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Celebrate BREAKFAST FOR LEARNING Month

Region, Ontario Halton September is BREAKFAST FOR LEARNING Month, and children all over Canada are encouraged to eat right and be bright! When children start their day on the right track with nutritious food, they are alert and ready to concentrate at school. As school begins for another year, what better time to help children learn healthy eating habits?

Children need food to fuel their bodies and their brains. The reality is that many children are not getting the proper nutrition they need. In Halton, 59.1% of residents 12 years of age and older, consume less than 5 servings of vegetables and fruit each day.

There is a solution. Schools throughout Halton Region draw on local resources to start school-based nutrition programs that serve nutritious meals to children in safe and nurturing environments while teaching them life-long lessons about healthy eating.

The Halton Food for Thought Community Partners programs currently runs 28 school- based nutrition programs that serve more than 10,000

students with approximately 480 dedicated volunteers a nutritious breakfast or snack. This September Halton Food for Thought will run their annual 'Paper Apple' Campaign together with the RBC Financial Group, Canadian Tire Stores on Guelph St., Georgetown and Kerr St., Oakville and GoodLife Fitness Centre at the Burlington Mall. The campaign runs September 1-15, 2004. Why not visit these wonderful supporters and you too may help support child nutrition in Halton?

For more information, please visit http://foodforthought.hdsb.ca