

# Area mayors backing Live Free campaign

The mayors in Halton have thrown their support behind Halton Food for Thought's Live Free campaign.

From now to March 4, the campaign asks people, businesses and schools to live without something they take for granted, donating its value in support of student nutrition programs.

"Live Free Halton is a part of the solution," said Lena Bassford, community relations manager for Halton Food for Thought.

"While we cannot eliminate poverty or hunger in Halton, we can ensure our children and

youths have access to one healthy meal each day.'

Halton Food For Thought supports 140 breakfast, emergency lunch or healthy snack programs in schools throughout Halton.

In the current school year, more than 20,000 students will be provided with more than 2.6 million meals supported by 1,400 volunteers.

Each day, one in 10 children or youths in Halton attends school without any food to sustain them an entire school day.

Simply put, they are too hungry to learn. Poverty in Halton is

more hidden than larger urban communities.

If you would like to take part individually or as a business visit [www.livefreecampaign.ca](http://www.livefreecampaign.ca) or contact Bassford at 289-239-9734.

Research supports the existing link between nutrition and readiness to learn. When a child's stomach is empty, everything else is secondary. The child loses the ability to maximize their learning potential becoming lethargic and easily distracted.

In Halton, 40 per cent of food bank recipients in Halton are children.



From left, Milton Mayor Gord Krantz, Burlington Mayor Rick Goldring, Regional Chair Gary Carr, Oakville Mayor Rob Burton and Halton Hills Mayor Rick Bonnette take a bite out of hunger by helping to launch the Halton Food for Thought Live Free Campaign at the Halton Region offices in Oakville last week. Photo by Nikki Wesley



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