

C.W. JEFFERYS BREAKFAST PROGRAM

LOCATION: Toronto, Ontario

ABOUT THE PROGRAM:

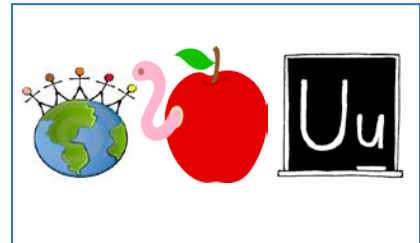
The C.W. Jefferys breakfast program began in 2008, as part of the meal pilot program Feeding our Future. The program offered a healthy breakfast to all students. The short term goals of the program were to improve students' health, behaviour, attendance, attention in school and achievement. Its long term goals are to increase nutrition for the entire family, increase graduation rates, reduce violence in the community and improve health.

HOW IT WORKS:

- Teachers are responsible for setting up the breakfast table at the student entrance to the school.
- Staff found that a grab-and-go program with fresh produce and foods had a higher level of student participation than other approaches.
- School board offered nutrition training for staff at program onset, and ongoing support in first year.
- There is a conscious effort by the program to make the types of foods that are used culturally appropriate.

CHALLENGES TO OVERCOME:

- Program increases workload of teachers and administrators.
- Finding reliable funding.



HIGHLIGHTS

- Teachers are involved in the breakfast program.
- Types of food used are culturally appropriate.
- Program has decreased tardiness, behavioural issues and suspensions, and raised grades.
- Buy-in from the administration is high because they have seen the positive results first-hand.
- Students who may otherwise not eat in the morning get a healthy breakfast.