

Nutrition Program

Supporting Healthy Active Schools

IT'S HARD TO LEARN ON AN EMPTY STOMACH.

Helping students reach their learning potential starts with a healthy lifestyle, yet every day thousands of children arrive at school without the nutrition they need to be successful in the classroom.

Saskatoon Public Schools Foundation school-based nutrition programs help ensure students are well-nourished, ready to learn and poised for academic success.



Despite our best efforts, the Foundation is only able to support 40% of current school nutrition needs.

Mobilizing Support

School division personnel do their best to provide food to as many students as possible. Each year Saskatoon Public Schools allocates significant funds to student nutrition, however there continues to be a critical need for far more support than the school division can capably provide while continuing to meet its core educational objectives.

The Saskatoon Public Schools Foundation has responded to this urgency by partnering with Nutrien through the Nutrien Food4Thought Nutrition Program. The program provides funding for schools to purchase nutritious food and offset the costs for school nutrition workers. Students benefit from the program by having their immediate hunger needs met while also learning about healthy eating practices, food preparation and healthy lifestyles.


Meals and snacks are prepared by students, volunteers, parent helpers, and school nutrition workers. Breakfasts consist of hot or cold cereals, a variety of fruits and vegetables, whole wheat breads and dairy products. School lunches offer a nice variety of food choices such as veggies and dip, sandwiches, wraps, yogurt and fruit and hot meals like spaghetti, soups and casseroles. Snack foods include cheese and crackers, fresh cut fruit, granola, and veggies and dip.

The nutrition program currently supports fourteen elementary schools and five secondary schools across Saskatoon Public Schools. Thanks to Nutrien's generous support, the program provides 760,000 servings of healthy breakfasts, snacks and lunches to vulnerable students each year in addition to the existing support from Saskatoon Public Schools.

The Saskatoon Public Schools Foundation connects families, schools, and communities together to meet the shared goal of enhancing education for Saskatoon Public Schools students.


Visit www.spsfoundation.ca to donate

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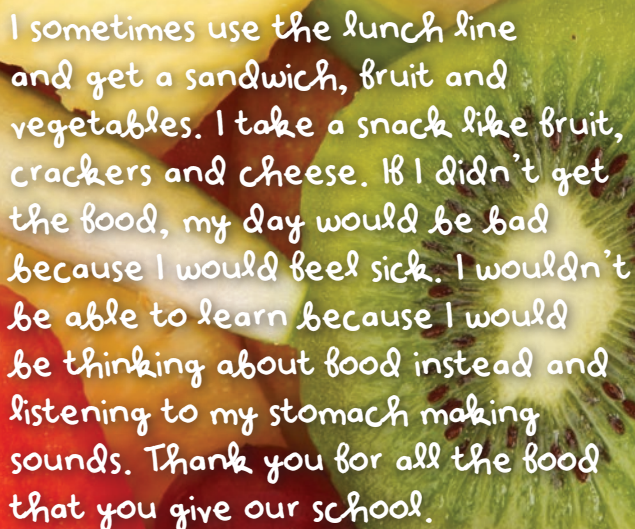


“Recently a single mother registered her children at our school—they had fled a situation and were displaced from their community. After a week of attending the school, the older brothers were lethargic and appeared sad. They were slumped in their desks and unmotivated. I talked with one of the brothers outside of class, and he mentioned that when he walked his younger siblings home for lunch there was not enough food, so they were coming back to school hungry. I called the mother and said we have a nutrition program at our school. The gratitude the mom expressed was priceless. She cried because she said she was struggling, but her pride stopped her from asking for support. The boys had smiles on their faces and were ready to learn in the afternoon because they were with their peers at lunch and eating a healthy meal on a daily basis.”

~King George School



Eating the food helps me learn to read better. It keeps me healthy and gives me energy to run and play.




I sometimes use the lunch line and get a sandwich, fruit and vegetables. I take a snack like fruit, crackers and cheese. If I didn't get the food, my day would be bad because I would feel sick. I wouldn't be able to learn because I would be thinking about food instead and listening to my stomach making sounds. Thank you for all the food that you give our school.

~W.P. Bate School Student

“Due to the extra support in nutrition children have been able to focus more and therefore educational goals have not only been met but have exceeded expectations. We have also included many of our parents in helping to cook and prepare food items, thus teaching them the importance of nutrition and how to prepare food on a fixed income. This year we have moved from only the nutrition coordinator doing the prep work to including our students and our parents in all three processes - prep, serving and clean up.”

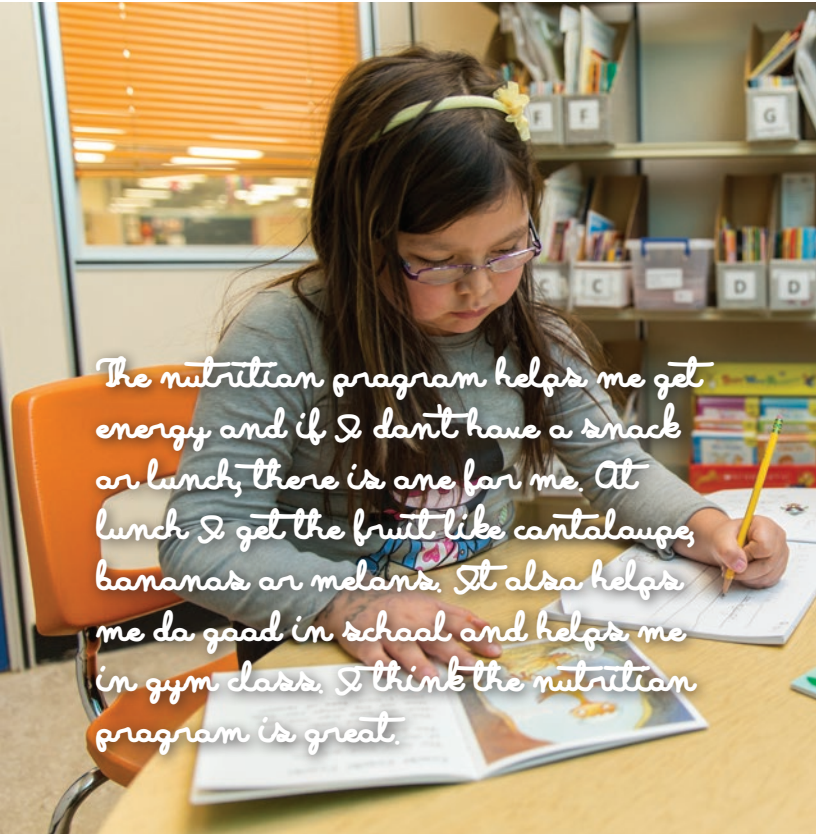
~Princess Alexandra School

“We strive to feed our students the most nutritional meals that our budgets allow. Our education philosophy focuses on the holistic well-being of the child, so nutrition is an integral piece to the physical, mental and emotional health of our students. Engaging students in helping to prepare in the kitchen not only builds lifelong skills, it also serves as a venue to build relationships.” ~Westmount School

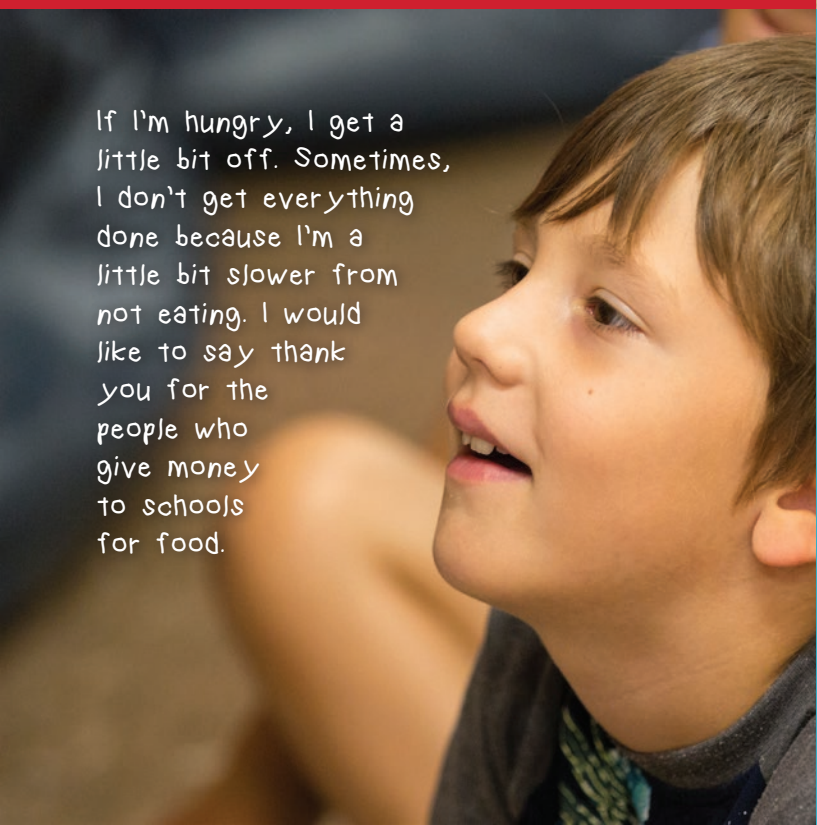


“Our nutrition program is also an opportunity for students to learn. Our senior students help prepare the mid-morning snack for our entire student body. They learn about how best to group foods for optimal nutritional benefits, food safe procedures, portion control and collaborative food preparation. Our younger students help with the delivery of the daily snack. They are responsible for the preparation, planting and maintaining of our garden beds as well. At times members of the community come into the school and work with our students sharing their gifts on traditional food preparation.”

~Vincent Massey School



The nutrition program helps me get energy and if I don't have a snack or lunch, there is one for me. At lunch I get the fruit like cantaloupe, bananas or melons. It also helps me do good in school and helps me in gym class. I think the nutrition program is great.



If I'm hungry, I get a little bit off. Sometimes, I don't get everything done because I'm a little bit slower from not eating. I would like to say thank you for the people who give money to schools for food.

“The funding support has made a huge impact on all of our students. This support has allowed students to achieve without worrying about their empty bellies. Children can focus on being children who are learning, playing, connecting and engaged. Many of our students have specific dietary restrictions due to cultural beliefs and we do our best to offer vegetarian options that meet their needs. We know that with the increased cost of fresh fruits and vegetables this would be difficult on any budget.”

~Vincent Massey School

“Our nutrition program is delivered in a way that does not shame or embarrass children. It is universally accessible and we do not qualify children. Students self-identify their needs and receive a large portion of their daily nutritional requirements at school.” ~Teacher

spsfoundation.ca

YOUR CONTRIBUTIONS WILL MAKE A DIFFERENCE.

Supporting student nutrition makes a world of difference for thousands of children in our community. Your support will help us meet immediate needs and nourish the academic achievement and future growth of our children and youth.

Opportunities for Support

Saskatoon Public Schools Foundation invites our community partners to invest in student success by making a contribution to support school-based nutrition programs. Contributions can be structured in a number of meaningful and creative ways that align with your values and giving priorities.

HERE IS HOW YOUR DONATION WOULD MAKE A DIFFERENCE

- \$ 200,000.00 Support student nutrition programs in ten schools for an entire year
- \$ 40,000.00 Sponsor one month of nutrition for all public schools
- \$ 20,000.00 Cover one school's nutrition needs for an entire year
- \$ 10,000.00 Fund one school's nutrition costs for half the school year

Recognizing Your Support

We value our partners and make it a priority to acknowledge their contributions. We work closely with supporters to construct a recognition plan that meets their needs. Examples of recognition include:

- Naming opportunities and custom branding for major sponsors
- Special events at a local school for media and the community
- Signage inside schools and the Saskatoon Board of Education office
- Recognition through online and print advertising
- Communications directly to Saskatoon Public Schools students and families

For more information or to discuss a partnership, please contact Saskatoon Public Schools Foundation by email at info@spsfoundation.ca or by calling 306.683.8550

Nourishing young learners makes a difference, both now and in the future, for children and for our community as a whole.

Hungry children have a difficult time concentrating and are less receptive to learning than their peers from food-secure households.