

NUTRITION BITS AND BITES

Food Insecurity



DID YOU KNOW?

In Canada...

- More than 4 million people are food insecure, of which **1.15 million are children**
- 1 in 8 households are food insecure
- **1 in 6 children** are food insecure
- Only 20% of food insecure individuals rely on food banks

Food Insecurity Affects Us All, But Not Equally...

- Food insecurity occurs when households have difficulty accessing food because of **financial barriers**
- Low or unsteady income is the strongest indicator of food insecurity

It Starts with Breakfast...

- Food has the ability to improve mental and physical health as well!
- Breakfast positively affects behaviour, cognition, and school performance
- Breakfast contributes to children's abilities to stay focused and sustain attention in the classroom
- Children who consume breakfast regularly are more likely to have higher intakes of key nutrients such as vitamin D, fibre, calcium and potassium.

The Truth of the Matter is...

- 1 in 4 Canadian children may not eat breakfast today
- Lack of breakfast can affect families, schools, and communities
- Not all children have the same opportunities to eat a nourishing breakfast

Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.

What is being done?

- The Child Nutrition Council of Manitoba (CNC)
 - Charitable organization that supports breakfast, snack, and lunch programs at no cost
 - Offers print and online resources, site visits from dietitians, workshops, and reviews of grocery receipts to gather information on how to better support the program.
 - In 2018, CNC funded 259 programs, served 28, 000 students, and provided 4.5 million snacks and meals (including 29 programs in Southern Health – Santé Sud)
- Manitoba Healthy Food in Schools
 - Supports schools in implementing school nutrition guidelines.
 - Outlines fundraising opportunities and provides resources for teachers and families
 - Supports breakfast, snack, and lunch programs
- Fundraisers, such as Farm to School Manitoba
 - Promotes nutritious, fresh, and local produce in schools and licensed daycares
 - 50% of total sales go back to schools and daycare centres
 - Supports community food banks by offering free delivery of food bank donations

How can you get involved?

Talk to your children!

- Ask if they know what breakfast, snack, and lunch programs are; and if these programs are offered at their school
- Discuss how food insecurity can affect everyone in different ways
- Brainstorm ways to advocate and support families experiencing financial barriers/food insecurity



For more information visit: <http://childnutritioncouncil.com/>
<https://www.gov.mb.ca/healthyschools/foodinschools/>
<https://farmtoschoolmanitoba.ca/>
<https://www.gov.mb.ca/healthyschools/foodinschools/documents/mfs>

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

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