

One Student's Story

Chelsey, a student in central Alberta, suffered a brain injury at a young age. Her family, struggling to deal with her injury and problems at home, often had difficulty providing meals: "I used to go home for lunch hoping that there would be food, but there never was," she said.

When Chelsey was enrolled at a school with a regular lunch program, her recovery was noticeable. Now she even helps prepare lunches for hungry students at her school.

"I'm not as shy anymore. I used to hardly ever talk, now it's a lot easier to be with people. Besides, working in the kitchen is fun – even if I don't know how to do the fruits yet."

Children are in no way responsible for their family's circumstances. Some children go without food because of poverty; others, because their parents are too young, too busy or simply uneducated about proper nutrition.



ACTION ON STUDENT HUNGER: MOTION 507

*Proposed to the Alberta Legislature by Kevin Taft,
Alberta Liberal MLA, on April 24, 2006.*

Be it resolved that the Legislative Assembly urge the Government to support improved health, educational, and social outcomes for children by providing increased, dedicated funding for school nutrition programs for at-risk children in Alberta.

This motion was defeated by the Alberta government.

To find out more about any Alberta Liberal Caucus policies or to reach any Alberta Liberal MLA, contact:

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INVESTING
IN ALBERTA'S
SCHOOLCHILDREN: **ending
student
hunger**

OUR PLAN FOR A
SCHOOL NUTRITION PROGRAM
FOR ALBERTA

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One School's Story

In 2004, Westglen School successfully implemented their "Food for Thought" breakfast program using the funds from [Breakfast for Learning] along with community donations and hundreds of hours of volunteer work.

The most compelling argument in favour of the "Food for Thought" program is its connection to student results. Westglen has a large population of special needs students who have difficulties with reading. A study of the Provincial Achievement Test results showed an overall improvement in all test areas. [The principal] believes that these results came from both the strong emphasis on teacher training in writing and the [special] nutrition program.

Alberta Hansard, April 24, 2006, p. 988



FOOD FOR THOUGHT: BREAKFAST FOR LEARNING SUCCESS STORIES

The CHALLENGE

In Alberta, the richest province in Canada and one of the wealthiest places on Earth, tens of thousands of children are going to school hungry.

Right now, several thousand Albertans – including teachers, parents, and even students – are volunteering their time to end child hunger in our schools. But the service students receive depends entirely upon the level of community support for any particular school.

According to the Canadian Research Institute for Social Policy, 19 published studies connect participation in school nutrition programs with "increased achievement as measured by standardized test scores and grades."

What Can YOU Do?

Call your MLA or the Minister of Education and let them know that you support a fully funded school nutrition program for Alberta.

The OPPORTUNITY

The Alberta Liberal Caucus is committed to removing hunger as a barrier to learning. For a tiny fraction of Alberta's \$30 billion budget - about \$2 per student per day - we can provide lunch for all the children at risk of malnutrition in Alberta. Alberta's children deserve no less.

The government's refusal to fund school nutrition programs is shortsighted. Undernourished children are more likely to get sick, have shorter attention spans and don't perform as well in the classroom. Hunger increases health care costs, because poor nutrition is linked to a wide range of preventable health problems. Finally, school nutrition programs reduce tardiness and lead to improved academic performance.

For just \$2 per student per day, our children will start seeing benefits almost immediately: happier, more successful students, a better learning environment for everyone and better educated graduates to fuel Alberta's future culture and economy. Not a bad return for \$2 a day.

Breakfast for Learning is a non-profit organization dedicated to supporting child nutrition. Their programs, supported by teachers, students and volunteers, show how school nutrition programs can make a huge difference to Alberta's children.

More than 50% of the students at our outreach school are parents themselves, most kicked out of their homes, coming to school without anything to eat. Breakfast for Learning feeds these kids, teaches them how to cook and eat nutritiously, and they often use the leftovers to feed their own children. We're helping this generation properly feed the next.

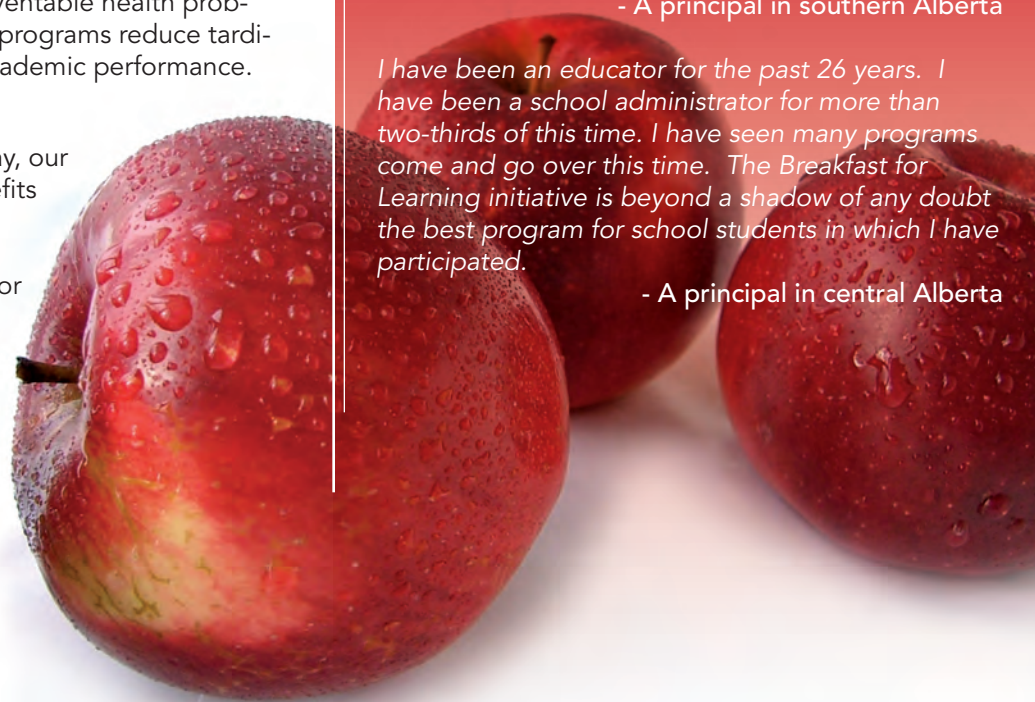
- A teacher in northern Alberta

I didn't necessarily believe that a breakfast nutrition program was needed at our school, but I was willing to give it a try. Not long after the program started, I noticed a significant difference in results among students taking provincial achievement tests: those students who had been failing were now able to pass.

- A principal in southern Alberta

I have been an educator for the past 26 years. I have been a school administrator for more than two-thirds of this time. I have seen many programs come and go over this time. The Breakfast for Learning initiative is beyond a shadow of any doubt the best program for school students in which I have participated.

- A principal in central Alberta



the need...