



Celebrate Nutrition Month with us!



Dear parents and guardians,

On Thursday, March 9, 2023 schools across in Hamilton are running The Great BIG Crunch to celebrate Nutrition Month and local food. Apples are generously being provided by FirstOntario Credit Union. HamiltonTastebuds is happy to partner with Drummond Farms to offer these apples to the schools.

The event is **free** for all, but if you would like to contribute, we're asking you to donate \$2 online at **www.tastebudshamilton.ca** to support our school and student nutrition programs in Hamilton.

About Tastebuds: Every school day, Tastebuds student nutrition programs across Hamilton serves nutritious meals and snacks at schools and community sites in 118 programs at 106 locations. These programs benefit children, youth, families and neighbourhoods. Tastebuds programs are universal. That means that **ALL** students are welcome to participate, regardless of their economic backgrounds. Every day, over 20,000 students access our nutrition programs, on average.

Did you know, next to you, schools have the most impact on shaping children's eating habits? Or that, children spend as much time at school as they spend in any other environment? Research has found a strong relationship between nutrition and learning. Students who have access to a nutrition program in their school or community perform better in the classroom. The energy provided by a nutritious meal keeps children alert and able to learn, increases attention spans, and decreases disruptive behaviours. Nutrition programs also provide students with the chance to develop healthy eating habits that will stay with them in the years to come.



@HamiltonTastebuds



@TastebudsSNC



@tastebudshamilton