

# Nutrition Breakfast Program

## 2025-2026 Waiver Form

### **Welcome back to our 2025-2026 Nutrition Breakfast Program.**

**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.

The Nutrition Program is offering all students in Manitoba the opportunity to have breakfast at school-on-school days from Sept 8<sup>th</sup> - June 26, 2026. This is an optional breakfast program that will start at 8:30 am.

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 The Canada Food Guide and Canadian Breakfast Programs.

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

Menu items offered but not limited to: 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 Nutrition Program Coordinator Tamanna Pawar at 204-729-2028 [pawar.tamanna@bsd.ca](mailto:pawar.tamanna@bsd.ca) or Bev Thiessen at J.R. Reid School 204-729-3957 or [thiessen.bev@bsd.ca](mailto:thiessen.bev@bsd.ca)

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

**Student's Name** \_\_\_\_\_

**Birthday** \_\_\_\_\_ **Allergies** \_\_\_\_\_

**Parents 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:

