



CHILD NUTRITION NETWORK



| WINTER 2008 NEWSLETTER |

Amazing Pace raises more than \$6,700



Marie Trainer with Amazing Pace participants, Sharon Smyth, Child Nutrition Network, and Lindsay Williams, principal at Dunnville Central.

The Child Nutrition Network's Amazing Pace 2008 raised more than \$6,700.

The 3rd Annual Amazing Pace 2008 took place on Sept. 13 in Dunnville with a record number of participating teams showing up to help support Student Nutrition Programs at Anna Melick Public School, Dunnville Central Public School, Fairview Avenue Public School, Grandview Central Public School, Thompson Creek Public School and St. Michael's Separate School.

Each team was challenged to find a particular car at Robert Rowe Car Dealership, deliver a coffee to downtown merchants and to try their hand at bowling at Dunnville Lawn Bowling Club, to name a few checkpoints. All teams completed the pace in record time and were rewarded at the end with great prizes donated by local businesses and corporations. Special thanks to Subaru Hamilton for its display of new vehicles at the fire hall in Dunnville.

Congratulations to the top two fundraising teams: Janna and Kylie Thomson, and

Wendy and Jake Poliquin.

Thanks to all the teams and volunteers for your support on a very successful event again this year.

A huge thank you to all the local businesses, corporations and service clubs that donated prizes, time and money to make the event a community success!

Gold sponsors were Dunnville and District Credit Union, and Ontario Power Generation.

Silver sponsors were Imperial Oil (Esso) and Subaru.

Bronze sponsors were Innophos, and The Co-operators, Dunnville and Caledonia.

Donors were Haldimand-Norfolk Health Action, Godfather's Pizza, Canadian Tire, Dell Pharmacy, Sobey's, Food Basics, Giant Tiger, Aramark, Freedom Oaks Golf Course, Dunnville Golf & Country Club, Dunnville Lioness Club, Royal Bank in Dunnville, African Lions Safari, Grand Island Bar-B-Q, Buckner's Source for Sports, Kwic Internet, Ruffins Pet Store, Canborough Firefighters' Association,

Dunnville Travel and Sweet Retro-Spect.

Special thanks are also extended to the following businesses, establishments and committed individuals who participated in the event: Robert Rowe Car Dealership, Sweet Retro-Spect, Dunnville Fire Hall, St. Michael's Separate School, Super Video Centre, Dunnville Lawn Bowling Club, Bayberry (Sears Catalogue Outlet) and Dunnville Central Public School.



Participants at the Amazing Pace, bowling at Dunnville Lawn Bowling.

Provincial Student Nutrition Program update

NEW INVESTMENT FUNDING FOR 2008-09

The vision of the provincial Student Nutrition Program (SNP) is to provide children and youth access to healthy, nutritious food to support healthy growth and development, so that they have the best opportunity to succeed and reach their full potential. Provincial funding currently supports communities in providing universal access to nutritious meals and snacks at program sites across the region. Participation in a nutrition program can play an important role in maximizing student success.

In May 2008, the government of Ontario announced an additional investment of \$32 million dollars over three years to support student nutrition programs across the province.

The expansion of the provincial SNP constitutes a more directed approach to programming and the new funding is intended to support program development in selected communities across the province. Six Haldimand and Norfolk schools, three in Haldimand and three in Norfolk, have been selected to participate in this new investment, and students will soon have the opportunity to participate in a daily breakfast or morning meal program. This new investment includes funding for local community development workers who will work with these communities to build capacity to sustain these new or expanded nutrition programs.

The 2008-09 enhanced funding also includes infrastructure grants to assist local programs to purchase and/or upgrade necessary equipment.

Providing nutritious and nourishing food has always been a fundamental component of the SNP and is intended to enhance children and youth's healthy development and their ability to learn. The SNP nutrition guidelines have been revised recently and highlights of the revised guidelines include:

- An emphasis on nutritious foods.
- Food donation guidelines.
- Promotion of Ontario-grown-and-produced foods.
- A requirement that all foods served will be trans fat free in keeping with the new provincial Bill 8.
- Increased attention on vegetables and fruits.
- Lists for each food group of foods that will not be offered more than one time per week to ensure children and youth receive the most nutritious food at SNP.

Menu templates, costing information and other resource support will be provided to your program to assist in the selection of foods for your program that reflect the provincial guidelines. Sharon Smyth, local Community Facilitator and Karen Allen, Community Development worker for the Dunnville area, will be available to provide further clarification regarding the funding allocations. Please feel free to contact Sharon at 1-800-265-8087 Ext. 286 and Karen at 905-701-9572 if you have any questions or require support.

CNN recipient of the ONTARIO POWER GENERATION CHARITY BREAKFAST

CNN was invited on Oct. 17 to attend the charity breakfast at Ontario Power Generation in Nanticoke. The staff received a wonderful breakfast organized by OPG Campaign Chair Renata Dewar and assisted by staff volunteers. The event raised \$3,600 to assist student nutrition programs in Haldimand and Norfolk.

Child Nutrition Network members wish to thank all the employees and contract workers at Ontario Power Generation for their support.



Sharon Smyth, Child Nutrition Network, Renata Dewar, O.P. G. Campaign Chair, Kathy Page, HN Health Unit,



These guidelines are intended to assist Student Nutrition Program (SNP) providers in selecting healthy foods for breakfasts, lunches and snacks. Serving healthy food promotes good health and healthy eating habits in children and youth and helps them to be ready to learn.

To help achieve this goal, the following Guiding Principles were created:

1. Promote Healthy Eating & Prepare Healthy Food

- Offer a variety of foods that follow Canada's Food Guide and the SNP Nutrition Guidelines.
- Avoid foods and beverages that are high in fat, salt and/or added sugar and low in nutrients. Do not serve foods with trans fat.

2. Respect Diversity and Individual Needs

- Offer foods and beverages that appeal to children and youth, are inclusive of faiths and cultures, and respect food intolerances and sensitivities.
- If a child is full but has not finished his/her food, no pressure will be exerted on the child to eat more. Likewise no food will be withheld from a child based on body size.

3. Contribute to Social Development

- Provide a social environment for children to interact with their peers and program providers.

4. Choose Ontario Food First

- Offer Ontario- grown-and/or-produced foods and purchase food locally when possible.

5. Be Environmentally Conscious

- Purchase and use reusable dishes and utensils when possible.
- Minimize waste from food and food packaging.

- Recycle materials where possible.
6. Practice Safe Food Handling and Storage
- Prepare, store and serve foods and beverages, using safe food-handling practices.
 - Always wash hands before and after preparing and serving food and encourage all children and youth to wash their hands prior to eating.
 - All SNP sites are to be equipped with a separate hand washing sink for children and youth.
 - Consult with a Public Health Inspector at your local Health Unit.
 - Nutrition Guidelines Key Points
 - Vegetables and/or fruit will be offered with every meal and/or snack.
 - A snack contains at least one serving from a minimum of two food groups of Canada's Food Guide with at least one serving from the vegetables and fruit food group.
 - A meal (e.g., breakfast and lunch) contains at least one serving from a minimum of three out of the four food groups of Canada's Food Guide with at least one serving from the vegetables and fruit food group and at least one serving from the milk and alternatives food group.
 - Tap water is always available.

For information on how to select healthy foods that follow the Nutrition Guidelines, please contact Kathy Page, Public Health Dietitian, at 519-426-6170 or 905-318-6623 Ext. 3247 and visit <http://www.gov.on.ca/children/graphics/255361.pdf>.

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.

Imperial Oil (Esso) generously donated \$10,000 to support infrastructure and training for all Student Nutrition Programs in Haldimand and Norfolk. Special thanks go out to Jerolyn Cochrane from Esso who helped us make this donation possible.

The support from **Good Humor-Breyers** allows CNN to provide \$5,000 to Student Nutrition Programs in Haldimand and Norfolk.

Special thanks to **Steve Salverda, Tim Hortons, Hagersville and Caledonia**, for his generous donation of \$2,616 from the Smile Cookie Campaign.

Hamilton Hunter & Anglers Golf Tournament donated \$2,765 towards Student Nutrition Programs in Caledonia and area. **Hamilton Bull Dogs** gave a donation of \$87.50.

The Child Nutrition Network held a chipping contest at the **Scott and Wanda Salverda Charity Golf Tournament** this summer, which raised \$1,000.

Thanks to **Union Gas** who make an annual donation to the Child Nutrition Network. This year the company donated \$1,000.

Pioneer Hi-Bred donated \$2,000 to the Child Nutrition Network.



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



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