

**FOOD FOR THOUGHT BREAKFAST PROGRAM**  
**2023-24 WAIVER FORM**



**Breakfast is brain food!** However, 1 in 5 children across Canada do not eat breakfast. Research shows that students who start their day with a nutritious breakfast learn better and have improvements in behaviour, concentration and social skills.

Brandon's Food for Thought Program with the generous help of National & Community partners offer a Breakfast Program on school days from **September 11, 2023 – June 21, 2024**.

Please consult your school for the time breakfast is served.

The goal of the Breakfast Program is to teach children and their families the importance of eating a healthy breakfast and the effect that hunger has on a child's ability to learn. Good eating habits and overall health and wellness go hand in hand. Our menu reflects a nutritional meal and is based on Canada's Food Guide and Canadian Breakfast Programs. Our program gratefully accepts donations of breakfast food items from families who wish to do so.

Supervision is only available during the breakfast program. Regular attendance and acceptable behaviour are important to the success of the program.

Menu items include the following: bread, bagels, cold cereal, muffins, parfaits, fruit, vegetables, yogurt, cheese, crackers and milk. Food items are not to be shared & proper hand washing must be ensured. If you have any questions or concerns, please call Brandon's Food for Thought Program Coordinator Angie Strachan at 204-724-2893 or email [ang.bfft@gmail.com](mailto:ang.bfft@gmail.com)

Please complete the waiver form and return to your school for participation in the Breakfast Program.

**STUDENT'S NAME** \_\_\_\_\_

**BIRTHDATE** \_\_\_\_\_ **ALLERGIES** \_\_\_\_\_

**PARENT'S SIGNATURE** \_\_\_\_\_ **PHONE#** \_\_\_\_\_

**EMERGENCY CONTACT** \_\_\_\_\_ **PHONE#** \_\_\_\_\_

**SCHOOL** \_\_\_\_\_

**GRADE** \_\_\_\_\_ **TEACHER** \_\_\_\_\_

If you DO NOT want your child's photo taken or used with any media coverage, website or program information on handouts, newsletters or requests, please sign here.

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