

Calling all Parents...
Volunteer with Halton Food for Thought!

Did you know... 59.1% of Halton residents, 12 years of age and older, consume less than five servings of vegetables and fruit each day. Student nutrition programs serve produce at every breakfast or snack.

Halton Food for Thought assists schools throughout Halton with 75 nutrition programs that feed more than 17,000 students a healthy breakfast, snack or lunch with more than 1,000 dedicated volunteers.

Student Nutrition Programs allow students to concentrate and reach their academic best, and teach students the importance of healthy eating for life long good health.

Join the Team...and help our students achieve their best!

Halton Food For Thought is looking for parents that have one hour weekly or bi-weekly to help serve a nutritious meal to students. An alarming one in ten children arrive at school without any breakfast, snack or lunch to sustain them throughout an entire school day.

To be part of our team contact Maria Folino (905) 847-7194
maria@haltonfoodforthought.ca or check us out at
www.haltonfoodforthought.ca