

Sacred Heart School

BREAKFAST PROGRAM

The Breakfast Program at Sacred Heart will be starting **Monday October 3**. A nutritious breakfast, consisting of 3 of the 4 food groups, will be served to students every Monday and Thursday, throughout the year, from 8:15 am - 8:45 am for a donation of 25 cents. This is available to ALL students. Please join us.

Why a Student Nutrition Program?

Studies show that children who are well nourished perform better at school and are able to concentrate longer. This program helps:

- Contribute to a child's overall health
- Improve cognitive performance
- Improve classroom behaviour
- Provides healthy eating habits
- Provides positive sense of community

How Can You Help?

1. **Volunteer** – *This program is run strictly by volunteers.* Volunteers help for approximately 1-2 hours Mondays or Thursdays mornings (7:30-9:00), approximately once or twice a month, to prepare and serve a balanced breakfast. Anyone interested can email the breakfast program coordinator at rhurnacki@msn.com. Parents come...bring your kids along (they love to help)! Grandparents welcome.
2. **Financial Contributions** – Sacred Heart's Breakfast Program is funded by Brant Food For Thought, however, these grants do not cover the entire cost of our program. Donations are greatly appreciated and can be submitted by filling out the bottom of this form and sending it to the school office. All donations stay with our school. (Brant Food For Thought will issue a tax receipt for a minimum of \$20.) However, we ask the students to contribute a **25 cent donation (but not required to attend)** per breakfast to help subsidize the cost.

We try to take allergies into account. All food is peanut/treenut free as it is prepared in the school. If you have any concerns, please contact the school or email the coordinator.

Thank you in advance for donations received. This helps our program immensely. I look forward to another great year!

Sincerely,

Jodi Hurnacki
Rhurnacki@msn.com
Breakfast Program Coordinator

-----fill out the form below and return to office for tax receipt-----

Parent's Name: _____ Phone: _____ Email: _____

I would like to donate \$ _____ to Sacred Heart's Breakfast Program.