

# NUTRITION BITS AND BITES

## Food Insecurity



### DID YOU KNOW?

#### In Canada...

- More than 4 million people are food insecure, of which **1.15 million are children**
- 1 in 8 households are food insecure
- **1 in 6 children** are food insecure
- Only 20% of food insecure individuals rely on food banks

### Food Insecurity Affects Us All, But Not Equally...

- Food insecurity occurs when households have difficulty accessing food because of **financial barriers**
- Low or unsteady income is the strongest indicator of food insecurity

### It Starts with Breakfast...

- Food has the ability to improve mental and physical health as well!
- Breakfast positively affects behaviour, cognition, and school performance
- Breakfast contributes to children's abilities to stay focused and sustain attention in the classroom
- Children who consume breakfast regularly are more likely to have higher intakes of key nutrients such as vitamin D, fibre, calcium and potassium.

### The Truth of the Matter is...

- 1 in 4 Canadian children may not eat breakfast today
- Lack of breakfast can affect families, schools, and communities
- Not all children have the same opportunities to eat a nourishing breakfast

*Disclaimer: Some recipes or food suggestions may not be suitable for people with allergies. Please check with your local school to identify foods that are acceptable or unacceptable in the classroom.*

## What is being done?

- The Child Nutrition Council of Manitoba (CNC)
  - Charitable organization that supports breakfast, snack, and lunch programs at no cost
  - Offers print and online resources, site visits from dietitians, workshops, and reviews of grocery receipts to gather information on how to better support the program.
  - In 2018, CNC funded 259 programs, served 28, 000 students, and provided 4.5 million snacks and meals (including 29 programs in Southern Health – Santé Sud)
- Manitoba Healthy Food in Schools
  - Supports schools in implementing school nutrition guidelines.
  - Outlines fundraising opportunities and provides resources for teachers and families
  - Supports breakfast, snack, and lunch programs
- Fundraisers, such as Farm to School Manitoba
  - Promotes nutritious, fresh, and local produce in schools and licensed daycares
  - 50% of total sales go back to schools and daycare centres
  - Supports community food banks by offering free delivery of food bank donations

## How can you get involved?

### Talk to your children!

- Ask if they know what breakfast, snack, and lunch programs are; and if these programs are offered at their school
- Discuss how food insecurity can affect everyone in different ways
- Brainstorm ways to advocate and support families experiencing financial barriers/food insecurity



For more information visit: <http://childnutritioncouncil.com/>  
<https://www.gov.mb.ca/healthyschools/foodinschools/>  
<https://farmtoschoolmanitoba.ca/>  
<https://www.gov.mb.ca/healthyschools/foodinschools/documents/mfs>

For more information on nutrition and healthy eating, visit:

<https://www.southernhealth.ca/finding-care/health-info-for-you/nutrition-and-healthy-eating/>

To access previous school nutrition newsletters, visit:

<https://www.southernhealth.ca/whats-happening/nutritional-newsletters/>

Contact Dial-a-Dietitian 1-877-830-2892 Health Links 1-888-315-9257 Nutrition Services Team 1-204-856-2055

Created by Registered Dietitians from Southern Health-Santé Sud

May be photocopied in its entirety provided source is acknowledged.

