



MEDIA RELEASE

For Immediate Release

It's Kids Eat Smart Week and school aged children are learning about the importance of Healthy Eating.

October 6, 2014, St. John's – Children in schools and community centres, 232 in fact, will be taking part in Kids Eat Smart Week Celebrations all week long. From walks to special breakfasts children from northern Labrador to the southern Avalon, will learn about the importance good eating and nutritious foods.

Kids Eat Smart Foundation provides over 22,000 nutritious breakfasts, snacks and lunches for school aged children every school day. "This happens with the help of thousands of volunteers and supporters," said, Celina Stoyles, Executive Director Kids Eat Smart Foundation.

The Kids Eat Smart yearend Principals' evaluation showed that Kids Eat Smart Clubs contribute to an improved atmosphere at school, which makes a difference to the learning experience on the whole and for individuals. Principals reported seeing improved attention spans in students contributing to decreased disruptions in the classroom.

The highlight of Kids Eat Smart Week is the TD Province Wide Walk to Breakfast which will take place in most schools on Wednesday, October 8, 2014.

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Kids Eat Smart Foundation Newfoundland and Labrador

Kids Eat Smart Foundation Newfoundland and Labrador is a registered charity that works to ensure children throughout the province attend school well-nourished and ready to learn. Kids Eat Smart Foundation provides funding to run and support 232 Kids Eat Smart Clubs in schools and community centres. On an average school day nearly 6000 volunteers serve over 22,000 meals to school aged children province wide.

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