

Crunch with Tastebuds!

FirstOntario
CREDIT UNION



OPMA
THE ONTARIO PRODUCE
MARKETING ASSOCIATION



March 7th, 2024

Dear parents and guardians,

On **Thursday, March 7, 2024**, schools across Hamilton are running The Great BIG Crunch to celebrate Nutrition Month and local food. **FirstOntario Credit Union** and **The Ontario Produce Marketing Association** are generously providing apples. Hamilton Tastebuds 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 ask you to donate \$2 online at www.tastebudshamilton.ca or via QR code or directly to your child's school via SchoolCash online to support 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 125 programs at 111 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. Here in Hamilton over **20,000 students** access our nutrition programs, on average every school day.

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.

Sincerely,
Tastebuds Team
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