

"FOOD FOR LEARNING" SNACK BASKETS



School Community Council Letter



What & Where?

The three-tiered snack baskets were started as a classroom pilot project in 2010 and are now available to every student in our high school. The baskets are filled with quick grab snacks three days a week at 11:00 a.m. if funds permit. Examples are low sodium V8 shot cans, apples/oranges, Triscuits with/without pre-sealed peanut butter, trail mix, Fruit Source Bites with jerky, Nutri-Grain bars, yogurt, popcorn and bran muffins. Two baskets provide available options while the remaining basket provides gluten-free and nut-free options. Great care is taken to the best of our ability during food preparation to ensure that the two options remain separated.

Why?

1. The baskets were started to reinforce a classroom philosophy of "Be at Your Best . . . Feed the Brain . . . Move the Body."
2. They promote healthy eating practices-- both nutrition choices and habits.
3. Why someone didn't eat doesn't change the impact that not eating has on learning.
4. Proper nutrition choices and habits provide a foundation for learning. When we eat is just as important as what we eat.
5. The baskets contribute to the culture of wellness within our entire school.

Cost

The financial cost of providing a basket to the school three days a week is approximately \$80.00.

Vision

1. Find a sustainable way to fund the opportunity.
2. Foster a culture of wellness within our school community.
3. Students personally start building the healthy eating choices and habits into their daily lives.

Ways individuals/organizations can help be a part of our vision

1. Make an annual, on-going or one time financial contribution made payable to Shaunavon High School.
2. Donate food items and supplies mentioned above to be used in the baskets.
3. Spread the word to others who might be interested in helping out.

CONTACTS: Cori Davidson (306-297-2327), Connie Allemand (306-297-2733), Carmen Stevenson (306-297-2733) or Gail Evenson (306-297-2733).

Sponsors of the week are thanked and advertised for the week on a white board above the Gym doors.