry (NP) Program, additional food is delivered directly to schools.

THE IMPACT

When a middle school student's family could not afford to feed him breakfast, he was arriving at school tired and frustrated. Not eating properly made him fatigued and annoyed, which led to anger management issues and skipping class. Once the student started to eat breakfast and have snacks at his school's Student Nutrition Program, his attitude began to change. This greatly improved his attendance record and soon he was no longer spending time in detention.

An elementary school student's single mother fell ill and was unable to provide her children with healthy food. The student and her siblings were arriving at school hungry and without snacks to keep their energy up during the day. With the help of their school's Student Nutrition Program, the student and her siblings arrived early to learn how to prepare healthy meals. They also ate a full breakfast and were given nutritious snacks to get them through the day.

TFSS works with a range of partners to support these critical programs.

For more information please call 416-394-6880 or email info@tfss.ca