



## MEDIA RELEASE



### FOR IMMEDIATE RELEASE

Tuesday, October 6, 2020, Peterborough

# Student Nutrition Programs Are Back to School Too!

*Programs may look different, but healthy, safe food is still on the menu*

Back to school means Food for Kids Peterborough and County student nutrition programs will be running once again in most local schools. While they may look a little different this year, school staff and nutrition program volunteers are working hard to provide healthy food to hungry students, safely.

Special measures are being taken by student nutrition programs to follow new provincial COVID-19 food, health and safety regulations. Program volunteers have been trained to follow new safety protocol. They will continue to offer a variety of healthy foods, such as whole apples, individually wrapped muffins and packaged cheese. Students will practice proper hand hygiene before and after accessing the food.

Nutrition programs continue to be an important contributor to academic and personal success. “Nourished students learn and behave better,” explained Luisa Magalhaes, Registered Dietitian with Peterborough Public Health. “Drinking water and eating a variety of nutrient-rich foods help to support a healthy immune system. This is an important defence against illness. We also know that there is a connection between healthy eating and positive mental health.”

Students arrive at school hungry for many reasons: long bus rides, rushed mornings, skipped breakfasts, and sometimes not enough food at home. All students at school are invited to take part. Thanks to these programs, teachers report that students are better able to learn and pay attention in class, exhibit better behaviours and attitudes, miss less school, do better in math, and are more likely to graduate.

Thank you to its 950 volunteers, dedicated school staff, generous donors and partners, healthy food was available to children through a variety of initiatives during the [2019-2020 school year](#).

Food for Kids is looking forward to another great year of helping children start their school day with the nutrition they need to perform their best!

Donate/volunteer [www.FoodforKidsPTBO.ca](http://www.FoodforKidsPTBO.ca) or  #foodforkidspbo or  @FoodForKidsPtbo

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