

Brain food, now being served

From grab-and-go breakfasts, to meal cards to healthy baskets, Acton students can get the nutrition required for learning from Halton's Food for Thought programs that are offered in each school.

"Many, many students are coming to school without the nourishment they need to excel at academics, so we have a variety of programs," said Gayle Cruikshank, executive director of Food for Thought, a Halton program operating in 19 Halton Hills schools, including the three public and one Catholic school in Acton.

Halton Food for Thought is a non-profit agency which receives funding from the Ministry of Children's and Youth Services, Halton Region, generous corporate sponsors, and from the schools' community. "When kids arrive at school, what bet-

ter place to feed them? They are better able to learn whether they eat at a morning Breakfast Club or throughout the day with the Healthy Basket program," Cruikshank said, noting there are added benefits including more socialization for the kids who interact with volunteers – often parents/grandparents of students – and increased sense of general well-being.

At Acton High School, the Food for Thought program is geared to at-risk youth who can use meal cards – last year 10 students received cards at a cost of \$3,600. This year, with funding from the Ontario Trillium Foundation and sponsor Aramark Canada, they hope to provide 15 students with meal cards proving them with one nutritious meal per day.

"We've seen an amaz-

ing difference with the students with this program," Cruikshank said, adding attendance rates also improve. She said at the elementary levels in Acton, there are a variety of programs to meet the needs of each individual school.

At McKenzie-Smith Bennett School Cruikshank said a breakfast program feeds more than 200 students daily, and the Healthy Baskets feed approximately 141 students daily. Combined, the two programs serve more than 12,000 meals a year at a cost of \$7,500.

At Robert Little School, the popular healthy snack program last year provided more than 20,745 meals to 357 students, three mornings per week at a cost of \$5,000. This year, Healthy Baskets will be placed in classrooms three days a week for students to get

food throughout the day. At St. Joseph Catholic School, a healthy snack program served 24,704 meals last year at a cost of \$9,400.

While there are no statistics indicating how many Acton students arrive at school without breakfast, or snacks for the day, one school secretary said she people would be "amazed" with the high percentage of students who haven't eaten for a variety of reasons, some like her who doesn't like to eat until mid-morning.

"Whatever the season, Food for Thought is ready to fuel them so they can learn to the best of their ability," Cruikshank said, adding that Food for Thought inspires children and youth to make healthy food choices vital to their development by providing inclusive access to nutritious foods.



TO THE RESCUE: Acton's Domenic Imbiscuso – appropriately enough, owner of Turtle Creek Landscaping – rescued this huge Snapping Turtle, that narrowly avoided being squashed by passing cars on Glen Lawson Road at the Fourth Line on Friday. After almost being bitten, Imbiscuso carefully moved the turtle off the road and down an embankment. – Frances Niblock photos

BRANCH
No. 197
LEGION NEWS
By Sharon Graham
P.R.O.

Conrades, Summer is almost over and the kids are back to school, but there are so many things to do at the Branch and all are welcome.

Dates to remember for the month of September calendar.

Note the next General Meeting is Monday, September 12 at 8 p.m.

Saturday, September 10, 5 p.m. - 10 p.m.

Barbecue and Live Entertainment

Come out and enjoy our live entertainment with Cosmic Warehouse. This is a great afternoon after your golf game to stay and bring your friends for a great evening.

Sunday, September 11, 11 a.m. - 3 p.m. thank you

Veterans Visit to the Branch

The Sunnybrook Veterans are visiting the Branch. Why not come out and introduce yourself to them and have a chat? It is time that we recognize that there are not a lot of Vets left from WW11. We have entertainment for them to enjoy. Have you thanked a Vet Today?

We are having registra-

tion for the Ladies Dart League at the Legion on Wednesday, September 14, 7:30 to 9 p.m. League play starts September 21. New players welcome. No experience needed. It's a fun night with some fun ladies.

On September 17 from 7 to 11 a.m. there will be a Fall Fair Breakfast served at the Branch. Why not come down and join us? We are looking for volunteers to help cook at the Branch. If you are interested in helping out please see Steve Richardson.

The buses will be there to take you from the

Branch to the fair grounds and back. There will be entertainment on the patio as well from 5 to 10 p.m.

For more information on the events happening at the branch please go to www.rclbr197.org.

Ted Arnott's campaign offices are opening.

Wellington Campaign Office:
181 St. Andrew St. E., (Lower Level), Fergus
September 9th, 5:30 pm

Halton Hills Campaign Office:
125 Main St. S., Georgetown
September 10th, 10:00 am

1-866-788-1688

or visit our website: www.re-electarnott.ca

Everyone welcome - please join us



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