

Why School Food Programs Matter

You may recall in an article earlier this year, local dietitian



Harrison Blizzard reported that 1 in 5 children live in food insecure households in Alberta.¹ That includes roughly 4,000 children in Red Deer whose families have had to compromise on the quality and/or quantity of food their child receives.

Not having enough nutritious food to eat impacts your concentration and energy. Students who go hungry will have difficulty learning at school which could have lasting consequences. This is why our volunteer-led Community Impact Council agreed in 2015 to a three-year investment in the [Sundre & District Nutrition for Learning](#) program. When students get the nutrition they require, we are helping them reach their full potential.

The need for school food programs has been identified by the provincial government who announced last week that it would invest in [school nutrition pilot project](#). This is part of a targeted plan toward improving and promoting healthy eating at Alberta schools (Gov't of AB, November 14, 2016). Red Deer Public Schools were chosen to be one of the sites for this pilot project.

We will monitor the progress of these initiatives and share the news with you as it unfolds.

1. Tarasuk, V., Mitchell, A., & Dachner, N. (2014). *Household food insecurity in Canada, 2012*. Retrieved from: <http://proof.utoronto.ca/wp-content/uploads/2016/04/Household-Food-Insecurity-in-Canada-2014.pdf>