



Nourishing Minds NB

Planting Seeds for the Future

Vision

- All children in New Brunswick public schools are well nourished and ready to be their best.

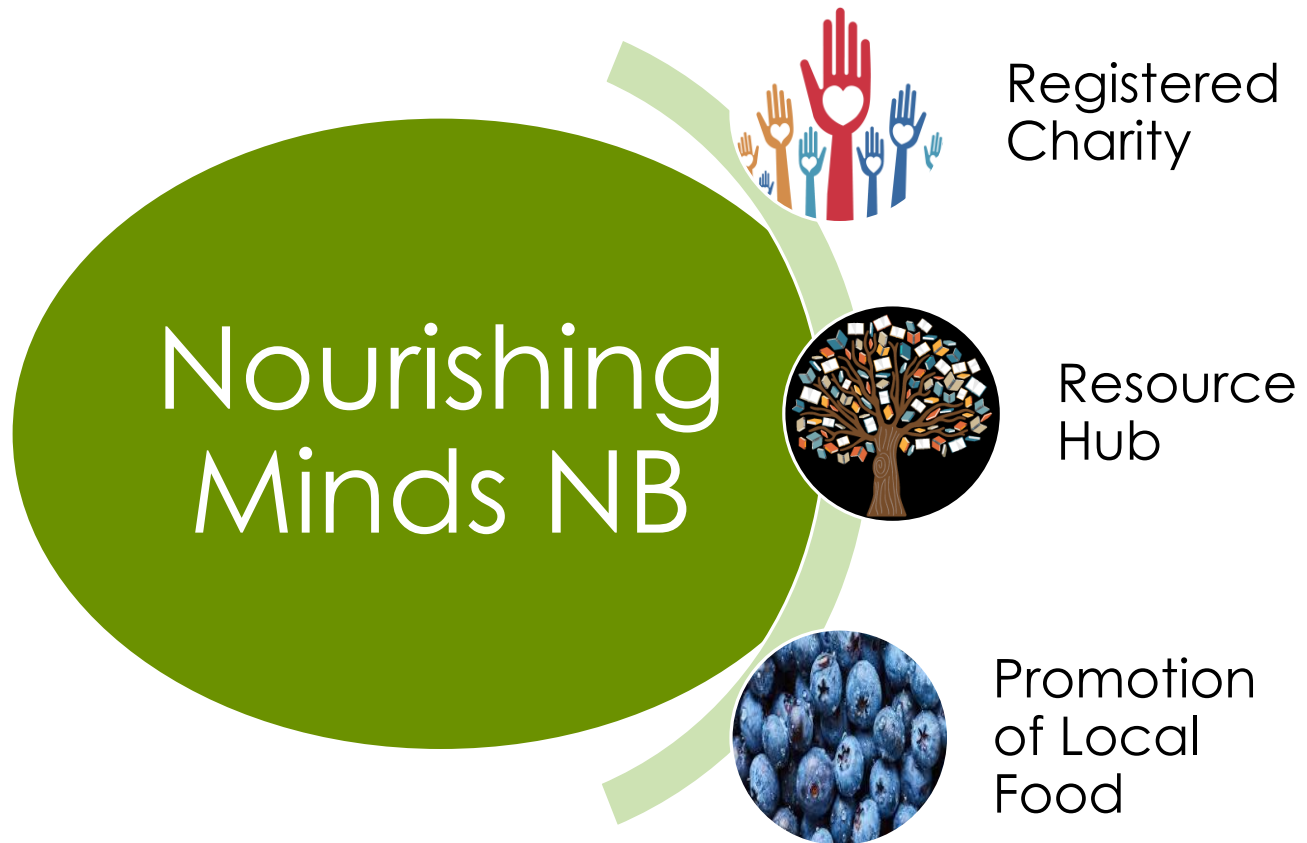


Mission

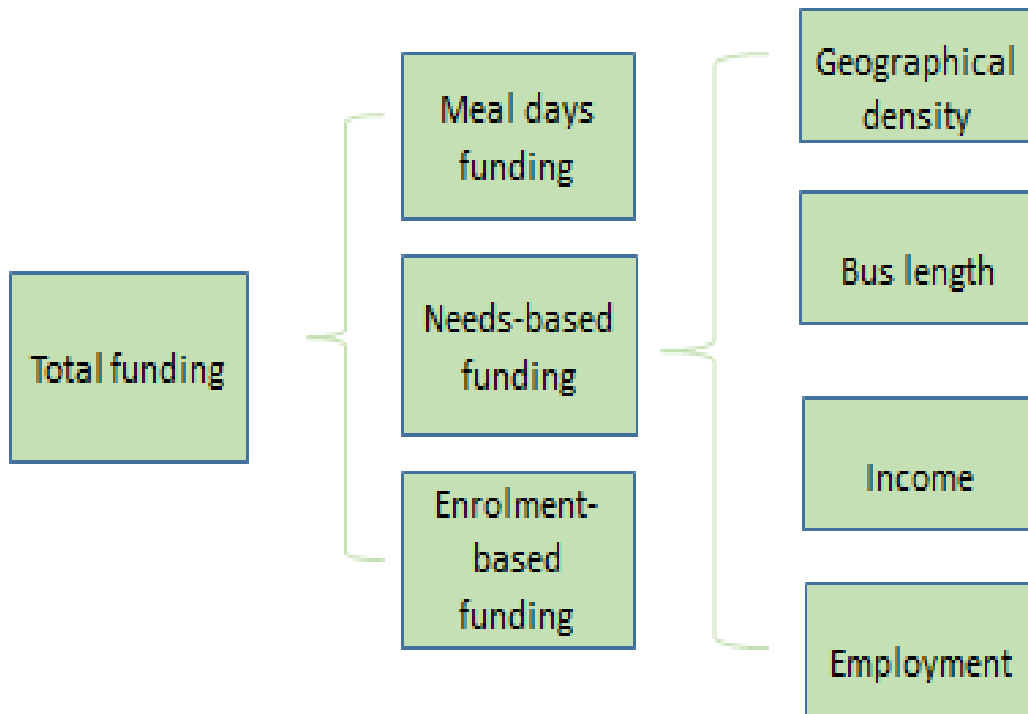
- Nourishing children in New Brunswick public schools by promoting and supporting food and nutrition programs, in partnership with communities, donors, local food producers and public schools.



How will we do this?



Funding formula



Return on Investment

- Breakfast improves academic achievement through cognitive performance; specifically alertness, attention, memory and problem solving.
- Skipping breakfast is clearly associated with overweight and obesity.
- Consuming a high quality breakfast is associated with better mental health, improved morale and reduction in bad behaviour.



Return on Investment con't

- School breakfast programs have been shown to help reduce depression and anxiety as well as improve attendance and punctuality.
- Breakfast is key to nutritional health. Nutrition is the leading contributor to chronic disease. Chronic disease costs our province approximately \$3.4 billion annually.
(The Cost of Chronic Health Conditions in NB, 2016. NB Health Council)
- Healthy students who perform well academically are more likely to graduate, pursue post secondary education, acquire jobs and contribute to the economy.

Return on Investment con't

- Investing in the New Brunswick Agri-Food industry
- Nourishing Minds NB aims to ensure that a minimum of 30% of government funding will be used to purchase New Brunswick products



Several studies have documented a ROI of between \$3.00 - \$10.00 for every \$1.00 invested.



- Cost-Benefit Analysis School Feeding Investment Case. World Food Program, Jan. 2016.
- The Conversation: Why your kids need a national school food program. Sara FL Kirk Professor of Health Promotion; Scientific Director of the Healthy Populations Institute. Dalhousie University. Sept. 2017.
- Varua, Maria & C Stenberg, Luz. Social Return on Investment: A Case Study of a Community NGO in Sydney. Jan. 2015



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Mission:

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What We Do

- Provide grants and resources to qualified donees to support school food programs
- Promote and support educational programs and activities that increase understanding of nutrition, food skills and healthy eating practices
- Promote local food procurement



Nourishing Minds NB

- Hungry students may not reach their full development potential – an outcome that can have a health impact throughout their entire lives
- 30% of our children in grades K-5 and 54% of our youth in Grades 6-12 arrive at school hungry and ill prepared to learn. 2016 NB School Wellness Survey, NB Health Council
- New Brunswick has some of the highest overweight and obesity statistics and missing breakfast increases the incidence of weight gain and obesity
- New Brunswick is one of only two provinces not investing dedicated funding to school meal programs
- Universal school meal programs help to protect the most vulnerable children
- Investing in the health and education of our children is in all of our best interests



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Opportunities

- Leverage new funding.
- Supports provincial initiatives/priorities.
- Return on investment for gov't.
- A central organization would make things easier for schools.
- Supports Policy 711.



Questions/Discussion



NOURISHING MINDS N.B.
NOURRIR POUR APPRENDRE N.B.

Thank you!