

SCHOOL BREAKFAST PROGRAM



Making a difference, one breakfast at a time

Through no fault of their own, many children in Ottawa arrive at school hungry each day. Research shows that children who eat a nutritious breakfast are more engaged in daily learning, perform better in school and have better self-esteem. The Ottawa School Breakfast Program strives to ensure that all children in our community have access to a healthy breakfast in a safe environment and are given an equal opportunity to succeed at school.

Over 13,500 Ottawa children in 175 schools begin each school day with a nutritious meal provided by the Ottawa School Breakfast Program - that's over 2,000,000 meals in one school year!



HOW DOES THE PROGRAM WORK?

Wholesome foods are the building blocks for growing healthy bodies and nourishing developing minds.

Our Program adheres to provincial nutrition guidelines and serves nutritious foods such as fresh fruit and vegetables, whole grains and dairy products.

Participating children are identified through school staff and parents - our aim is that no child starts their day hungry. The program also promotes life-long healthy eating habits!

The Ottawa School Breakfast Program works in partnership with Ottawa's four regional school boards.

"I see the difference our breakfast club makes to my students' learning and general well-being. They work much better if they can eat something at the start of the day. Once their nutritional needs are satisfied, the students are able to focus on work and play".

—GRADE FOUR TEACHER

HOW CAN YOU HELP?

We rely on our local community for support.

Through the generosity of individual and corporate donors and through fundraising events such as charity workplace campaigns, auctions, restaurant promotions, and golf tournaments, we can continue to support student success in Ottawa.

Help us make a difference, one breakfast at a time!

Registered Charity Number:
119071280 RR001

FOR MORE INFORMATION, CONTACT:

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