



**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 254 schools/community centres in Newfoundland and Labrador. Kids Eat Smart Clubs are universally accessible and provide many benefits.

Why we need Kids Eat Smart Clubs:

- Long Bus Rides
- School Age Priorities
- Financial Reasons

How you can contribute:

- Financially
- In Kind - Food
- 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 tell us that they have less children reporting headaches and stomach aches.

Academic Benefits

Research tells us 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. Principals have reported that starting a Kids Eat Smart Club changed the culture of the school.

How Can Kids Eat Smart Foundation Help

- Provides information and a Club start-up kit
- Facilitates community meetings to inform parents, community members, and teachers about the Clubs
- Provide volunteers with food safety information
- Provide information and resources on menu planning and healthy eating
- Provide Start-up, Sustaining, and Fruit & Veggie grants
- Match funds raised in the community
- Provide volunteer recognition items
- Organize province-wide fundraisers
- Available to answer your questions and an informative website: www.kidseatsmart.ca