



Nutrition Support for Student Nutrition Programs

Dear Student Nutrition Program Coordinators,

Thank you for the important role you play in providing breakfast, morning meal and/or snack programs to the students at your school. Student Nutrition Programs play an important role for students, the school and community.

As the new school year begins, it is important to know that the York Region Food for Learning team is here to support you with your nutrition questions related to breakfast and snack programs. We have Registered Dietitians and Nutrition Educators from York Region Public Health who are ready to support you with:

- Choosing nutritious foods and planning menus
- Answering your food and nutrition questions
- Applying the recently updated [Student Nutrition Program Nutrition Guidelines](#) 2020 in your program

Nutrition consultations and support visits are available virtual and in-person. Nutrition Educators will be reaching out to schools to arrange this support. If you would like to request a Nutrition consult, please email healthyschools@york.ca

Visit foodforlearning.com to find information and resources on:

- Choosing nutritious foods, reading food labels, and menu planning
- Food Safety
- Funding your student nutrition program
- Setting up and managing your student nutrition program

Thank you for your commitment to student health and nutrition. We look forward to meeting with you.

Best regards,

York Region Food for Learning in partnership with the York Region Public Health School Services Program