



SCHOOL NUTRITION PROGRAMS ARE PROVING VALUABLE IN GUELPH- WELLINGTON

Together, we supported a nutrition program that helps students get the most out of school.

The Student Nutrition Program addresses food insecurity by providing meals in schools across Ontario. In some cases, meals are accessible to all students to help boost participation and reduce potential stigma associated with use. Along with the Guelph Wellington Children's Foundation, the Research Shop evaluated the program's effectiveness by surveying students and interviewing staff from several schools in the Upper Grand District School Board. Staff indicated their commitment to the program, believing it helps to address student needs, improve academic performance, facilitate socialization, and provide leadership opportunities for students. Likewise, students reported the program to be useful and enjoyable. However, for continued success, significant limitations around time and resources must be addressed.