



OMAC Martial Arts Partners with Halton Food for Thought

Battle of OMAC Tournament

Saturday May 25th, 2019

A Healthy Life is every child's right!

At OMAC Martial Arts, our mission is to help each child become the best version of themselves through healthy living. Children's Taekwondo provides Self Defense Skills along with Self Improvement and Life Skills.

OMAC Martial Arts helps children to:

- Become more physically fit, energetic, and active
- Learn the importance of courtesy and respect
- Develop greater self control
- Cooperate with others
- Improve confidence
- Tackle adversity and conquer challenges

Halton Food for Thought joins us in recognizing that none of these goals could be reached without a healthy diet.

What a gift it is to our community and our children to know that Halton Food for Thought is giving healthy meals to start each child's day off right!

OMAC is excited to partner with Halton Food for Thought in our Battle of OMAC Tournament May 25th. **Our tournament will feature our healthy and strong students showcasing their technique at the highest level. \$10 from each competitor will be donated to Halton Food for Thought - just \$10 can provide a healthy breakfast to a student every day for an entire month!**

Our community's donations will go a long way to help serve healthy meals to children at schools throughout the Halton Region.

**OMAC Martial Arts and Halton Food for Thought
is a power combo that just makes sense!**

www.omacworldclassmartialarts.com
#OMACStrong

www.haltonfoodforthought.com
#nostudentgoeshungry

Who is Halton Food for Thought?

We Feed Kids! Healthy Food! Thousands Every Day!



halton food
for thought

Halton Food for Thought's vision is a Halton Region in which "no student goes hungry at school." In partnership with the community, Halton Food for Thought is the sole provider of Student Nutrition Programs in schools across Halton Region. Partner programs include nutritious breakfasts, snacks and lunches served before or during school hours. They are a reliable source of healthy food and are open to all students in a school's community. We believe that through the provision of healthy food, every student has their best chance to succeed.

What is a Student Nutrition Program?

- In Ontario, Student Nutrition Programs (SNPs) are overseen by the Ministry of Children, Community and Social Services (MCCSS) and provide healthy meals and snacks to students in schools.
- To remain universal and non-stigmatizing, SNPs are offered free of charge and all students at each SNP site are encouraged to participate in the program.
- Programs operate in Halton schools (both Public and Catholic) and serve students in both elementary and high schools.
- SNP Nutrition Guidelines establish a province-wide standard to assist the selection of nutritious foods provided by SNPs and help promote healthy eating habits amongst children and youth.

What happens when we feed kids in school?

- *88% of Schools with Student Nutrition Programs report an increase in attentiveness, 91% report an increase in readiness to learn and 79% report a reduction in at-risk student behaviour*
- *Partner schools report that when students have access to healthy food they are better prepared to focus on their studies; 69% report improved school performance while 95% report an increased energy level*
- *Without Halton Food for Thought's partner programs, many students would go without food during the day or would not be exposed to as many fresh vegetables and fruits*

Quick facts:

- HFFT was incorporated as a registered charity in 2007
- All HFFT partner programs are universal and provide equitable access to all students
- HFFT fed thousands of students every day in 200 programs
- Over 3 million healthy meals and snacks were provided in 130 Halton partner schools
- HFFT programs are run by more than 2,100 dedicated volunteers (including an incredible 930 students)
- Just \$10 will provide a healthy breakfast to a student every day for a month

Join Our Community!

Check us out: www.haltonfoodforthought.com
Contact us: info@haltonfoodforthought.com
Follow us: @HaltonFFT
Like us: [Facebook.com/haltonfoodforthought](https://www.facebook.com/haltonfoodforthought)

