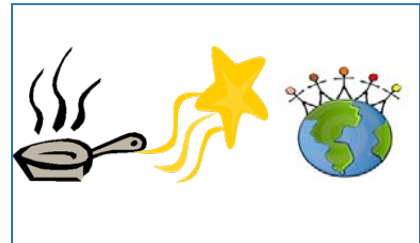


GLEN SHIELDS BREAKFAST PROGRAM

LOCATION: Concord, Ontario

ABOUT THE PROGRAM:

The Glen Shields Breakfast Program was introduced in 2001 by teacher and coordinator, Paula D’Orazio. Seeing the value in having children share a meal, Paula adapted an existing ‘grab and go’ breakfast SNP into a program that emphasizes sitting down and eating together. The students work together, based on their abilities, to help with organizing, setting up, preparing and cleaning up after the meal.



HOW IT WORKS:

- Students discuss and provide input into what meals to prepare, including a consideration of different cultural foods.
- Older students learn responsibility and build community by assisting in running the program and helping young students with tasks like pouring milk and cutting food.
- Older students learn about food budgeting skills and the importance of not wasting food when they help with food ordering.

CHALLENGES TO OVERCOME:

- Hard to incorporate different cultural meals due to allergies.
- Need for more staffing resources- teacher Paula is responsible for supervision, planning, and food orders.

HIGHLIGHTS

- Creates a community with a focus on health, making friends and eating together. Older students connect with and help younger students.
- Incorporates students’ cultural needs and exposes students to different cultural meals.
- Helps students gain food preparation, peer-interaction, budgeting, and meal planning skills.
- Uses food as a catalyst for making friends and creating community.