

# Help is Available

## Talk to Peers

Talk to other nutrition program coordinators from schools in your area about how their program is run. Learn about their success and how they overcome their challenges.

## York Region Food for Learning

For more information call **York Region Food for Learning** at 905-868-9691 or e-mail to [myssie@rogers.com](mailto:myssie@rogers.com)

With a coordinator, Nutrition Educator Public Health Nutritionist and a skilled Steering Committee, **York Region Food for Learning** offers many resources, including:

- presentations to your community/school about the benefits of student nutrition programs
- information about how to start and maintain student nutrition programs
- nutrition education, menu planning and budgeting
- information and work shops on food safety
- assistance with volunteer recruitment and training
- funding assistance.