



# CHILD NUTRITION NETWORK



| FALL 2010 NEWSLETTER |

## FARM TO SCHOOL PROJECT LAUNCHES

THANKS TO \$14,000 ONTARIO TRILLIUM FOUNDATION GRANT

**The Child Nutrition Network kicked off a new Farm to School pilot project September 21st at the Dunnville Farmers Market.**

The Farm to School project brings locally grown vegetables and fruit to student nutrition programs at Dunnville Central and Thompson Creek Elementary schools. The Network is excited to receive support for this project from community partners such as Dunnville Salvation Army, Dunnville Farmer's Market, its local vendors and Ontario Power Generation.

The grant money will be used to purchase equipment to assist in the sorting, storage and delivery of local produce to local student nutrition programs. The intent is to expand this project to other local schools in 2011.

This project will not only provide students with more access to fresh vegetables and fruit, it will also increase their awareness of local growers. 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.

There is no better place to start a project like this than with local farmers like Laurie and Ray Korten from Lauray Farms, Paul Houser and Family from Houser's Home Grown Produce, James Richardson from Richardson's Farm Market and Larry and Agnes Laid from LAS Acre Farms! "We believe that what comes from our local soil is the best locally grown produce that will benefit



*In photo: Wayne Nyomtato, President of the Haldimand Federation of Agriculture, and Mayor Marie Trainer.*

our children, as well as letting the students know who our local farmers and greenhouse growers are", says James Richardson, Richardson's Farm Market.

Students and special guests celebrated the launch of the Farm to School Project with food samples, speeches and presentations. One class read this:

We would like to say thank you to our farmers, for the food they grow for us. Farming is hard work; planting, watering, weeding and harvesting. Without farmers,

we would be hungry! Thank you.

Another class created a poster which read:

Thank you  
**F - armers**  
**A - are**  
**R - eally**  
**M - agical**  
**E - arth**  
**R - ulers**

# Regional Student Nutrition Program Update

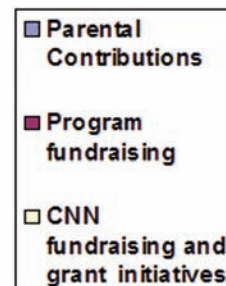
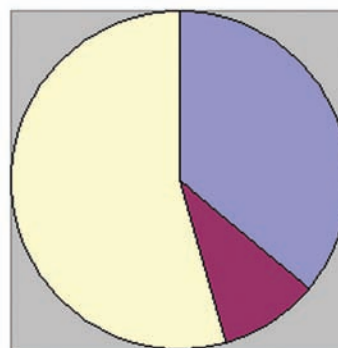
As lead agency for the Student Nutrition Programs in the Hamilton/Niagara Region, HN REACH co-coordinated 421 student nutrition programs in Brant, Hamilton, Niagara and Haldimand and Norfolk, providing 54,065 children in local breakfast, early morning meal and lunch and snack programs over 6,189,958 meals (June 2010).

Locally, the Child Nutrition Network currently supports 38 programs, six of which have been identified as high needs.

Community partnerships continue to play an important role in student nutrition programs through the provision of financial and in-kind resources that contribute to greater community capacity and program sustainability. The following chart represents the financial support generated at the local level and by the Child Nutrition Network to sustain and build local nutrition program capacity.

## Local Program Support

The Regional Online Reporting System known as 'Web-Tracker' continues to provide all student nutrition programs with the abil-



ity to record, store, recall, edit and electronically submit data. A grant renewal component was added in June 2010 and all programs were able to complete their grant requests online. The system continues to be refined and improved and, over the next few months, a new data framework will be introduced. This more robust framework will reduce reporting anomalies and provide greater user accountability.

## \$7,300 raised to support Dunnville student nutrition programs

Saturday, September 18<sup>th</sup> was the date for the 5<sup>th</sup> Annual Amazing Pace Fundraiser. This year's event raised just over \$7,300 and will support student nutrition programs in five Dunnville public elementary schools.

Students from Thompson Creek Elementary, Grandview Public, Fairview Avenue Public, Anna Melick Memorial, and Dunnville Central schools, were paired with parents, teachers and community partners to complete various challenges and navigate a vigorous course that took them to eight locations along an almost 7 km run. The pacers' bright blue t-shirts could be seen throughout the town and even over the bridge to the Grand Island BBQ. Some of the challenges included squeezing oranges, stacking cups, calculating sodium levels, and putting together puzzles while blindfolded.

To celebrate the fifth year anniversary of this event, five special VIP 'pacers' were paired with students and challenged to fundraise. The



VIP pacers included Mike Gaspar and Renata Dewar of Ontario Power Generation, Nanticoke; Gary Nelson from ScotiaBank, Caledonia; Leo Massi, Executive Director of Haldimand-Norfolk REACH; and Derek McComb, Canadian Tire, Dunnville. Local businesses and service clubs donated prizes.

Community support for this event was evident and the Network sincerely appreciates the local involvement including those groups that volunteered at checkpoint sites. These included Grace United Church, Rebecca's Pantry, the Boathouse Restaurant, Dunnville Community Theatre, Dunnville Library, Dunnville Secondary School, Knox Presbyterian Church, and Doctors Reza and Barb Kazemi for the use of their front lawn.

The schools would like to send a big THANKS to everyone for making this such a successful event.

# In a Fundraising Slump?

**These are ideas that have worked in other student nutrition programs (SNP) around the province. Try them out for your program.**

1. Ask to have a section of your school newsletter dedicated to the student nutrition program. Highlight information about sample foods offered, what kids have to say, or nutrition tips and end with how parents can help through a donation or volunteer time. Children could decorate envelopes to go home with the newsletter and returned with a donation.
2. During December and June, a time when most families purchase gifts for teachers, school/ teachers could encourage a donation to the student nutrition program.
3. March is Nutrition Month. Have a tree in the front lobby of the school with cut out fruits and veggies. Ask parents to donate \$5.00 to the SNP. The family name can go on the cut out and hang on the tree.
4. For hot lunch or pizza day order forms add on a request for a dona-



tion to the student nutrition program; either a specific amount or to round up their total.

## Five Tips for Successful Asking

1. Success is asking.

Fundraising is a volume business. You have to ask way more people than the

number of donors you need.

2. Be okay with NO!

People's "no" has nothing to do with you. People say no because:

- they have too much on their minds;
- they have given already to someone else; or
- they don't have the money.

3. Believe in your cause!

Your belief in the need for a student nutrition program must be bigger than what you fear.

4. Ask some people. Don't ask everyone.

5. Put yourself in the donor's shoes.

Remember, asking takes practice and requires a team of askers. Successful fundraising requires help from a variety of people willing to ask friends, colleagues, and strangers and give themselves.

Source: [www.grassrootsfundraising.org](http://www.grassrootsfundraising.org)



## TD Grant Opportunity

Jenn Baker has been helping at Thompson Creek for a few years now and helps to facilitate the Wednesday morning "3 for Me!" snack program. She works for TD Bank Financial Group and was able to take advantage of their 'Caring Together Volunteer Grant Program.' In return for 40 hours of volunteer work, the snack program received a donation of \$500.

Shown in the picture are Jen Baker; Karen Allen (Student Nutrition Committee Chair) and 3 students from the Kindergarten class.



The support from **Unilever (Good Humor-Breyers)** allows the Child Nutrition Network to donate \$3,000.00 to student nutrition programs in Haldimand & Norfolk.

**Ontario Power Generation** donated \$5,394.00 toward the new Farm to School Program that has started in Haldimand County and will also be starting in Norfolk County over the next year.

Special thanks to the following churches in Haldimand and Norfolk who are supporting and volunteering their services at Student Nutrition Programs:

**Knox Presbyterian Church** – Anna Melick Public School

**St. Paul's Anglican Church** – Dunnville Central Public School

**Delhi United Church** – Delhi Public School

**Neal Memorial United Church** – Port Rowan Public School

#### Amazing Pace Supporters:

**Gold Sponsors:** Dunnville and District Credit Union and Scotiabank – Caledonia

**Silver Sponsors:** Imperial Oil (Esso), Ontario Power Generation and Subaru - Hamilton

**Bronze Sponsors:** The Co-operators – Dunnville & Caledonia and Haldimand County – Staff Charitable Fund

**and our donors:** Godfathers Pizza, Canadian Tire, Sobey's, Food Basics, Giant Tiger, Aramark, Freedom Oaks Golf Course, Dunnville Golf & Country Club, Dunnville Lioness Club, Royal Bank – Dunnville, Grand Island Bar-B-Q, Buckner's Source for Sports, Kwic Internet, Ruffins Pet Store, Canborough Firefighters Assoc., Sweet Retro-Spect, Charles Jones, Sundrim Golf & Country Club, Innophos, MOOSE FM, Sun Life Financial (Brent McKay), BURNBRAE Farms, Kate and Nick Head, Hauser's Pharmacy and Super Video.

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

## Introducing Kate Head Our Newest Child Nutrition Network Member



Kate retired from her position as principal at Thompson Creek Elementary School, Dunnville last December. Passionate about children and nutrition, she was instrumental in starting the breakfast and snack programs at Dunnville Central and Thompson Creek and has been a key partner with the Amazing Pace fundraiser for student nutrition programs in Dunnville. We are thrilled to have her on board.

"Having breakfast and snack programs with a focus on wellness changed the tone of our school. Outsiders noticed it. You walk into our school and you felt the difference. The kids did better academically, they felt better, and that's what it's all about."

## Ask a Dietitian

By **Kathy Page, RD, Public Health Dietitian, Haldimand-Norfolk Health Unit**

### Can cream cheese be used as a Milk and Alternatives food group choice for our breakfast menu?

Cream cheese is not a cheese and is not included in the Milk and Alternatives group because of its low calcium and high fat content. Cream cheese is a spread like butter or margarine. Substitute block cheese for cream cheese or add yogurt or milk to your menu.

### How much ranch dressing is considered a Milk and Alternatives food group choice?

Despite the creaminess of ranch dressing it is not a Milk and Alternative choice because of its high fat and low calcium content. Serve a small amount of light ranch dressing with your vegetables and include milk, cheese or yogurt as your Milk and Alternative choice.

Have a nutrition or menu planning question? Contact [kathy.page@hnhu.org](mailto:kathy.page@hnhu.org) or 519-426-6170/905-318-6623 Ext. 3247.

CHILD NUTRITION  
NETWORK



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*The Child Nutrition Network includes members from Haldimand Norfolk REACH (sponsor agency), Haldimand-Norfolk Health Unit, War Memorial Hospital and the community.*