

Nutrition Booster Bins at NES

Dear Parents/Guardians,

April 26, 2024

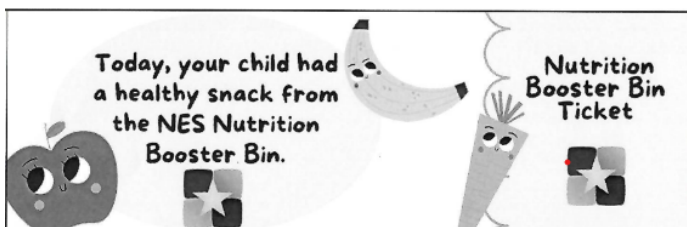
Food plays a vital role in preparing children to learn and making sure they are healthy enough to attend school each day. Nutrition impacts brain development, memory and cognitive function, energy, attention and focus, which are all critical to the ability to absorb and retain information and for overall well-being. It is not always an easy task to provide sufficient nutrition options for our kids. The rising cost of food, having time to prepare food, and even judging how much to pack for kids are just some of the challenges parents' face day to day in keeping their kids fed.

We are excited to share with you that due to a grant from the Children's Nutrition Council of Manitoba, we will be starting up a supplementary nutrition program from Monday, April 29, until the end of the school year.

Each class will be provided with a Nutrition Booster bin filled with healthy snack options (pictured below). There will also be yogurt tubes/cheese strings available at the office. The bins will be accessible to any students who feel they need a little extra to eat for breakfast, snack or lunch. The bins will be monitored by classroom teachers, being mindful of students with dietary restrictions or allergies. All students will be welcome to a "nutrition booster" when they need it. Students will receive a ticket that they will put in their lunch kit or backpack to let you know that they had an extra snack that day.

We have also partnered with TerraCycle and GoGo SqueeZ to provide specialized recycling for the fruit sauce pouches in our Booster bins as well as any pouches that are sent from home.

We hope this little "boost" will help our students be ready to learn and also give families some added support.



Respectfully,

Jolene Kehler- Interim Principal/ NES Healthy Schools Teacher Committee