



CHILD NUTRITION NETWORK



| SPRING 2008 NEWSLETTER |



*The Child Nutrition Network
of Haldimand and Norfolk*

Celebrating 10 YEARS of nourishing children to success!

Ten years ago, only seven student nutrition programs existed, serving 280 children. Now, there are 36 Student Nutrition Programs in Haldimand and Norfolk schools and after-school programs, serving close to 8,000 students. Over the past year, the Child Nutrition Network (CNN) has generated more than \$82,000 to support these programs from local grants, community donations and events in the Haldimand and Norfolk communities.

CNN is a local partnership, including Haldimand Norfolk R.E.A.C.H., the Haldimand-Norfolk Health Unit, Haldimand War Memorial Hospital and community members, that supports Student Nutrition Programs in our area. The Student Nutrition Program is a provincial initiative of the Ontario Ministry of Children and Youth Services (MCYS) and is administered regionally through Haldimand-Norfolk R.E.A.C.H.

The hardworking, passionate members include Marg Clark, Dorothy Richardson, Nil Woodcroft, Kerri Ann Fitzgerald, Arlene Everets, Sharon Smyth and Kathy Page.

"For the past 10 years the Child Nutrition Network has supported local student nutrition programs through the provision of funding, leadership, education and resources; essential elements for a sustainable program," said Public Health Dietitian and CNN chair Kathy Page. "While we've always known that children need to eat to grow, children need to eat well to succeed and be healthy."

Student nutrition programs promote healthy eating and provide a positive social atmosphere for all students and staff. In the words of a student from Oneida Central School: "My two favourite things about our snack program are that it is really good for people and tastes good." One parent stated: "Both my sons love sub day and look forward

to Tuesdays when they have their lunch program. One of my sons wasn't eating apples before the program, and now he asks for them at home!"

A combination of financial resources is needed to fund the programs: parental contributions, local community donations, fundraising campaigns, and organized funding resources such as MCYS and the National Child Benefit Supplement. Both the Child Nutrition Network and Student Nutrition Programs share this task.

CNN celebrated this milestone with a breakfast and an announcement of a new logo occurred on April 11. Invited guests included the mayors and councillors of Haldimand and Norfolk Counties, representatives from the Ministry of Children and Youth Services, Breakfast for Learning, as well as many current and past community contributors. A celebration with Student Nutrition Program volunteers will also take place on May 29.

Dunnville Central School's **JOURNEY TO 100%**

Like all schools in Grand Erie, staff, students and parents have been working together to improve literacy and numeracy scores. After completing and celebrating a physical makeover to the classrooms and building environment at Dunnville Central Public School, Principal Lindsay Williams felt her school was ready to go further towards improving the learning environment.

Student nutrition was a concern and, like most schools, a large portion of students were consumers of high-sugar, low-to-zero nutritional value beverages. What began as informal talks with students about their drink choice, turned into a 100% Campaign which meant only having 100% water, 100% milk and/or 100% juice at school.

"The switch to 100% did not come with a well-laid-out master plan, but it was the enthusiasm of the students to do the right thing that made the difference," Mrs. Williams noted. "The students were naturally curious and wanted to know more. They wanted to read labels and do more research. Our school's Public Health Nurse came into our school and did class presentations regarding healthy food and drink choices. I asked the teachers to reinforce with students the importance of what we put into our bodies and the impact positive nutrition has on learning. This message also was sent home to parents via our school newsletters."

The transition did take some time and effort on everyone's part.

"The first month of the program we had a water exchange program for students who came to school with what were now being deemed 'not appropriate for school' drinks," Mrs. Williams remarked. "In all honesty, the initial switch was not immediate and not without a few wrinkles. In fact, this change caused upset for a small group of very vocal parents, as is often the case when change takes place in any larger community."

Mrs. Williams gives credit to her staff for their commitment to positively reinforcing students and helping parents and children understand the connection to good health and learning. She felt this was a key factor to a successful transition.

Dunnville Central continues to move towards improving its overall health with its great snack program supported by a wonderfully committed group of volunteers from the local St. Paul's Anglican Church and the Child and Nutrition Network of Haldimand and Norfolk. The school is also committed to daily physical activity and the intramural program is seeing terrific participation. Joining Health Action's Heart Healthy School Awards Program is a natural next step for them as a school.

"We want to ensure that our school promotes and supports an environment that is good for students' health and well being," Mrs. Williams emphasized.

Way to go Dunnville Central!

RETHINK Your Drink



CHOOSE WATER, MILK OR 100% JUICE

Water, milk and 100% juice are healthy choices.



Water is the best choice during and after exercise for most children. Sports drinks are not needed for a one to two hour minor sport.



Milk and fortified soy beverages are excellent sources of calcium and vitamin D. Drink 500 mL (2 cups) skim, 1%, 2%, milk each day.



Children aged 1 to 6 years should not drink more than 125 – 175 mL (4 – 6 oz) per day of 100% fruit juice. Children age 7 to 18 years should not drink more than 250 – 375 mL (8-12 oz.) per day.

Sports drinks, pop and other sugar sweetened drinks can cause cavities and provide little nutrition.

- Too often children are offered sports drinks, slushies, fruit beverages or pop. These drinks provide too much sugar and have very little nutrition for healthy growth.
- Energy drinks are not recommended for children. They contain caffeine, herbs and sometimes supplements. Their long-term effect on children is unknown.
- Any drink labelled as 100% fruit juice is real unsweetened fruit juice. If called fruit "drink, punch, ade, beverage or cocktail" the drink has little or no real fruit juice in it. This means it is mostly sugar, flavour and water, and low in nutrients.
- To prevent cavities, rinse your mouth with water or brush with fluoridated toothpaste immediately after drinking a sweet drink.

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Child Nutrition Network SPAGHETTI DINNER



The 4th Annual Child Nutrition Network Spaghetti Dinner on Feb. 26 was a huge success again this year, raising more than \$7,600. Lynndale Heights, Doverwood, Elgin Ave., West Lynn Public Schools and St. Bernard Separate School Student Nutrition Programs benefited from the monies raised at this year's event.

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

Kwic Internet, Giant Tiger, Good Humor Breyers, Del-Bac Sales, Townsend Butchers, Norfolk Fruit Growers Assoc., A & P, Richview Acres, Hank DeKoning Ltd., Royal Bank, Sobey's, V.G. Packers, Roulston's, Food Basics, Blue Elephant, Jensen Cheese, McDonald's, Teacher's Credit Union, and Dollarama. The Scotiabank Team Scotia Program came through again this year with a cheque for \$3,675. The Norfolk Sunrise Rotary of Simcoe and Venture Cafe helped in the kitchen and out on the floor.

Special thanks to everyone who attended the event. We hope you were generously nourished!

Regional Student NUTRITION PROGRAM

The Province recently announced an increase in funding support for student nutrition programs.

Currently, the ministry provides annual funding of \$8.5 million to the Student Nutrition Program with approximately half the schools in Ontario participating. A funding enhancement of \$9.4 million a year will bring the total annual allocation to \$17.9 million. It is hoped that many existing local programs will be able to expand their services.

In addition, a one-time funding grant of \$3.9 million for 2008-2009 will support the purchase of equipment, non-perishable foods and other basic program supplies.

The government hopes this additional funding will strengthen the capacity for communities across the province to offer a Student Nutrition Program.

More details regarding the local impact of this new funding should be available very soon!

Volunteer & Coordinator APPRECIATION LUNCHEON



DATE:

Thursday, May 29, 2008

TIME:

10 a.m. to 12:30 p.m.

LOCATION:

Haldimand-Norfolk
Children's Aid Society
70 Town Centre Drive,
Townsend

**Lunch, fun and gifts
will be provided to
everyone who attends.**

Please RSVP to Sharon Smyth at
519-587-2441 Ext 286 before May 22 if you
plan on attending. We hope to see you there!

ANAPHYLAXIS Training Workshop

On Nov. 28, 2007, Student Nutrition Program volunteers were trained as facilitators and, as such, are able to train other volunteers within their program and other Student Nutrition Programs.

Some of the topics discussed include:

- Understanding food allergies and anaphylaxis.
- Requirements of Sabrina's Law.
- Identifying food allergens.
- Identifying and managing risks.
- Emergency Procedures & Epi-Pen administration.

Thanks to Anaphylaxis Canada for providing the training. Another workshop will be held later this year and information will be sent to all Student Nutrition Programs in Haldimand and Norfolk.



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"Many people are not aware that high-sugar beverages are usually low in nutrients and add a significant number of empty calories to the diet," said Health Unit Dietitian Kathy Page. "With children, these drinks often replace nutritious choices such as milk, and can lead to a lower intake of nutrients, such as calcium and vitamin D. When people regularly choose beverages with added sugar, such as pop instead of water, milk and 100% juice, they are putting themselves at risk for cavities, osteoporosis and obesity. As well, energy drinks contain caffeine and herbs and, therefore, are not recommended for children."

"Water with fluoride prevents cavities and is the best choice for quenching thirst," she said. "Milk has calcium and vitamin D to build strong bones and teeth, and 100% fruit juice contains vitamins."

The Health Unit has posted a quiz on its website that helps parents increase their knowledge of healthy drinks. Parents completing the six-question quiz can also order a free activity calendar for recording their children's activities for the month. To access the quiz, go to www.hnhu.org, scroll down the page and click on the image.

CONTRIBUTOR'S CORNER

Ontario Power Generation donated \$3,500 to support Student Nutrition Programs in Haldimand and Norfolk. Special thanks to Kim McLennan, O.P.G., for her assistance in making this happen.

The Child Nutrition Network held a special breakfast to celebrate its 10th Anniversary. Many thanks to the following for their generous donations and support: **Picard Peanuts, Venture Café, Aramark Canada, H-N REACH, H-N Health Unit, Norfolk County, Richview Acres and Norfolk Fruit Growers Association.**

We would like to thank the **Clark Foundation** for its donation of \$5,000. This money will go towards Student Nutrition Programs in Haldimand.

A special thanks to **Bank of Montreal, Caledonia**, for its generous donation of \$200 for a Student Nutrition Program in Caledonia.

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



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