



CHILD NUTRITION NETWORK



| SPRING 2009 NEWSLETTER |

THE CHILD NUTRITION NETWORK receives funding from **2008 SOUTH POLE EXPEDITION FOR KIDS**



South Pole Expedition for Kids Donation to CNN: From left: Arlene Everets, Regional Coordinator - Student Nutrition Programs; Sharon Smyth, Child Nutrition Network; and the explorers, Mark MacLennan, Fred Losani, Peter Turkstra and Steve Stipsits.

Student Nutrition Programs across Haldimand and Norfolk will benefit from a donation of \$2,489 from the **South Pole Expedition for Kids**. The expedition was inspired by the highly successful North Pole excursion in 2006. The team was then set to test its limits in Antarctica. Team members included Hamilton and Burlington area business men Peter Turkstra, Fred Losani, Mark MacLennan, Steve Stipsits and expedition leader and world explorer Doug Stoup. **This was their greatest personal challenge yet.**

Journeying to the South Pole was the hardest physical and personal challenge all of them have ever encountered. It was a 200-kilometre journey in -40 to -60 degree weather at an altitude of 12,000 feet. With all the **generous donations** from the community, **the team was able to raise \$500,000 that was distributed to organizations through Ontario.**

Six Area Student Nutrition Programs Kick It Up A Notch...



This past fall five local schools, including Dunnville Central, Fairview Ave., Elgin Ave., Houghton and Langton Public Schools all received additional funding for food and infrastructure support to help enhance their already successful student nutrition programs. In addition, Rainham Central School received start-up funding for food and infrastructure to allow it to implement a daily early morning meal program.

This new funding from the Ministry of Children and Youth Services has allowed these schools to update their food preparation areas to better meet the safe food-handling

requirements, as well as provide a daily breakfast or early morning meal program. These updates will help the many volunteers deliver the program and ensure that all children are well nourished and better equipped to learn.

"We feel very fortunate to have had our Student Nutrition Program extended to everyday," said Principal Lindsay Williams of Dunnville Central Public School. "It has been a natural next step for our school community. Our school is working diligently to educate our students about the importance of eating healthy foods."

Over \$5,000 Raised at the 5TH ANNUAL SPAGHETTI DINNER

The 5th Annual Child Nutrition Network Spaghetti Dinner was held on February 18 at the Simcoe Recreation Centre. Volunteers and staff from Lynndale Heights Public School, Doverwood Public School, Elgin Ave. Public School, St. Bernard Separate School and West Lynn Public School worked very hard selling tickets for the event and helping out the night of the dinner. They raised \$5,833, including the Scotiabank donation, for the Student Nutrition Programs at the five schools.

Special thanks to Scotiabank for their generous donation of \$3,475 along with the following businesses and service club that donated food, money or time to the event: Kwic Internet, Giant Tiger, Good Humor Breyers, Del-Bac Sales, Townsend Butchers, Norfolk Fruit Growers Association, Metro, Richview Acres, Hank DeKoning Ltd., Royal Bank, Sobey's, V.G. Packers, Roulston's, Food Basics, Blue Elephant, Jensen Cheese, McDonald's, Sun life Financial – McKay Financial Services, Summit Paving, Dollarama, Norfolk Sunrise Rotary of Simcoe and Venture Cafe.



Scotiabank Spaghetti Dinner Donation to CNN and West Lynn School: From left: Jeff Schaus, Scotiabank, Deb Rush, Scotiabank, Sharon Smyth, Child Nutrition Network, Melissa Smith, Student at West Lynn Public, and Bill Clendinning, Principal at West Lynn Public School.



FUNDRAISING SOLUTIONS

Let's face it – fundraising is a difficult and time-consuming task. We are all competing for a very limited amount of money available. During these tough economic times, fundraising will likely become even more difficult, while the demand for nutrition programs will continue to grow. With limited time and resources, it is vital that we seek opportunities that require minimal staff and volunteer power, yet provide maximum funding to meet program budgets. Here are some innovative ideas that may spur your own creative juices:

1. Kids for Kids Project

Involve parents in collecting food for your student nutrition program. One classroom each week can be assigned a food such as apples, crackers or bag of carrots. This is an easy way for parents to contribute by picking up one or two items with regular grocery shopping. If five students provide \$5 worth of items, this can translate to almost \$1,000 annually!

2. High School Support

Engage local high schools in food or fund collection through partnership with Student Council, Student Trustees or Parent Council. A toonie or "civies" day within the schools can generate significant funds.

3. Restaurant Event

There are several ways to engage restaurants as sponsors of Student Nutrition Programs such as "Tip-a-Cop," "Celebrity Servers," or "donation per meal." Perhaps your celebrity server could be the school principal?



CONTRIBUTOR'S CORNER

Rotary Apple Program is going strong once again this year. We provided 40 cents per student with this program.

Thanks to the following Rotary clubs for their support:

- Rotary Club of Caledonia, \$200.
- Rotary Club of Delhi, \$500.
- Rotary Club of Dunnville, \$500.
- Rotary Club of Norfolk Sunrise, \$1500.
- Rotary Club of Simcoe, \$1000.

The support from **South Pole Expedition for Kids** allows CNN to donate \$2,498 to six designated student nutrition programs in Haldimand and Norfolk.



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



Celebrating 10 Years! 1998-2008

c/o Haldimand-Norfolk
R.E.A.C.H.
101 Nanticoke Creek Parkway
P.O. Box 5054
Townsend, ON N0A 1S0
519.587.2441
1.800.265.8087 Ext. 286
Web: www.hnreach.on.ca