

Welcome,

Thank you for inviting me to join you this evening.

I'm thrilled to support this exciting project by the Parent Teacher Organization of the Eastern Passage Education Centre.

Nutrition is fundamental to a sense of well-being, and to meet the growth, development and activity needs of children and youth. Communities, schools and parents can work together to help students develop attitudes and skills for healthy eating. By creating supportive environments and encouraging children and youth to make informed choices, we can help them establish patterns for healthy living that they'll carry into adulthood. Tonight is a great opportunity to show how schools can play a key role in promoting healthy eating, not only for students but for their families as well.

Again, thank you for inviting me and congratulations to the students who prepared the delicious, and nutritious, snacks we are sampling tonight. Great job!