

# Kids Eat Smart Fact Sheet

Kids Eat Smart Foundation (KESF) is a registered charitable organization that helps establish and support community based, volunteer-delivered nutrition programs for school-aged children throughout Newfoundland and Labrador.

## Vision

That every school aged child in Newfoundland and Labrador attends school well nourished to be ready to learn.

## Mission

Kids Eat Smart Foundation Newfoundland and Labrador partners with schools, communities, volunteers and sponsors to set up and support nutritious food programs called Kids Eat Smart Clubs, organized by volunteers for school aged children throughout Newfoundland and Labrador.

## Why do we need Kids Eat Smart Clubs?

- Long Bus Rides
- Economics
- School Age Priorities

## How can you contribute?

- Financially
- In-Kind
- Volunteer Time

## Typical Menu

A typical KES Breakfast Menu includes healthy foods from three of the four food groups from Canada's Food Guide and follows the Provincial School Food Guidelines. An example would be whole wheat toast with jam, a glass of milk, and a piece of fruit.

## Benefits of Kids Eat Smart Clubs?

### Physical Benefits

Proper nutrition is a critical component to healthy development. Nutrient-rich, balanced meals and snacks will help ensure students have the energy they need to stay alert and engaged throughout 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, giving them the best chance at success.

### Social Benefits

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

