

Student Nutrition Programs at TDSB



Feeding Our Future

Toronto District School Board, through its Nutrition Foundation Statement, recognizes the **direct relationship between healthy nutrition and the academic achievement of our students.** Healthy nutrition helps to support students' learning and enhances their physical, emotional, social, and intellectual development.

The TDSB is committed to working with its community partners to ensure that students have equitable access to high quality school-based nutrition programs and that through curriculum activities, they have opportunities to develop an appreciation for the value of nutrition as an integral part of their lives. (TDSB Policy P035)

Impact

Research shows well nourished students are:

- able to concentrate better,
- retain and apply information more effectively,
- more likely to demonstrate positive behaviours and relationships with peers.

Schools that offer nutrition programs encourage students to enjoy a variety of nutritious foods with long lasting health benefits.

Unique to each school

Nutrition programs should reflect the uniqueness of each school community. The best way for this to happen is through a Local Nutrition Program Committee that works with the Principal(s) to plan and implement the program. This committee may consist of parents, school staff, students, volunteers, and community partners and may be part of the School Council.

Program Criteria

All programs receiving municipal and/or provincial funding are required to meet the following criteria:

- serve nutritious food
- safe food handling
- access for all students
- ethno-cultural sensitivity
- financial accountability and budgeting
- fundraising and community partnerships
- Local Nutrition Program Committee

More information available here:

[TDSB Student Nutrition](#)

[Toronto Public Health - Student Nutrition](#)

Contact your Nutrition Liaison Officer (NLO) for support:

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