

You Can Help By:

- ▶ Coordinating or hosting a student nutrition program in a school or other community site
- ▶ Volunteering at a student nutrition program
- ▶ Providing donations (food, supplies or financial assistance)
- ▶ “Adopting” a program—your business or group could partner with a school or community program
- ▶ Fundraising
- ▶ Becoming a member of PIN

We Help By:

- ▶ Promoting the need for student nutrition programs
- ▶ Making presentations to parent councils and school staff
- ▶ Connecting programs with resources
- ▶ Providing volunteer training
- ▶ Assisting with applications for funding support



Working Together...

The following agencies and organizations work together to improve the nutritional health of children in our community:

Hamilton Partners In Nutrition Members:

Breakfast for Learning
City of Hamilton Public Health Services
Hamilton-Niagara Region Student Nutrition Program Management Consortium
North Hamilton Community Health Centre
Ontario Ministry of Children and Youth Services
Parent and Community Volunteers to Student Nutrition Programs throughout Hamilton!
Social Planning and Research Council of Hamilton
Volunteer Hamilton

Hamilton Partners In Nutrition Corresponding Members:

Hamilton Food Share
Hamilton Police Services
Hamilton Urban Core Community Health Centre
Hamilton-Wentworth Catholic District School Board
Hamilton-Wentworth District School Board
The Brick
United Way of Burlington & Greater Hamilton

Hamilton Partners in Nutrition



Supporting Student Nutrition Programs in Hamilton

c/o Social Planning and Research Council of Hamilton
162 King William Street, Suite 103
Hamilton ON L8R 3N9
(905) 522-1148 Ext. 301
partnersinnutrition@sprc.hamilton.on.ca



Healthy eating at school boosts brain power!

Who We Are:

Hamilton Partners In Nutrition (PIN) is a partnership of community agencies and community members that supports and facilitates local student nutrition programs for children in Hamilton.

Our Vision:

All children in Hamilton have access to adequate nourishment now and in the future in order to support healthy growth and development, learning and lifelong healthy eating habits.

Student Nutrition Programs ...

- ▶ Include breakfast, lunch or snack programs for elementary or secondary students. These programs are located in schools or at community-based facilities.
- ▶ Provide all students with an opportunity to participate.
- ▶ Improve the learning abilities of students.
- ▶ Decrease disruptive behaviour in the classroom.
- ▶ Provide a chance for students to improve social skills.
- ▶ Provide a nurturing and caring environment for students.
- ▶ Provide a chance for students to learn healthy eating habits for lifelong healthy development.
- ▶ Provide volunteer opportunities to show students their community cares.

Want to Start a Student Nutrition Program?

If you are planning to start a student nutrition program, here are some resources to help:

- ▶ Hamilton's Student Nutrition Program Coordinator is available to provide hands-on assistance with program development. Contact 905-522-1148, Ext. 301 or e-mail: partnersinnutrition@sprc.hamilton.on.ca.
- ▶ Breakfast For Learning has recipes, fundraising ideas and promotional material to help student nutrition programs. For more information, call 1-800-627-7922 or visit the website at www.breakfastforlearning.ca.
- ▶ Hamilton Public Health & Community Services provides nutrition and safe food handling information for student nutrition programs. Call the Public Health Inspector at 905-546-2424, Ext. 5825 or to speak to a Public Health Nutritionist call