

# ONEZONE

**HOPE BELONGS TO EVERYONE**

## First Nations School Breakfast Program

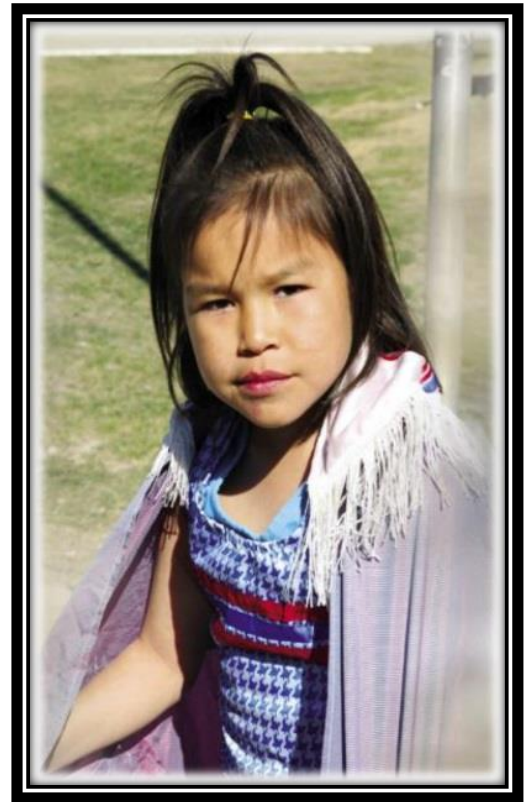


# Our Mission

ONEXONE's philosophy is that every single life is precious and that as individuals we can make profound differences in the lives of other human beings, *one by one*.

ONEXONE's mission is to improve the lives of children in Canada, the United States, Haiti, and around the world with programs dedicated to five fundamental pillars: water, health, education, play and hunger.

ONEXONE is therefore committed to increasing nutrition, food literacy and scholastic success while encouraging First Nations participation in every stage of the program.



## First Nations School Breakfast Program: at a glance

In November 2007, ONEXONE and the Assembly of First Nations (AFN) set a goal to increase the availability of healthful food for all First Nations school children. Following the completion of a national environmental assessment on nutrition programs and policies in First Nations schools, ten schools were selected to participate in a pilot program. ONEXONE subsequently partnered with PepsiCo Canada to develop the National First Nations School Breakfast Program.

ONEXONE's First Nations School Breakfast Program (FNSBP) provides breakfast for children each school day. Since 2008, the First Nations School Breakfast Program has grown to provide grants to 30 First Nations communities, enabling the implementation of programs that offer a nutritious morning meal. Children receive a minimum of 3 out of the 4 food groups in accordance with the manual *Eating Well with Canada's Food Guide – First Nations, Inuit and Métis*.

In the 2014-2015 school year, our grants supported over 4,500 children from 30 schools across Canada. This means ONEXONE and its First Nations partners served over 700,000 balanced breakfasts in the last school year.

# Why the FNSBP is needed

- **First Nations represent the fastest growing and poorest demographic in Canada.**  
The First Nations population is growing at 3.5 times the rate of non-aboriginal Canadians. The levels of poverty suffered by First Nations children is also higher, with 2 in 5 First Nations children living in poverty as compared to 1 in 5 non-aboriginal children. These children are often denied the basic human rights of food and clean water, quality education and healthcare, and their needs are greater than ever.
- **Food costs are higher in remote communities than anywhere else in Canada.**  
Fresh fruits, vegetables and foods are exorbitantly expensive and beyond the means of a significant proportion of the First Nations population. Some of these remote communities are only accessible by air transport and a winter road system. Food must therefore be flown in on small planes, or transported by truck over winter roads, which are only open approximately 60-90 days per year. ONEXONE provides the funding and logistical support to sustain the high food transportation costs to these remote areas, which make up approximately 80% of the schools we serve.
- **First Nations children have lowered intakes of many nutrients and are at higher risk of a wide array of serious health problems, including obesity, diabetes and coronary heart disease.**  
A study of First Nations children aged 4 to 19 showed that 64% of female children and 60% of male children were reported as obese.
- **Children whose education suffers due to hunger are more likely to be poor later on in life.**  
The dropout rate for First Nations children is at 28%, which is 2.7 times the national rate compared to the 8% for non-aboriginals. Research shows that this huge shift may be attributed to the gap in federal funding for Aboriginal schools. Though there is much debate on the size of the gap, in 2013 economist Don Drummond found the difference was as much as \$8000 per student in Ontario. In real life, this difference in funding means that dealing with students who are coming to school hungry is less of a priority for administrators due to the multitude of other issues the school is struggling with.



For these reasons, ONEXONE believes that delivering a daily breakfast is an integral part of breaking the cycles of poverty and ill-health that plague many First Nations communities.



# FNSBP: Impact



Seven common themes have emerged from our evaluation of the Breakfast Program, as indicated by the direct quotes below offered by the program coordinators:

1. **Improved student behaviour** – “the children were more alert, not tired, not complaining, not hungry and had better behaviour”
2. **Student appreciation**– “the students appreciated what they got for breakfast – they would run to the kitchen right after entering the school”
3. **Increased health and nutrition for students** – “the children were getting better nutrition” and “it was a learning experience for the students – they are learning about nutrition”
4. **Inclusion** – “we used to have a lunch program, but parents had to pay – the breakfast program is universal and all students receive it, which is great”
5. **Teamwork** – “everybody worked *really* hard and came together as a team to make the program work”
6. **Improved concentration and energy** – “the students are able to concentrate better and cooperate more at school with breakfast”
7. **Increased food security** – “it is difficult to get food here because people don’t have vehicles, so the breakfast program helped students to have access to breakfast” and “the students feel secure because they know they will get breakfast and they know that it helps them”

# 2015-2016: Goals

*“Education is the key to unlocking the full potential of First Nations people and communities, but education requires that our students be raised in a safe and secure environment. If one student drops out of school because they could not concentrate in an atmosphere of hunger, then we have failed that child and deprived ourselves of their commitment and contributions.*

*Organizations such as ONEXONE that provide breakfasts in*

*many of our First Nations communities, many of them remote, are providing and invaluable service and we commend them for it. We are turning the page to a new chapter in Education History, together.”- **Former National Chief Shawn A-in-chut Atleo, Assembly of First Nations.***



Our goal in 2015-2016 is to work with new community partners to implement breakfast programs reaching 1500 new First Nations children. We are incredibly proud of our work so far, but there are still many more First Nations children in remote communities who continue to be at risk of hunger and need our help.

## How you can help

*Donate. Spread awareness. Volunteer. Advocate.*

ONEXONE recognizes and appreciates the generosity and support of its donors and contributors. Without the help of the dedicated individuals who share their passion with us, we could not have achieved nearly as much as we have. **But we still need your help.**

There are many ways in which you can help make a difference. A donation of just \$20 can feed a child breakfast for a year, and help transform a First Nations community. Please consider involving your friends and loved ones in this campaign as well, and encourage them to donate as much as they are able.

ONEXONE also recognizes the worth of volunteers. We are always looking for dedicated volunteers who can help us spread awareness about the critical situation faced by First Nations, an issue most Canadians are not cognizant of. We encourage you to become an advocate for First Nations communities and help raise your voice against their disenfranchisement. The cycle of hunger and poverty can only be broken when we all unite against it.

For more information, please visit [www.onexone.org](http://www.onexone.org) or contact us to find out more about how you can become a part of the ONEXONE campaign.