

SMARTTALK

The Newsletter of the Kids Eat Smart Foundation Newfoundland and Labrador



Kids Eat Smart
Foundation
NEWFOUNDLAND & LABRADOR

SEPTEMBER 2025

AN UPDATE to Our Donors

Did you know that in Newfoundland and Labrador 1 in 3 children under the age of 18 live in a food-insecure home, or a home without food?

With a new school year now ahead of us, and students heading back to class, it is difficult for us to think of our school age children and youth coming to school hungry. It is a harsh reality – but it could be any child, any youth, anywhere in our province.

At Kids Eat Smart Foundation Newfoundland and Labrador, our Vision is that every school age child in Newfoundland and Labrador attends school well-nourished to be ready to learn.

As the Provincial school food provider for Breakfast, Kids Eat Smart Foundation Newfoundland and Labrador is witnessing a record number of children needing our breakfast program.

Currently operating Kids Eat Smart Breakfast Clubs in 100% of our schools, we are serving over 47,000+ meals every school day to students from Kindergarten to Grade 12, in schools from Labrador to Twillingate, Port aux Basques to St. John's, and everywhere in between. Children start their school day with access to nutritious food, at no cost to the child or their family.

Our Kids Eat Smart Clubs are so important - they support families and protect children who live in food insecure homes by providing inclusive consistent access to a healthy breakfast every school day.

Our Principals tell us that having a breakfast club improves the well-being of our children and sends a powerful message – they are valued, they are worthy, and their future is bright.

It is together with the support of our Partners, Donors, Volunteers, and School Communities that we look forward to the school year ahead.

Together, we make a direct impact on the lives of our school age children and youth – One Breakfast at a Time.

To support our Kids Eat Smart Clubs, or for more information on Kids Eat Smart Foundation Newfoundland and Labrador visit www.kidseatsmart.ca or call 709-722-1996.

Sincerely,

Celina Stoyles

Executive Director, Kids Eat Smart Foundation NL

WELCOME
Back to
School



At Kids Eat Smart, we know that **BREAKFAST** is the most important meal of the day, and together we will ensure that all children have breakfast at school at no cost to families.

Now that our children are back to school, we know that in Newfoundland and Labrador 1 in 3 children will come to school hungry. This is a real issue, and you can help.

Donate online at kideatsmart.ca or call 1-877-722-1996.



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WHY OUR KIDS EAT SMART CLUBS are so Important



Our Kids Eat Smart Clubs are so important, and they are knit within the fabric of our school communities in 100% of the schools throughout Newfoundland and Labrador. Every day when children arrive at school, they know breakfast will be ready.

Every school day, our Breakfast clubs are supporting families, school age children and youth by providing access to nutritious breakfast. We are helping to support parents and guardians knowing their child will have food at school, ensuring they are well nourished and ready to learn.

There are many reasons why children come to school hungry. But no matter the reason, it is through our Kids Eat Smart Breakfast Clubs that we are feeding children, helping to eliminate hunger, and providing access to breakfast for all school children at no cost to the child or their family.

Our Kids Eat Smart Breakfast Clubs ensure our school age children are well nourished and ready to learn, creating opportunities for a stronger, brighter future.



KIDS EAT SMART NIGHT



Kids Eat Smart
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\$5.00 FROM EVERY TICKET GOES TO OUR BREAKFAST CLUBS

**SATURDAY, SEPTEMBER 27
MARY BROWN'S
CENTRE**



**SCAN TO PURCHASE
TICKETS**

PROUDLY PRESENTED BY

Hebron

UPCOMING EVENTS

Kids Eat Smart Province-Wide **Walk for Breakfast**

Join the Challenge

walk, run, bike, climb or dance at your school



Walk for Breakfast

Every \$1

we raise will provide
breakfast for a child

Support

your local KES Club
and **DONATE** online at
www.kidseatsmart.ca

Together

we will ensure that every
school age child has
access to food at school

Our annual TD Walk for Breakfast is scheduled for Wednesday, October 8, 2025. Join the challenge! Walk, run, bike, climb or dance at your school to raise funds in support of your Kids Eat Smart Club. You can support your local breakfast club by donating online at kidseatsmart.ca.

Wednesday, October 8, 2025

BECOME A MONTHLY DONOR

The impact of Monthly Giving.

Our Kids Eat Smart Breakfast Clubs depend on the kindness of people who keep cupboards stocked and our children's bellies full. Your monthly donation will help us give children a healthy start to their day so they can learn and be their very best.



BECOME A MONTHLY DONOR



Join us in ensuring Breakfast at school
at no cost children or families.



Visit kidseatsmart.ca or call 709.722.1996

Please contact our office for more information at
709.722.1996 or toll free at **1.877.722.1996**
or info@kidseatsmart.ca.

\$10 monthly = Breakfast for a child for six months!
\$16 monthly = Breakfast for a child for an entire school year!
\$20 monthly = Breakfast for two children six months!
\$25 monthly = Breakfast for 15 children for a month!
\$50 monthly = Breakfast for 30 children for a month!
\$100 monthly = Breakfast for 6 children for an entire school year!

Kids Eat Smart *Radiothon*

WEDNESDAY
NOVEMBER 5, 2025
12:00 - 4:00PM
LIVE FROM THE AVALON MALL

Join us on Wednesday, November 5, 2025 as we partner with VOCM Cares Foundation live from the Avalon Mall to raise much needed funds in support of our Kids Eat Smart Clubs.

1 in 3 children in Newfoundland and Labrador go to school hungry. This is a real issue. You can help. Donate online at kidseatsmart.ca or call 1-877-722-1996.



      @KidsEatSmartNL

SUSTAINING PARTNER



NATIONAL PARTNER



PLATINUM PARTNERS

