



**Kids Eat Smart  
Foundation**  
NEWFOUNDLAND & LABRADOR

# Kids Eat Smart Clubs

## What are Kids Eat Smart Clubs?

Kids Eat Smart Clubs are nutrition programs run by volunteers in over 200 schools/community centres in Newfoundland and Labrador. Some are snack or lunch clubs but the majority are breakfast clubs. Kids Eat Smart Clubs are universally accessible and provide many benefits.

### Why we need Kids Eat Smart Clubs:

- Long Bus Rides
- Economics
- School Age Priorities

### How you can contribute:

- Financially
- In-Kind
- Volunteer Time

### Menu Guidelines:

A typical breakfast menu includes healthy foods from three of the four food groups from Canada's Food Guide and follows the Provincial School Food Guidelines.



## Benefits of Clubs

### Physical Benefits

Proper nutrition is a critical component to healthy development. Nutrient-rich, balanced meals and snacks help ensure students have the energy they need for the school day. Principals state that they have less children reporting headaches and stomach aches.

### Academic Benefits

There is an established link between proper nutrition and learning. By ensuring students receive healthy foods, we also ensure they have the fuel to participate fully in class.

### Social Benefits

Starting the school day by having breakfast with friends in a safe and nurturing environment creates a positive feeling. Some principals have reported that starting a Kids Eat Smart Club changed the culture of the school.

## What Kids Eat Smart Foundation Does

- Provides information and a Club start-up kit
- Facilitates community meetings to inform parents, community members, and teachers about the Clubs
- Provides volunteers with food safety information
- Provides information and resources on menu planning and healthy eating
- Provides Start-up, Sustaining, and Fruit & Veggie grants
- Matches funds raised in the community
- Provides volunteer recognition items
- Organizes province-wide fundraisers
- Has staff that are readily available to answer your questions and an informative website: [www.kidseatsmart.ca](http://www.kidseatsmart.ca)