



FOOD FOR THOUGHT

Providing free healthy nutrition to
students in middle and high school

*“My focus is different when I’m hungry. I’m gonna be thinking about food.
I’m gonna be thinking about which of my classmates has food.
I’m gonna be thinking about which one of them might share.”*
—Don, age 16

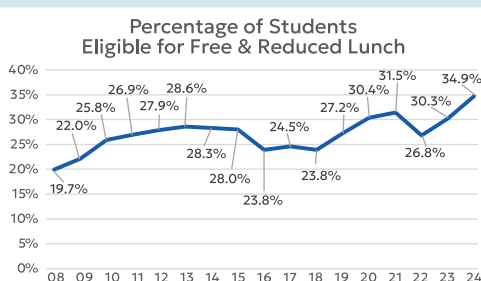
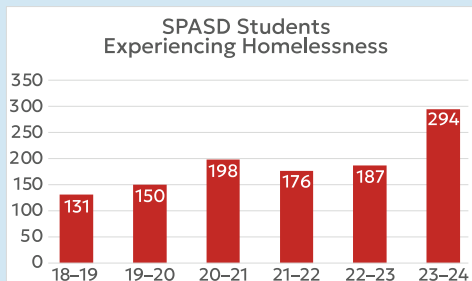
Quote from *Hunger: The Hidden Burden on Teens in the U.S.* study



WHY IS NUTRITION IMPORTANT?

Nutrition plays an essential role in supporting students' physical and mental well-being, contributing to their success in school. Students are active throughout the day, and their bodies need consistent energy to keep up. Healthy nutrition provides the fuel needed to stay focused and engaged during lessons, especially between meals.

We know that when students are hungry, learning becomes more difficult. Our community is changing. We now have more students experiencing homelessness and eligible for free and reduced lunch than ever before. With a growing number of families struggling financially, the District is looking to have nutrition available for these students when school breakfast and lunch are not enough.



Across the State of Wisconsin: Children in Wisconsin are at higher-than-average risk of food insecurity. During 2015-2019, 19.5% of children lived in food insecure households compared to the national average 16.4%. The disparity in food insecurity between black and white households in Wisconsin is among the largest in the country. Between 2015-2019, 21.4% of Hispanic households and 32.6% of black households had food insecurity compared to the national average 17.4%, and 21.2% respectively.

Statistics come from foodsecurity.wisc.edu/background





PROGRAM DETAILS

This program will provide students in middle and high school with access to free nutrition throughout the school day beyond designated meal times.

Students in elementary school already have access to nutrition beyond designated meals. This will expand that access to students at the secondary school level. Middle and high school students will be able to access healthy snacks through school staff when needed during the school day.

This is especially important as our District has seen an increase in students living in poverty, students facing food insecurity, and students experiencing homelessness.

This program is done in partnership with the Sun Prairie Education Foundation and the Sun Prairie Area School District.

NUTRITION NOT TREATS

What is a Healthy Snack?

A healthy snack is **NUTRIENT-RICH** and provides **CARBOHYDRATES** for energy and **PROTEIN/FAT** to satisfy hunger.

Snacking when hungry between meals can help keep your mind and body alert and fueled.

HOW YOU CAN HELP

Consider supporting the
FOOD FOR THOUGHT
program to provide nutrition
for kids by making a donation
through the Sun Prairie Education
Foundation website. Scan the QR
Code below to visit their website at
sunprairieeducationfoundation.org



SCAN ME

QUESTIONS?

Contact **Rebecca Ketelsen**
Executive Director
Sun Prairie Education Foundation
608-807-8180

