

QUEEN MARY BREAKFAST PROGRAM

The QM Breakfast Program is a free program available to all students at the school. Every day, nutritious food is sent to each classroom and is accessible to students. This program is an important resource for our school, as **research has shown that full tummies enhance children's ability to concentrate, learn and create.**

Queen Mary students use the program for a wide range of reasons. Some have an early morning sporting event, some have run out of food at home, some have had a long bus ride, and some simply are not hungry before they leave for school.

To run the program the school receives funding from Parent Council, Ontario Ministry of Children and Youth Services through Food for Kids, Breakfast for Learning, as well as many local businesses. Their financial funding supports the purchase of food, **but there is a whole team of volunteers required** to run the program. Parents, grandparents, caregivers, and community members are welcome to volunteer with this program.

Volunteers:

We currently require volunteers in the following areas. If you are able to help, or know someone who is, please fill in the information and **return to your child's teacher.**

1. FOOD PREPARATION AND CLEAN UP – in the school kitchen from 8:45 am to 9:45 am

I can help (please check box that applies):

<input type="checkbox"/>	Once per week	Day of the week	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Once Every Other Week	Day of the week	<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	Once per Month	Day of the week	<input type="checkbox"/>	<input type="checkbox"/>

2. BAKING – This can be done in your home, or in the school kitchen (muffin mix provided by the program)

I can help (please check box that applies):

<input type="checkbox"/>	Once per week
<input type="checkbox"/>	Once every other week
<input type="checkbox"/>	Once per month

3. GROCERY SHOPPING: This is done once a week for produce, and once a month for dry goods. I can help: _____

More detailed information regarding the volunteer responsibilities and time commitment is available on the school website under QM Breakfast Program Volunteer Opportunities.

PLEASE FILL OUT THE FOLLOWING INFORMATION AND RETURN IT TO YOUR CHILD’S TEACHER:

NAME:	
PHONE NUMBER:	
EMAIL ADDRESS: (only for BP use)	
CHILD’S NAME AND TEACHER: <i>(we often communicate through notes in your child’s backpack):</i>	

All food provided in the breakfast program is peanut/nut free, but it is helpful to know of other known food allergies:

Child’s name:	Food Allergies:
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DONATION IN KIND:

If you are not available to donate your time, we welcome additional support either in the form of a financial donation returned to your child’s teacher marked “Breakfast Program”, or please find a list of things currently needed by the program (new or gently used):

- Oven mitts
- Loaf pans
- Mini-muffin baking tins
- Cooling baking racks
- Tea towels
- Mixing bowls
- Spatulas, whisks
- Measuring cups (dry and liquid), measuring spoons
- Hand mixer
- Grocery Gift cards (160 AIRMILES can be redeemed for a \$20 Metro Gift Card)
- Parchment paper, and baking spray.

Items can be brought to the kitchen off the gym, or dropped at the office

NEW KITCHEN:

With the generous help of Parent Council, Susan Matthews and the School Board, our Breakfast Program kitchen underwent an exciting and dramatic upgrade over the summer. We installed a new oven, which will allow us to do baking on site, as well as encourage students to participate with the food preparation for program.

Please contact us with any questions or suggestions. Thank you in advance for your support of this program:

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