



CHILD NUTRITION NETWORK



| SPRING 2012 NEWSLETTER |

Rainbow of Colours in Haldimand Norfolk Student Nutrition Programs



Students at Thompson Creek Public School enjoying the new rainbow carrots in their snack program.

We have been bringing in 25 lb bags of rainbow colored carrots to our Student Nutrition Programs. Not just the ordinary orange but vibrant purple, red, yellow and white carrots in addition to the ordinary orange.

We know children love colours, just look at children and smarties... why not coloured vegetables to help them eat healthier?

With the help of our local farmer Sovereign Farms, Waterford, ON, we have distributed over 550 lbs of rainbow carrots to our 11 Farm to School Student Nutrition Programs.

The carrots may have been slow to catch on at first, but now children are jumping on the coloured carrots band wagon!

Research shows that coloured vegetables contain 20 to 50% more of the good stuff such as antioxidants, phytochemicals, vitamins and anthocyanins (the pigments found in red and purple fruits and vegetables) than their common cousins.

INSIDE THIS ISSUE

Spaghetti Dinner & Skate in Dunnville	2
Child Nutrition Network Spaghetti Dinner Raises \$6400.31	2
What a Successful Country Breakfast	3
Regional Update, May 2012	3
Regional Student Nutrition Program Update	4
Farwell to Kate Head	4
Welcome Laura Tousaw	4
Contributor's Corner	4



Dunnville Central Public School



Students from Dunnville Central enjoying fresh cucumbers at their early morning meal.

Spaghetti Dinner & Skate in Dunnville

Pull out your forks, lace up your skates, and get ready for Dunnville's first annual spaghetti and skate for nutrition event. What could be better than a steaming plate of that great Italian dish, and a skate around the rink when you are done?

We are looking for schools in Dunnville that would be interested in being a part of this fundraiser, and would also like to invite Rainham Central and J.L. Mitchener to join in for the fun.

If your school would like to participate in this event, tentatively scheduled for the 2012/2013 school year at the Dunnville Arena, please contact Sharon Smyth at ssmyth@hnreach.on.ca or call 1-800-265-8087 Ext. 286.

COME HAVE SOME SLURPING AND SLIDING FUN!



Scotia, from Thompson Creek Elementary School, and her dad Donovan enjoying a skate.



Child Nutrition Network Spaghetti Dinner Raises \$6400.31

The 8th Annual Child Nutrition Network Spaghetti Dinner on March 7th at Simcoe Recreation Centre was a huge success again this year.

Lynndale Heights, Doverwood, Elgin Ave., West Lynn Public Schools and St. Joseph's Separate School Student Nutrition Programs benefited from the monies raised at the event.

Thank you to all the following businesses and service clubs that helped:

Kwic Internet, Giant Tiger, Good Humor Breyers, Del-Bac Sales,

Townsend Butchers, Norfolk Fruit Growers Assoc., Richview Acres, Hank DeKoning Ltd., Royal Bank, V.G. Packers, Roulston's, Food Basics, Blue Elephant, Jensen Cheese, McDonald's, McKay Financial Services, Carstar Collision Pro, the Co-operators (Alice Smith), Pam Schneider, No Frill's - Port Dover, Summit Paving and the Co-operators (Jeff Goble). Scotiabank generously donated \$2500.00 to the dinner this year. Ontario Power Generation sent a couple of their staff to help with set up for the event. Venture Café staff showed up to volunteer on the buffet table this year.

Special thanks to everyone who attended this year's event and we hope to see you back next year!

What a Successful Country Breakfast!

On Wednesday April 18th, 2012, about 100 participants gathered at Springview Farm Golf Course at 7:00 a.m. not to tee off, but to share in a hearty country breakfast and raise funds for the network's Farm to School initiative. The event was a huge success, but it took many community members, local businesses and farmer contributors to make it a success. Please check out our contributor's corner in this issue to see the names of everyone who helped to make it happen.

Over \$8,000 was raised and will be directed to expanding the farm to school initiative for the next school year.

A highlight of the event was a 'penny' sale which featured 25 gift baskets that included local products, gift cards and other items, all provided by local farmers, retailers and restaurants. Many local school programs supported this event by donating a gift basket. Everything from local maple syrup, jam, cookbooks, local restaurant vouchers and even rounds of golf were included in these baskets. These great items helped make the penny sale a huge success.

The network sincerely thanks Tracey and Shelley Boerkamp, owners of the Springview Farm Golf Course for allowing the network to host this event at their facility. This venue was the perfect fit for a fundraiser hoping to raise funds for the farm to school project. As a real farm, it provided the perfect back drop to a fun, low key country breakfast with friends!

Plans for next year's event are already in the making...stay tuned for the details on how you and your program can be a part of the fun!



Some of the wonderful gift baskets at the Country Breakfast penny sale.



Laura Tousaw (H-N Health Unit), Darlene Edmonds (H-N REACH), Dorothy Richardson (CNN Community Member) work at selling penny sale tickets at this year's Country Breakfast.



Staff from J.L. Michener enjoyed the Country Breakfast



The place settings at this year's Country Breakfast.



Amy Long, member of the Country Breakfast organizing committee, enjoys a look at all the wonderful gift baskets at the Country Breakfast penny sale.

Regional Update, May 2012

The Child Nutrition Network of Haldimand & Norfolk recently hosted a Country Breakfast Fundraiser on April 18th at Springview Farm Golf Course. Proceeds from the breakfast will support the network's Farm to School project which brings fresh, locally grown produce into Haldimand and Norfolk schools as part of their student nutrition programs. Major donors for this fundraiser included Scotia Bank Simcoe, Esso Imperial Oil Foundation, Ontario Power Generation, Sovereign Farms, Norfolk Tractor; Vic Powell Welding, Deb Canada, Millard Rouse and Rosebrugh and Springview Farm Golf Course. Almost \$9,000 was realized from the sale of tickets and an exciting penny sale that featured a fabulous variety of gift baskets donated by local schools. The gift baskets had a decidedly 'local' feeling to them and featured local retailers, restaurants, products and vendors from across Haldimand and Norfolk.

The Farm to School project initially brought fresh, locally grown produce into two Dunnville elementary schools starting in September 2010. This exciting initiative has been expanded to include eleven local student nutrition programs across Haldimand and Norfolk counties. These programs are now serving locally grown or sourced fruits and vegetable products at least one day per week.

This project will not only provide students with more access to fresh vegetables and fruit, it will also increase their awareness of local growers. The Network intends to continue to expand this project to other local student nutrition programs. This is a win-win situation for both the students that participate in the student nutrition programs and the farmers that can provide locally grown produce.

Continued on page 4

Continued from page 3

Regional Student Nutrition Program Update:

The online reporting system known as Web Tracker will now include an ordering and tracking portal for the network's Farm to School project. The platform is still being fine tuned but it is on track to be piloted with those schools currently participating in this project. News about training and resource support will be provided later in the spring.

The online grant renewal component of the system will be available online for current programs beginning the week of May 21st. Program data for May must be entered prior to completing the renewal. Sharon Smyth and Karen Allen will be following up with all schools over the next few weeks.

Farewell to Kate Head

At the March meeting of the Child Nutrition Network, Kate Head presented the group with a card announcing her resignation from the team. Kate has been a great help to our group, from assisting with the Dunnville Amazing Pace Fundraiser; editing articles for this newsletter; and playing a role in networking with local businesses. Her input and ideas were greatly valued.

We will miss Kate's optimistic outlook and sense of humor, and wish her all the best in her future endeavors, and with her new home that she will be relocating to in the near future. All the best from the team!!

Welcome Laura Tousaw

Laura Tousaw is a new Registered Dietitian at the Haldimand-Norfolk Health Unit. She will be supporting the Child Nutrition Network in this capacity until December, 2012. Laura has been out to visit a few nutrition programs and is keen to support the Network in any way possible. Welcome, Laura!

This newsletter has been designed and produced by the Haldimand-Norfolk Health Unit.

CONTRIBUTOR'S CORNER

A Special Thanks to all our donors!

- A generous donation of \$9,000.00 from the Tim Hortons Coffee for a Cause – Simcoe. Grant & Cheryl Nelson and Hilary Robertson gave to the Child Nutrition Network. The funds went to Student Nutrition Programs in Bloomsburg, Port Dover, Simcoe, and Delhi.
- CNN Country Breakfast contributors this year:
- Annex Publishing & Printing Inc., Deb Canada, Dunnville Golf & Country Club, Esso, Haldimand County, Long Point Eco-Adventure, McKay Insurance and Financial Services, Millard, Rouse & Rosebrugh, Norfolk County, Norfolk Fruit Grower's Association, Norfolk Hub, Ontario Power Generation, Richview Acres, Sovereign Farms, Tim Hortons – Caledonia, Norfolk Tractor, Premier Tractor, The Brick, Delhi Pharmasave, Pristine Gourmet, Ritzy Cakes & Eatery, Notre Dame Separate School, After 3 Program (Community Support Centre of H-N), J.L. Mitchener Public School, Rainham Central Public School, St. Michael's Separate School – Walsh, Teeterville Public School, Our Lady of Fatima, Thompson Creek Public School, Port Rowan Public School, Langton Public School, Houghton Public School, Andrea Riddoch, Doris Sheppard, Janice French - Just Jaye Inc. Stamp it Up, Giant Tiger – Dunnville, Sweet Retro Spec, Springview Farm Golf Course, Oakrun Farm Bakery, and Burnbrae Farms.
- Scotiabank – Simcoe donated \$3000.00 towards the Country Breakfast that was held at Springview Farm Golf Course. These funds will help out all the Farm to School programs in Haldimand & Norfolk.
- Rotary Apple Program donations:
Rotary Club of Caledonia - \$250.00, Rotary Club of Delhi \$200.00, Rotary Club of Dunnville \$500.00, Rotary Club of Norfolk Sunrise \$1500.00, Rotary Club of Simcoe \$750.00.
- Realtors Association donated \$1100.00 towards the schools in H-N.
- Breakfast for Learning donated a total of \$59,700.00 to the schools in H-N.
- Simcoe Lions gave a donation of \$250.00 to the Child Nutrition Network to support a school in Norfolk.



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