

KNOW THE FACTS



School food programs can make a real difference in the lives of families across Ontario by saving them money and time.

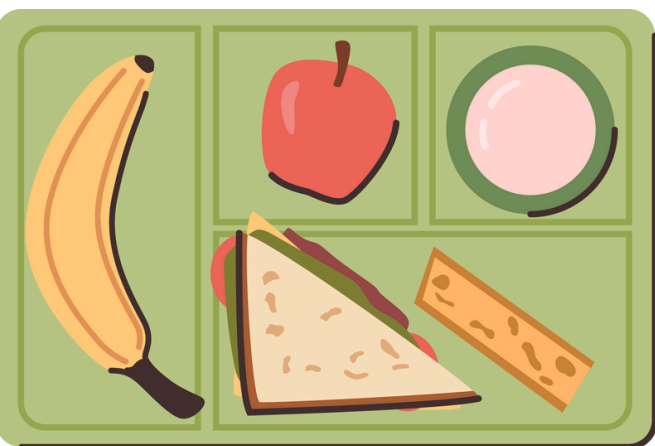
Research shows that universal free breakfast and lunch programs can save families between \$129 to \$189 per child per month on grocery bills.



School food programs in Ontario need more support!

In recent years, school-based Student Nutrition Program providers have been struggling to provide students with nourishing food at school due to rising food costs and higher program demand.

Ontario currently invests \$37.6M in school food programs, providing 10¢ per student per day, while Canada's national median P/T contribution is nearly four times higher at 39¢/student/day.



LEARN HOW YOU CAN HELP

Form or join a school committee to support programs on the ground and speak out to decision makers!

- In some regions, municipalities and school boards fund school food programs. Do they in yours?
- Parent committees and school boards can endorse the Coalition for Healthy School Food and work together to speak out about school food to provincial and federal policy makers.



Raise awareness for school food.

- Organize / participate in the Great Big Crunch every March
- Are parents or youth involved in school food in your school? Could they be more?

Visit a school food program in action! Find out how you can support them.

Click here to find out more about how school food programs can improve children's lives, strengthen communities, and transform food systems in Canada.

