



Kids Eat Smart Province-Wide
Walk to Breakfast

October 21, 2011



Good Eating = Good Thinking

Help support your local Kids Eat Smart Club
by Walking, Volunteering, or Sponsoring

Call 1-877-722-1996 or visit
www.kidseatsmart.ca



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Steps to a Successful Walk

Inform

Spread the word! Talk to your local newspaper rep, announce it on the radio, and put it on your website. Tell your family, friends, & neighbors about the benefits of supporting a Kids Eat Smart Club. Get your community involved.

Invite

Parents, community groups, businesses, media, government officials, community leaders—anyone can be a part of the Walk to Breakfast. Donate, Volunteer, or Participate.

Be Creative

Challenge your class to dress up. Wear your breakfast by dressing up as your favorite healthy food—grapes, apples, a cereal box. Make signs displaying healthy food and create a banner for the walk.

Photos

Send us photos from your walk. You may just see yourself in an upcoming newsletter or on our website. *Please ensure you have permission to use the kids photos before sending them to us.*





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REGISTRATION FORM

For community groups and businesses

Name of company or organization: _____

Contact name: _____ Host school: _____

Principal: _____ Kids Eat Smart Club Coordinator: _____

Event location/school: _____

Number of participants in your group: _____ Estimated amount to be raised: _____

Mailing address: _____ Street address: _____

City/town: _____ Postal code: _____

Tel: _____ Fax: _____ Email: _____



Fax to 722-7250

Kids Eat Smart Foundation supports volunteer-run nutrition programs for school children throughout Newfoundland and Labrador.



Recipient — CMA National Award for Excellence in Health Promotion, 2007