

September, 2023

Dear Students/Parents/Guardians,

We are pleased to announce that our “Breakfast Program” will begin on Tuesday, October 3, 2023. As parents ourselves, we are not strangers to the hectic pace of family life, especially in the mornings. This program helps to ensure that every student has the opportunity to eat something nutritious so that they are well fed and ready to learn at the beginning of the day. Breakfast will be served at the beginning of the day in the classrooms.

This program is free for all students and is funded through Ottawa Network for Education. Any student, from Kindergarten to Grade 8, who wishes to take advantage of this program is welcome to join us.

Each registered student will be offered a whole grain item (e.g. crackers, toast), a fruit or vegetable (e.g. grapes, carrots) and a dairy or protein (e.g. yogurt, eggs). Students are encouraged to take what they wish to eat and are not required to partake if they do not wish to.

All food items will be served pre-packaged. Students should wash their hands or use hand sanitizer before being served their food and students will eat at their desks. Our kitchen is nut free but is not gluten free.

We always welcome and appreciate financial and food donations. We are unable to accept home made or previously opened items. To donate or for information, please contact our breakfast coordinator.

This program has been approved by our school board and Ottawa Public Health in collaboration with the Ottawa Network for Education. Foods provided meet the Ontario Ministry of Children, Community and Social Services Student Nutrition Guidelines and focus on fruit/vegetables, protein and whole grain foods.

Please fill out one Google Form for each child if you wish them to participate in the program.

[Breakfast Registration Form](#)

For more information, please contact our Breakfast Coordinator Christine Lee at christine.lee@ocdsb.ca.