



**Nanaimo-Ladysmith Schools Foundation's Partnership with Breakfast Clubs of Canada:  
A Successful Formula for Feeding Vulnerable Students**  
*Students in five local schools have access to a nutritious breakfast*

**Nanaimo, B.C., November 7, 2011** – After six months of planning and renovations to several school kitchens, [Nanaimo – Ladysmith Schools Foundation](#) (NLSF) and [Breakfast Clubs of Canada](#) (BCC) are pleased to announce that their school-based breakfast programs are in full swing. BCC is providing \$110,000 over three years to the Schools Foundation to launch, expand and sustain full-service breakfast programs in five Nanaimo schools to ensure that vulnerable children across the community get a healthy, nutritious start to their day. Three schools expanded their existing breakfast programs on June 1<sup>st</sup> - Brechin, Fairview and Park Avenue. The remaining two schools; NDSS and Forest Park began new breakfast programs in October. The five schools are now feeding students nutritious meals each morning.

The Nanaimo-Ladysmith constituency is among the lowest socio-economic areas in the province with many elementary and secondary school students regularly coming to school hungry which makes learning more difficult.

Good nutrition is vital to the health of children and has a positive impact on their energy levels, memory, problem-solving skills. Creativity, concentration and behavior are all negatively affected without adequate nutrition. As a result of being hungry at school, these children may not reach their full developmental potential—an outcome that can have a health impact throughout their entire lives.

“The BCC grant has opened up many possibilities for our students,” said Diane Goodman, Principal, Brechin Elementary. “We are very excited to be able to offer a breakfast program to our students and look forward to the three year partnership with BCC. The possibilities are endless when schools have support like this!”

“We can’t thank Breakfast Clubs of Canada enough! They are a great partner. The first part of the BCC grant enabled all the schools to purchase new equipment for their kitchens and/or upgrade other equipment,” said Erin van Steen, Executive Director, NLSF. “The School District facilities department worked very hard over the summer months to install the equipment and upgrade the kitchens so the schools would be ready for September start up. The remainder of the grant funds is to purchase the food to feed the students.”

**Photo Opportunity – Tuesday November 8<sup>th</sup>**

Jody Hanninen, BC & Yukon Program Coordinator at Breakfast Clubs of Canada, will visit Brechin Elementary School’s breakfast program on **Tuesday November 8<sup>th</sup> from 1:15 pm – 2:15 pm**. Grade 5,6 and 7 students in the *Skills for Life* program will prepare breakfast for the next day for students in their school with the help of teachers and volunteers.

**About Breakfast Clubs of Canada**

Breakfast Clubs of Canada is committed to its mission of ensuring that all Canadian children will have an equal chance to start their school day with a nutritious breakfast in an environment that promotes self-esteem. It accomplishes this work with the help of both individual and corporate partners, all committed to the cause of feeding our children’s future. For information about Breakfast Clubs of Canada, or to find out how you can get involved, visit [www.breakfastclubscanada.org](http://www.breakfastclubscanada.org)

**About Nanaimo-Ladysmith Schools Foundation**

The Nanaimo-Ladysmith School Foundation works with School District 68 to bring programs that better the lives of students, through support programs and scholarship programs. Supplies and programs that are not covered by the school board budget can be supplemented through the Foundation. To make a donation to the Nanaimo-Ladysmith Schools Foundation, please contact via [www.nlsf.ca](http://www.nlsf.ca) or (250) 753-4074.

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