

George Kennedy parents organize healthy snack recess program

Students at George Kennedy School in Georgetown are learning more than reading, writing and arithmetic—they're learning eating healthy snacks is Food for Thought.

Three days a week, about 40-50 volunteers prepare and serve snacks to 700 children during morning recess. The program, Food for Thought—Healthy Snack Program, emphasizes fresh fruits and vegetables as well as whole grains and protein.

As the children walk out the door to go to recess, they select a snack from volunteers. Snacks include items such as carrots, cucumbers, apples, oranges, ice cream cones filled with cereals, cheese and dried fruits. (All snacks are peanut-free.)

The aim is to give the students a healthy boost to get them through until lunchtime. Many children are dropped off at their sitters early in the morning and have had breakfast many hours ago; some children may not have had breakfast at all. The program also gives the children exposure to healthy foods they may not have tried before.

The snack program has received \$1,000 from the school council and another \$500 from the Halton Social Planning Council, but it's estimated the project will cost about \$2,000 (12 cents per child/per day).

The program will continue until June 21, and team organizers are looking for additional volunteers or donations of tools or food. Organizers are looking for vegetable peelers, apple wedgers, paring and slicing knives, and storage containers (large, 6-inch, clear). Call Barb Stickle, 905-702-7326 if you have a few hours to spare or food to donate.

The program has already received generous support from local businesses including A&P, Wal-Mart and Flynn Produce.

The Halton Social Planning Council and Volunteer Centre is seeking community volunteers for school snack programs in three other Georgetown schools too: Holy Cross, Limehouse and Harrison. Volunteers would contribute one hour a week preparing and serving snacks. If interested call Darlene Edmonds at the centre, 905-878-0955.

Parent workshops in May

The Parent Education Network hosts two parenting workshops in May. On Thursday, May 10, 7-9 p.m. Homework Survival Strategies for Parents will be held at George Kennedy School. Then on Tuesday, May 29, 7-9 p.m. it's Time-In Versus Time-Out at St. Francis School.

Preregistration is required; call 905-877-2238. Limited child care available.



George Kennedy School parent volunteer Tracey Sanchez was among those many volunteers who served healthy snacks to students like Dalton Stickle, 10, and Victoria Parker, 7, as they went out for recess. The program is designed to give students a nourishing snack, as well as build awareness of the importance of eating a balanced diet.

Photo by Ted Brown

Our little Jasmine is 1 year old.
Happy Birthday Jazzy
Love Mom and Dad, Grandma and Grandpa, and Greatest and Uncle Santino
xxxx

40 40 40 40 40

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