

- 40 -

Pikwitonei

Energy-boosting Snacks in School

Pikwitonei School principal Dana Tattrie is grateful to the Burntwood Regional Health Authority for funding a school snack program through the Chronic Disease Prevention Initiative. He said the program has been beneficial to the students by providing awareness of healthier food choices and giving students the opportunity to try a wide variety of healthy snacks normally not available in their small community.

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“This program helps in learning by giving the students the boosted energy they need in the middle of the morning,” he said. After having the snacks, students are able to better concentrate on their school work. Tattrie says there has been positive feedback from all students and staff in regards to this program.

Snacks are chosen for their nutritional value, and most often includes fruits, fruit juices, milk and yogurt. “Students look

forward to their daily snack and are always willing to try new foods,” said Tattrie.

Studies have shown that nutrition affects how students learn, develop, and achieve educational goals. Pikwitonei is a small school within a small community. Tattrie said it is a great benefit to everybody that the school is able to work closely with the Health Centre and other community groups.

The CDPI committee was also the driving force behind the purchase of physical fitness equipment which is used three nights a week at open gym nights for children and adults. The committee also participates in events such as the annual Terry Fox walk and community walks with adults, elders and children.

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Take Note

What are Canadian Youth Eating?

- Only one-half of boys and two-thirds of girls report eating fruit five days a week or more.
- 50 per cent of boys and girls report not drinking enough milk.
- In the last 20 years, intake of soft drinks has more than doubled.
- Soft drink consumption increases dramatically in boys between grades 6 and 10.
- Good eating habits in childhood and youth have immediate and long-term benefits.
- Food is the most advertised product to children on TV. There are almost no ads for fruit and vegetables, milk, or whole grain products.

<http://www.gov.mb.ca/healthyschools/foodinschools/why.html>