



CHILD NUTRITION NETWORK



| WINTER 2010 NEWSLETTER |

STUDENT NUTRITION PROGRAM IN ACTION: SCS BREAKFAST PROGRAM

The Simcoe Composite School Breakfast Program is up and running. Our most profitable fundraiser to date was held in the late summer when the Simcoe Masons held a roast beef dinner for us. Amanda Van Schyndel gave a short speech about the necessity of a Breakfast Program at SCS and the crowd gave generously as the homemade pies were auctioned off. The combined efforts of the Masons and the Breakfast committee, and the generosity of the diners, raised \$2,000.

Our fundraising efforts continue as the committee members and various students volunteer to perform parking at the Norfolk County Fair and coat check at the school dances. We have also sent letters out to various community groups who have been generous in their donations to this worthwhile cause.

The SCS Breakfast Program runs Tuesday, Wednesday and Thursday mornings from 8 - 9 a.m. We began the Tuesday after Thanksgiving with 20 students and as of December, we are averaging 40-50 students each day. Besides the regular choices of fruit, yogurt, cereal, toast and cheese, we offer a cooked breakfast on Thursdays consisting of either pancakes, poached eggs or porridge. As you can imagine, Thursdays are our busiest mornings. The students who come to our program come from all walks of life. We have a lot of regulars and are beginning to



Program Coordinators and Teacher Volunteers, left to right: Amanda VanSchyndel, Trish Misner, Marilyn Campbell and Natasha Grincevicius. Picture published in Norfolk Hub Dec. 2009

attract the after-morning-practice crowd.

One way we have been able to increase our students and volunteer participation is by writing a short article for our weekly school newsletter. We have also approached the local newspapers to write up stories, which put us even more in the public eye and generate numerous offers of help.

Another way that we have attracted stu-

dents to come and join us for breakfast is to have "celebrity" chefs. We started with our VP, Mr. Young, and having the football team flip pancakes was not only fun, but also introduced the breakfast program to many in the school who did not know it existed.

We are continuing to brainstorm fundraising ideas and ways to attract more students to come for breakfast in the New Year.

More than \$7,700 was raised from the Child Nutrition Network Amazing Pace 2009!

The 4th Annual Child Nutrition Network Amazing Pace 2009 took place on September 19th in Dunnville with all six Dunnville schools taking part. Each of the teams had a great time completing the challenges and moving from one checkpoint to the next. The funds raised will benefit the schools' Student Nutrition Programs.

Congratulations to the top two fundraising teams: *Kylie and Christine Frost, and Melanie and Matthew Ruigrok.*

For all the teams that participated, thank you for your support 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 Sponsor: Dunnville and District Credit Union, Ontario Power Generation and Scotiabank.

Silver Sponsors: Imperial Oil (Esso) and Subaru.

Bronze Sponsors: Innophos, and The Co-operators – Dunnville & Caledonia.

Donors: Haldimand-Norfolk Health Unit, Godfathers Pizza, Canadian Tire, Dell Pharmacy, Sobey's, Food Basis, Giant Tiger, Aramark, Freedom Oaks Golf Course, Dunnville Golf & Country Club, Dunnville Lioness Club, Royal Bank – Dunnville, Haldimand-Norfolk REACH (TAPP-C), Grand Island Bar-B-Q, Buckner's Source for Sports, Kwic Internet, Ruffins Pet Store, Canborough Firefighters Assoc., Sweet Retro-Spect, Merritt Dinning Room, Haldimand County (Fire Department), Charles Jones, Egger Truck & Machine Ltd., Sundrim Golf & Country Club, and Super Video.

Special thanks are also extended to the following businesses, establish-



1st place winners: Jennifer and Maggie Leriger

ments, and committed individuals who participated in the event: Haldimand County (Dunnville Fire Station), Sweet Retro-Spect, Grand Erie Garden Centre, Fairview Avenue Public School, Dunnville's Farmer's Market, Queen Street Paint & Décor Centre, Food Basics and Dunnville Central Public School.



Spark Together for Healthy Kids™ is the Heart and Stroke Foundation's response to the growing epidemic of childhood obesity. This is an Ontario-wide initiative helping to inspire individuals, families, communities, businesses and government to spark collective change to help children become more physically active and eat healthier foods.

Add your voice and let our government and other decision-makers know that you want change now. **Get more information and sign the Spark Promise to Our Children** at www.heartandstroke.ca/spark.

What can you do?

- Walk your children to school, the local grocery store and playground.
- Organize, volunteer or advocate for local community projects such as farmers' markets, community gardens and walking and biking trails.
- Contact your local MPP, city councillors and school board trustees about the issues you are concerned about, such as subsidized healthy food programs, more sidewalks and access to recreational programming.

Tell friends, neighbours and colleagues about why **Spark Together for Healthy Kids™** is important for the health of Ontario's children. Together we can ignite sustainable change for a brighter future for our children, one spark at a time.

Web Tracker and Online Reporting

Well you asked for it and we delivered! Regionally a web-based online reporting for student nutrition program was introduced in late September. More than 28 volunteers took part in a half-day training session provided by the CNN. Comments about the new form of reporting include:

.... "Is it ever easy?"

.... "So fast!"

.... "I wish all my reporting was that easy!"

Thank you to all the volunteers that log on to the site each month to enter their program data. We know that you would rather be feeding the children and interacting with them than doing paper work. Reporting is a necessary aspect of the program, so we can paint the picture and tell the accurate story for our community. Our data is always up to date and current, so at any time we can provide a potential funder or donor with the current facts for Haldimand & Norfolk Student Nutrition Programs.

Buying Local: Farm to School Program Comes to Dunnville

Farm to School programs are being created across North America and it makes sense to try it out in this farm-rich county. Discussions are underway with local growers, greenhouse operators and the Dunnville Farmers' Market to get local food into our student nutrition programs.

Why is it important to include local food?

1. Eating local means more for the local economy.
2. Locally grown produce is fresher.
3. Local food tastes better.
4. Locally grown fruits and vegetables have longer to ripen.
5. Eating local is better for our air quality.
6. Buying local foods keeps us in touch with the seasons.
7. Buying local has a story to tell.
8. Eating local food protects us from harmful food contaminants.
9. Local food translates to more variety.
10. Supporting local gives a reason for our farmers to keep farming and keep the green space alive.

Adapted from Eat Local Challenge Site www.eatlocalchallenge.com

How can you buy local?

- Check out one of the local farmers' markets.
- Build a relationship with a local farmer or greenhouse operator.
- Check with Haldimand and Norfolk counties to find farm-gate locations in your backyard..

Market Days and Times

| Farmers' Market Locations | Days of Operation | Times |
|-----------------------------|---|------------------|
| Caledonia | Thursdays Spring to October | 2 p.m. - 7 p.m. |
| Hagersville | Wednesdays | 7 a.m. - 1 p.m. |
| Port Dover Silver Lake | Saturdays | 8 a.m. - 1 p.m. |
| Simcoe Norfolk Fair Grounds | Thursdays | 9 a.m. - 4 p.m. |
| Dunnville | Tuesdays & Saturdays Spring until Christmas | 7 a.m. - 12 p.m. |

Label Reading Facts for Student Nutrition Programs

Always check the serving size and compare it to the serving size suggested in the Student Nutrition Program Nutrition Guidelines.

Look for products with: five grams of fat or less; two grams of saturated fat or less; trans fat free (0 g trans fat).

All products should have less than 480 mg of sodium.

Serve grain products with two grams of fibre or more.

Canned and dried fruit should have at least 15% DV of Vitamin A or 30% DV of Vitamin C.

Cheese and yogurt should have 15% DV of calcium or more. Puddings and processed cheese must have 5% DV or more.

Grain products and meat alternatives should have 5% DV of iron or more.

Nutrition Facts

Per 250 ml (1 cup)

| Amount | % Daily Value |
|----------------------------|----------------------|
| Calories 150 | |
| Fat 2.5g | 4% |
| Saturated Fat 1.5 g | 4% |
| + Trans Fat 0 g | 7% |
| Cholesterol 15 mg | |
| Sodium 210 mg | 9% |
| Carbohydrate 27 g | 9% |
| Fiber 2 g | 8% |
| Sugars 2 g | |
| Protein 7 g | |
| Vitamin A 15% | Vitamin C 30% |
| Calcium 25% | Iron 10% |

Ingredient List

- Lists ingredients by weight from most to least.
- Look for grain products with whole grain listed as the first ingredient.
- Helps to determine the presence of food allergens, e.g., peanuts.
- Do not buy foods that contain peanuts and other nuts.

For the complete selection requirements for each food category, please refer to your copy of Student Nutrition Program, Nutrition Guidelines, July 2008.

CONTRIBUTOR'S CORNER

A generous donation of \$10,000 was received from the **Haldimand Mayor's Golf Tournament** for Student Nutrition Programs in Haldimand. Special thanks to Mayor Trainer and Heather Flaherty who helped to make this donation possible.

The support from **Unilever (Good Humor-Breyers)** allows the Child Nutrition Network to donate \$5,000 to Student Nutrition Programs in Haldimand and Norfolk.

A special thanks to **Tim Hortons in Hagersville & Caledonia** for its generous donation of \$3,080 for the Smile Cookie Campaign.

Scotiabank, Simcoe and Sun Media Corp. (Simcoe Reformer) donated \$4,265 from their Ladies Night Out event to breakfast programs in Norfolk County. The Child Nutrition Network raised \$500 at a chipping contest at the **Scott and Wanda Salverda Golf Tournament**.

The Rotary Apple Program is running again this year. **Rotary Clubs of Simcoe, Delhi, Caledonia, Dunnville and Norfolk Sunrise** donated \$3,700 last year to help provide apples to participating Student Nutrition Programs.



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

Welcome!

Karen Allen is the Child Nutrition Network's part time Community Facilitator working with a number of Student Nutrition Programs in Haldimand County. Karen has several years volunteer experience as the Nutrition Program Coordinator with the Thompson Creek Elementary School.



Carrie Van Wynsberghe is a part-time Nutrition Program Assistant. Carrie worked as a volunteer at the Langton Public School for several years and now assists with the delivery of the Student Nutrition Programs at the Houghton and Langton schools.

Upcoming Workshops for Student Nutrition Program Volunteers

April / May 2010

Fun with Fundraising

October 2010

Menu Planning & Safe Food Handling

All Welcome!

Celebrating 10 Years! 1998-2008

CHILD NUTRITION
NETWORK



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