

## Support Eat Well to Excel (EWTE) across Simcoe County – November 20th



**November 20<sup>th</sup> is Eat Well to Excel Day in Simcoe County! Please support the program in our schools.** Eat Well to Excel, the Simcoe County Nutrition Program for School-Age Children is the name of the local Student Nutrition Program in Simcoe County. EWTE is a non-profit community partnership that supports volunteer run Student Nutrition Programs in over 185 schools/programs (including elementary and secondary schools, learning centres and alternative programs) in Simcoe County. Research shows that students with access to a breakfast program have reduced risk for disease, are more likely to come to school and participate in class, have better test scores, and are more likely to graduate.

Here's how you can support your school's Eat Well to Excel program:

- Donate money via [www.eatwelltoexcel.ca](http://www.eatwelltoexcel.ca) click on Donate now (a printable tax receipts will be issued). Include the school's name in the comment box. Otherwise the money will be used to support the purchase of equipment and food for schools with high needs.
- Donate money directly to the school.
- Volunteer – schools are often looking for help to purchase, prepare and serve food.
- Join the EWTE partnership committee. To find out more complete the form at [www.eatwelltoexcel.ca](http://www.eatwelltoexcel.ca), under Volunteers.