



# CHILD NUTRITION NETWORK



| WINTER 2013 NEWSLETTER |

## SCHOOL PROFILE

# RAINHAM CENTRAL SCHOOL'S STUDENT NUTRITION PROGRAM



A few years ago, Rainham Central School switched over to an Early Morning Meal, serving 3 items Monday to Friday. Parent and student volunteers prepare and deliver the food to their 12 classrooms.

Last year the school's staff room was relocated. The space was renovated, and now houses a beautiful center island, and ample space for the necessary fridges and freezers. Program coordinator, Sarah Burke reports that this has made running the program so

much more efficient, and has allowed them to expand their menu choices.

Most of the school's students are bussed in, and they really appreciate the healthy energy boost that is served first thing in the morning; helping the students dive into their academic day.

**KEEP UP THE GOOD WORK RAINHAM!**

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# 1<sup>st</sup> Annual Haldimand Spaghetti Dinner and Skate



The first annual Spaghetti Dinner and Family Skate event was held on November 13th at the new Dunnville Memorial arena. This fun filled evening started with many families enjoying an hour of free skating and then were able to sit down for a delicious family style spaghetti dinner:

Local principals from area schools served up over 200 plates of delicious noodles and sauce for the students and their families. Local items served at the dinner included spaghetti sauce and desserts made by Flyers café and fresh baked rolls from Wergers and sponsored by Haldimand County Staff. Refreshments were courtesy of Lennox Stairs Inc. and aprons worn by all the volunteers were sponsored by the Dunnville and District Credit Union and Ontario Power Generation.

Many local businesses also contributed

items for the penny sale and Scotia Bank Caledonia generously offered to match all funds raised during the event.

An event like this doesn't happen without the support of many staff and volunteers. A big thank you to all who helped set up, prep food, serve and clean up. The success of this event was due to their involvement. A very special thank you to John Kinnear, a former Grand Erie DSB principal and a long standing volunteer with CNN who has supported all seven of the previous Simcoe area spaghetti dinners.

When a student was asked what the best thing about the dinner was, his response was 'My principal, Mrs. Kline, gave me a bun and some salad'.

Never underestimate the power of your participation.

## UPCOMING EVENTS

Spaghetti Dinner (Simcoe Recreation Centre) –  
March 19<sup>th</sup> 2013

Country Breakfast –  
April 18<sup>th</sup> 2013

Volunteer Appreciation Event –  
May 2013



# A Local Success



The Farm to School project is growing into its 3<sup>rd</sup> year with student nutrition programs in both Haldimand and Norfolk Counties. The response has been overwhelming.

A member of the Child Nutrition Network Committee, Dorothy Richardson recently had the opportunity to chat with some local farmers about the program and here's what they had to say.

It's great that there's a program that makes

an effort to get produce from inside Haldimand and introduces children to the fact that there's fresh vegetables available right in their own backyard. We enjoy being part of the program and knowing that our produce is going to kids in our schools.

- Chris and Leah Anne Houser

"I think it is a great program. Anyway that we can get fresh fruit and vegetables into our children is critical in these times

of fast food and junk snacks. With the wide variety of fresh fruits and vegetables available in Haldimand County there are endless opportunities for this program to expand and thrive in providing healthy, nutritious snacks vs. snack in our schools and to our students. We see the need in our school and with programs like this we will hopefully facilitate more healthy snacks in the future.

- James & Kristen Richardson

## PLEASE MARK THE DATE

April 18, 2013 for the 2<sup>nd</sup> Annual Country Breakfast, once again being held out at Springview Farm Golf Course. Last years event was a huge success and helped to raise over 6000.00 for the farm to school project. Tickets will be available early in January. We will be looking for 25 gift baskets from schools, valued at 25, 50 or 75 dollars. Please contact Darlene Edmonds if you can assist with the planning of the event. [dedmonds@hnreach.on.ca](mailto:dedmonds@hnreach.on.ca)

## Student Nutrition Program Fall Training Event

On November 20<sup>th</sup> and 22<sup>nd</sup> groups of enthusiastic snack and early morning meal volunteers gathered to learn new skills and share ideas for their program. Public Health Nurses, Lynda Burville and Leia Bulosan, discussed anaphylaxis, epilepsy and how to use an epipen. Kathy Page, Public Health Dietitian, followed with a review of the nutrition guidelines including menu planning ideas and food choices that meet the nutrition criteria. Participants left with new resources and a number of practical tips.

## A Special Thanks to all our donors!

- The **Haldimand Mayor's first Annual Charity Gala** was a huge success and the Child Nutrition Network received a donation of \$10,000 to support local student nutrition programs within Haldimand county.
- The 2012 **Tim Horton's** smile cookie campaign resulted in a donation to the network of just over \$4,000.
- **Scotia Bank** raised \$3,800 for the network following another successful Ladies Night.
- The **Enniskellen Lodge** No 185 recently made \$250 donation.
- The **Haldimand Spaghetti Dinner and Skate** event raised over \$4,500 with the assistance of the following schools, individuals and businesses:
  - St. Michaels Separate School Dunnville
  - Anna Melick Memorial School
  - Fairview Avenue Public School
  - J.L. Mitchener Public School, Cayuga
  - Rainham Central School, Fisherville
  - Thompson Creek Elementary School, Dunnville
  - Dunnville Secondary School
  - Turning Point Dunnville
  - Ontario Power Generation
  - Scotia Bank, Caledonia
  - Lennox Stairs
  - Richview Acres
  - Canborough Firefighters Association
  - The Jim Kirkpatrick Foundation
  - Dunnville and District Credit Union
  - Innophos Dunnville
  - Giant Tiger, Dunnville
  - Gord Dulmage Dentistry
  - Dr. Daniel Dulmage
  - The Co-operators, Dunnville
  - Haldimand County Staff
  - Godfather's Pizza, Dunnville
  - Canadian Tire
  - Sweet Retro-Spect
  - Queen Street Paint and Décor
  - Food Basics
  - Hauser's Pharmacy
  - Johnny Famous
  - Freedom Oaks Golf and Country Club
  - Buckner's Source for Sports
  - Topp Farms
  - Blooming Designs
  - Dunnville Golf & Country Club
  - McQuillen family
  - Christine's Creative Photo
  - Life Touch

## Funding

The Child Nutrition Network received almost just over \$89,000 in funding support from the Ministry of Children and Youth Services. The first instalment of grant allocations have been forwarded to all programs and although some programs saw a slight reduction from the amounts received in the fall of 2011, the network will continue to monitor and make adjustments to the second funding instalment. Breakfast Clubs of Canada has provided \$35,000 in funding support and Breakfast for Learning will be providing almost \$12,000 in support. The network continues to play a key advocacy role in leveraging additional community and business support for local programs.

## Web Tracker Updates

The on line ordering and tracking portal for the centralized purchasing of farm to school products was launched in September. Training workshops have been completed but if your program would like more information on the farm to school project or how to get your program involved in centralized purchasing, please contact Arlene Everets or Darlene Edmonds at 519 587-2441 Ext. 408 or Ext 321.



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