

Healthier Snacks and Meals on the Menu at More Ontario Schools*Province Expanding Student Nutrition Program to Help More Kids Get a Healthy Start*

October 1, 2013 9:45 a.m.

Ontario is helping more children and youth eat nutritious meals at school so they can be healthier, concentrate better and learn more effectively.

As part of the Healthy Kids Strategy, the province is investing an additional \$3 million in Ontario's [Student Nutrition Program](#) to create more than 200 new breakfast and morning meal programs for approximately 33,000 kids in higher-needs communities, including First Nations communities.

This increased funding will also support the hiring of 14 food distribution and logistics co-ordinators across the province. Co-ordinators will work with new and existing programs to build stronger partnerships with local businesses and food distribution networks resulting in more efficient channels to purchase, transport and store food.

The Student Nutrition Program has been shown to influence overall student health and improve learning and behavioural outcomes. A recent research report found that more than three-quarters of high school students who eat breakfast regularly are on track to graduate, while suspension rates have decreased by half since the implementation of these programs.

Providing nutritious meals and snacks in more schools across the province supports the Ontario government's efforts to give every child a healthy start in life. This is part of the government's economic plan to invest in people, invest in infrastructure and support a dynamic and innovative business climate across the province.

QUOTES

" Nutritious snacks and meals are critical to the success of every child, so this expansion really is an investment in our families and our future. We want all Ontario children to reach their full potential and help build a stronger, more prosperous Ontario."

- Teresa Piruzza

Minister of Children and Youth Services

" The expansion of the Student Nutrition Program will benefit more than 30,000 kids so that they can get the nutritional boost they need to succeed at school. Our commitment to healthy food will help our kids get the best start to a healthy life."

- Deb Matthews

Minister of Health and Long-Term Care

" We know children are healthier and better able to concentrate and learn when they're well nourished. This new investment is really important and will make sure that thousands more Ontario children and youth get a healthy start to the school day and are ready to learn."

- Debbie Field

Executive Director of FoodShare Toronto

QUICK FACTS

- As part of Ontario's [Poverty Reduction Strategy](#) released in 2008, the government has more than doubled its support for the Student Nutrition Program to \$17.9 million in 2012-13.
- During the 2011-12 school year, over 690,000 elementary and secondary school students across the province benefited from more than 4,100 breakfast, lunch and snack programs.
- The [Healthy Kids Panel](#) was appointed in May 2012 as part of the Action Plan for Health Care to advise the government on how to tackle childhood overweight and obesity in Ontario.

LEARN MORE

- Ontario's [Student Nutrition Program](#).
- [Nutrition guidelines](#) for the Student Nutrition Program.
- Ontario's [Action Plan for Health Care](#).
- Check out [Eat Right Ontario](#) for tips on making healthier food choices.

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