



Healthy Minds Breakfast

Program Changes due to COVID



Healthy Minds is a community initiated breakfast program that started in September 2001. Research tells us that there is a strong link between nutrition and learning but also understand that in today's economic hardships and busy lifestyles it is common for children to skip breakfast. The purpose of our program is to provide, at no cost, a healthy breakfast for any student starting their day without one.

In order to follow the procedures put in place for Restoring Safe Schools due to COVID the Healthy Minds Breakfast program will run differently this year. Students who are in need of this program will eat in his/her own classroom at the start of the school day. This will allow students to follow the entrance requirements for school and stay within their designated cohorts. A breakfast in a bag will be delivered to the classroom prior to the start of the day. Some of the food items that might be included in this bag are a juice box, milk, cereal, granola bar, yogurt, carrot sticks, cheese, apple sauce and/or fruit. Parents/Guardians wishing to use this program can contact their child's teacher or the office for a registration form. Registration forms can be picked up or sent home throughout the year. The breakfast program will start on Monday, September 21st.

To deliver your child a breakfast, maintain eligibility for grants, monitor the success of our program, receive feedback, and address any health safety needs we are asking parents/guardians to fill out the registration form. **Please fill one out for each child.** If you have any questions regarding this program or wish to make a charitable donation to support the program, please call the school office at 204-822-4458 and we will direct your calls.