



# CHILD NUTRITION NETWORK



| SPRING 2010 NEWSLETTER |

## LOCALLY GROWN FOOD FOR STUDENT NUTRITION PROGRAMS

The Child Nutrition Network is the happy recipient of funding from the Ontario Trillium Foundation and Ontario Power Generation (OPG). These funds will help pilot a Farm to Student Nutrition Program project in Dunnville. This project will boost the amount of locally grown vegetables and fruits served at student nutrition programs and increase students' awareness of local farmers. The funding will help pay for necessary storage and distribution equipment to create a quality community-run program.

Our goal is to start with two programs this fall. Vegetables and fruit will initially come from local farmers at the Dunnville Farmer's Market and local greenhouses, using the Salvation Army location for central drop off and pick up.

Are you interested in helping out?

We are looking for community members to help with the hands-on running of the project or to be a voice on our planning committee. Please contact Karen Allen, Community Facilitator, Child Nutrition Network, at 519-587-2441 Ext. 301 or [kallen@hnreach.on.ca](mailto:kallen@hnreach.on.ca).



Chris Houser and Family



Paul Houser and Family



Laurie & Ray Korten 905-774-7467  
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Richardson's Farm

## Ask a Dietitian

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

### Why can we only serve some foods, like granola bars and juice, once per week?

The foods and beverages that the Ministry of Children and Youth Services (MCYS) nutrition guidelines limit to once per week are less nutritious than other options. For example:

- Some granola bars may be high in sugar or fat.
- Juice lacks the fibre that fresh fruit and vegetables have.
- Dried fruit can stick to teeth which can lead to cavities.
- Processed cheese and pudding cups have much less calcium than other milk products.

When students fill up on these foods and beverages, they may eat less of the healthier foods. Limiting certain foods to once per week encourages



a larger variety of foods to be served. This will provide a wide variety of nutrients, and will encourage children to try new foods.

### Our school is peanut free. What can we serve on toast instead of peanut butter?

The MCYS nutrition guidelines allow one choice of spread such as margarine, cream cheese or jam to be served at meals. This means you could serve margarine or jam on toast, but not both. These spreads must be limited to a small serving, because they are not good sources of nutrients. For example, although jam is made with fruit, it is not a source of vitamins or minerals and is very high in sugar.

The MCYS nutrition guidelines allow processed cheese spread (eg: Cheez Whiz®) to be served, but it must be limited to once per week. Unlike other milk and alternative products, processed cheese spread is high in sodium and has very little calcium. Sliced block (hard) cheese is an excellent alternative to peanut butter. Cheese provides a serving from the milk and alternative food group.

## Seven Lucky Breakfast Programs



The Child Nutrition Network applied for and was successful in receiving funding from Breakfast Clubs of Canada (BCC). Breakfast programs at Dunnville Central, Fairview, J.L. Mitchener, Houghton, Delhi, Bloomsburg and Elgin schools received a three year commitment in the form of funding, program equipment such as fridges, freezers and dishes as well as product donation from Canada Bread, Minute Maid Juice and Danone yogurt.

Marsha Edwards, Ontario Coordinator for BCC, has enjoyed visiting all of the programs and is amazed at the work being done by the valuable volunteers and staff at each of the programs. It is Breakfast Clubs of Canada's dream that all children will have an equal chance to start their school day with a nutritious breakfast in an environment that promotes self-esteem.

Seven additional breakfast programs in our area will each receive \$1,000.00 to help them work towards meeting the criteria for the full level funding.

We are excited to be part of this supportive project!



## Spaghetti Dinner Raises More Than \$8,000

On March 10, more than 650 people attended the 6<sup>th</sup> Annual Child Nutrition Network Spaghetti Dinner in Simcoe. Proceeds went towards Student Nutrition Programs at Doverwood Public School, Elgin Ave. Public School, Lynndale Heights Public School, St. Joseph's Separate School and West Lynn Public School. The working crew involved school staff, program volunteers, Child Nutrition Network members, Rotary Club of Norfolk Sunrise, Venture Café and new this year, Haldimand & Norfolk TAPP-C. Special guest servers included Mayor Travale and Bob Speller.

With the generous donations of food and money from the following businesses, the majority of the ticket sales went directly to student nutrition programs:

Kwic Internet, Giant Tiger, Good Humor Breyers, Del-Bac Sales, Townsend Butchers, Norfolk Fruit Growers Assoc.,



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, Carstar Collision and Dollarama. Special thanks to Scotiabank for their contribution of \$4,500.

## Thanks You Student Nutrition Program Volunteers!



The Child Nutrition Network is thrilled to have the support of over 2,700 dedicated volunteers who provide breakfast, lunch and/or snack programs to over 8,500 children in Haldimand and Norfolk. Volunteers like you, are not only providing children with a healthy meal, but are also providing them support, friendships and teaching important life and social skills. Your gift of time nourishes the minds and bodies of children and youth.

On behalf of the Staff and Members of the Child Nutrition Network, THANK YOU for your continued dedication to our vision to ensure that all children in Haldimand and Norfolk having access to healthy food through Student Nutrition Programs. Healthy eating improves children's readiness to learn and enriches their future.

## CONTRIBUTOR'S CORNER

**Rotary Apple Program** donations already for 2009/10. Thanks to the following Rotary clubs for their support:

Rotary Club of Caledonia - \$250

Rotary Club of Delhi - \$300

Rotary Club of Norfolk Sunrise - \$1,500

Rotary Club of Simcoe - \$500

Rotary Club of Dunnville - \$500

The support from **Clark Foundation** for \$5,000 towards student nutrition programs in Haldimand is greatly appreciated.

**Hamilton Masonic Board of Relief** and the **Freemasons of Hamilton District "B"** have provided support to programs in Caledonia with a donation of \$1,633.

**Haldimand County** held a fundraiser and the proceed of \$500 was donated to the breakfast program at Rainham Central Public School.



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

## Upcoming Events:

### Annual Volunteer Appreciation & Update Event

Wed., May 19, 2010

10 a.m. to 1 p.m. (Lunch provided)

Ebenezer Christian Reform Church, Jarvis.

### Norfolk Student Nutrition Program Kickoff

Wed., Sept. 22, 2010

10 a.m.

Haldimand-Norfolk Health Unit, Simcoe

Agenda Items: Cheque distribution, webtracker review, budget.

### Haldimand Student Nutrition Program Kickoff

Thurs., Sept. 23, 2010

10 a.m.

Haldimand School Support Centre, Hagersville Secondary School.

Agenda Items: Cheque distribution, webtracker review, budget.

### Menu Planning & Safe Food Handling Workshop

October/November 2010

Details to follow.



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.*