



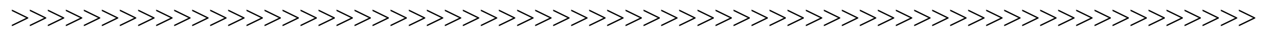
St. Mary School Breakfast Club/

Nutrition Programs Update – May 2009

Our breakfast club program and nutrition programs are busier than ever here at St. Mary's. We continue to serve a hot breakfast each morning to all students free of charge from 8:35 a.m. – 8:50 a.m. We are in need however, of Adult helpers to help us in the delivery of our program. Do you or a grandparent have an hour or even a half hour to help us make toast or even just to help with clean up and the washing of the dishes? If so please contact Jennifer Bradley @ 613-253-1313 or @ jabradley@sympatico.ca.

We are also in need of donations of paper plates, forks, and serviettes for the serving of our Friday Salad Program. Each student gets a side of salad free with their Pizza order. If they do not get pizza they are still welcome to have some. We also always gratefully accept whole wheat bread or bagels. Please contact Jennifer should you have any questions. If you would prefer to make a monetary donation simply send it into the office in your child's agenda with the form below. We will put it towards purchasing our at cost products available through the Grocery Foundation of Canada. A special thank you to all our parent and student volunteers who help make our program so successful here at St. Mary!

Breakfast Club/Nutrition Program Donation Slip - *Please detach and send in your child's agenda



Name: _____ Telephone # : _____

Donation Amount: _____ Receipt Required: Yes: ____ No: ____

Items in need of by Donation:

____ Bagels ____ Cheese ____ Paper plates ____ Plastic knives/forks/spoons

____ Serviettes ____ Paper Towel ____ Paper Cups