

# Breakfast program gets \$25,000 boost

'E'at right and be bright' is their slogan and prospects look bright for the Halton Food for Thought Partnership.

The group plans to hire a coordinator after recently receiving a \$25,000 grant, provided by the provincial government and administered by Breakfast For Learning.

The person hired by Food For Thought will work with the community and assist local programs, a Breakfast For Learning manager said recently.

"The person will strengthen local programs, train volunteers and look for other partners to partner with local schools," said Darlene Edmonds. "It's quite a key role. It's almost like an engine in the community that makes it happen."

Currently, more than 5,000 Halton students per day receive a nutritious breakfast

or snack to help provide a healthy start to their school day. Five Halton Hills schools— George Kennedy, Harrison, Holy Cross, Glen Williams and Limehouse— all have snack programs that run three to five days per week.

"Halton is very strong and very focused and we can help both boards with their elementary programs and high school programs," said Edmonds. "There's a need in both areas, with a lot of body imaging at schools. A lot of youths think they have to skip breakfast to lose weight."

The breakfast and snack programs have a universal focus and are not just for children living in poverty, she said.

In some households, parents and/or children leave early, perhaps without proper nourishment or an unappealing snack, said Edmonds.

"In the programs, there are

fresh and colourful fruits and vegetables," she noted. "It's all part of the presentation."

Volunteers, like local parents are a key part of breakfast programs, said Edmonds.

Food For Thought recently completed a September 'paper apple' fund-raising campaign in Halton.

Supporters bought paper apples at Royal Bank branches across Halton and other locations.

There were also displays promoting community awareness of breakfast programs.

With the school year resuming "this is a nice time to jump in and promote what school programs are all about," said Edmonds.

For more details about breakfast/snack programs, call Breakfast for Learning at 1-800-627-7922.

—By Dennis Smith, special



Royal Bank (Mountainview Branch) recently joined in a fund-raising paper apple campaign to benefit the Food For Thought's Breakfast for Learning program. Joining Breakfast for Learning manager Darlene Edmonds (second from right) were RBC employees (from left) Jenny Constant, Kathy Quigley and Judy Skanes. Photo by Ted Brown

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