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Walk to Breakfast and Extreme School Makeover Challenge

Mr. Forbes: Thank you, Mr. Speaker. This September I was honoured to take part in the seventh annual Walk to Breakfast which took place in my constituency at E.D. Feehan High School. E.D. Feehan was chosen as the winner of the Mosaic Extreme School Makeover Challenge.

The Extreme School Makeover Challenge encourages grassroots initiatives that promote student nutrition and health. E.D. Feehan has developed a plan that includes teaching cooking skills to grade 9 and 10 students who will be responsible for the lunch program in their school. This will provide them with the knowledge and skills that they can carry forward in both their school and home lives.

“We believe that if our students are well fed they will be more successful in school,” said Feehan principal Brandon Stroh. He goes on to say, “What makes our program unique is having students involved in preparing meals for their peers. They are learning valuable skills that could lead to a job and will definitely help them make healthier choices.”

Mr. Speaker, the Walk to Breakfast encourages all schools and students to help create awareness in their community on the importance of good nutrition and physical activity. Research tells us that children who are well nourished perform better in school, are more energetic, and have longer attention spans.

Mr. Speaker, I ask all members to join me in congratulating E.D. Feehan High School in winning the Mosaic Extreme School Makeover Challenge and to the Breakfast for Learning program for all their hard work in helping bring good nutrition to over 28,000 students in over 300 nutrition programs here in Saskatchewan.

Thank you, Mr. Speaker.