



# CHILD NUTRITION NETWORK



| FALL 2015 NEWSLETTER |

## Food & Logistics

The 2015-16 school year is off to a great start, and with it comes the hustle and bustle associated with keeping our Student Nutrition Programs filled with healthy and safe food. We are proud to announce that with funding provided by the Grocery Foundation and FirstOntario, CNN is able to provide weekly or bi-weekly delivery of milk to 1,400 students across the CNN region. CNN has worked closely with the lead agency to ensure that they are maximizing food funding by sourcing a very competitive price for this milk initiative.

Transporting food is an integral part in running a Student Nutrition Program. The Ministry of Child and Youth Services has offered the following guidelines when

transporting food for a Student Nutrition Program:

- As much as possible, food should be delivered directly to the SNP site.
- Transport vehicles should be clean and well-maintained.
- Perishable and refrigerated products must be kept cool during transit.
- Produce must be loaded and stored to minimize physical damage and risk of contamination.
- Food products and non-food items should be kept in separate areas of the vehicle.

By following these guidelines, we will be assured that the food we are serving our students is as safe as possible.

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## Feature Recipe



### Pumpkin Parfait

Layer pumpkin pie filling with vanilla yogurt and low fat granola.  
Use Greek yogurt for extra protein!

## CORPORATE VOLUNTEER SUPPORT



Right to Left: FirstOntario employee Karin Jackson (Blue Wave Volunteer) volunteering at the Jarvis Public School breakfast program, along with Joyce Cowan Community Volunteer.

"Our Blue Wave volunteers are a major component of our breakfast program here at Jarvis Public School. The consistency of their hours is a great asset to us." - Debbie Carroll School Secretary.

The Child Nutrition Network (CNN) would like to thank FirstOntario Credit Union for seeing the value in Employer Supported Volunteerism. This concept is based on the pillar of Corporate Social Responsibility, - as reported from Volunteer Canada 2010 - "*Building the Bridge to Employer-Supported Volunteers*". More and more companies are encouraging the employees to get involved in their community in a variety of ways.

We'd like to thank the 12 FirstOntario Blue Wave volunteers for the ongoing support over the last 2-3 years, for helping to support Bloomsburg breakfast program, West Lynn breakfast program, Jarvis breakfast program and J.L. Mitchener breakfast program.

## FUNDERS CORNER

The Child Nutrition Network would like to recognize the following funders:

- Ministry of Children and Youth Services
- FirstOntario
- Breakfast Club of Canada
- Breakfast for Learning
- Brian Mayhew Memorial - The network sincerely thanks the family of Brian Mayhew for the generous donations given in memory of Brian.

## School Fundraising

### St. Joseph's Separate School - Sim

The students: Annabelle Babbage, Kendall Mychaluk, and Emily Dikdan at St. Joseph's volunteered to help raise funds for their snack program at the school. During the open house held at the school each of the parents and students were asked to donate to the program by purchasing an apple. They were able to raise \$74.00 for the Student Nutrition Program.



Great job Tanya Mychaluk, program coordinator!

## SCHOOL PROFILE

# Breakfast Program at Turning Point – Port Dover



T.J. Whitney, student and Lynne Henson, staff member at T.P. Port Dover

The students at Turning Point – Port Dover are enjoying the breakfast program that has been running for the past two years. They like starting their day with a healthy meal in the morning and also have snacks or a hot bowl of soup later in the day. Lynne Henson, educational assistant at the school “feels that the students don’t come with food in their bellies and if they get a good breakfast they are able to concentrate more on their studies when in class.”

The program is averaging 10 students per day and breakfast/snack is available to everyone 3 days a week. Funding to start the program was provided through a grant from the Ontario Ministry of Children and Youth Services through the Child Nutrition Network.

Since the program began, local restaurants have been able to help with providing hot soup, chili and other healthy lunch items on the menu. T.J. Whitney, student, “Feels that having the program available to the students is great. Everything is very tasty and helps with allowing him to do a full day’s work.” His favorite is having pancakes, fruit and milk in the mornings.

## REGIONAL UPDATE

In addition to the creation of 7 new and/or enhanced local student nutrition programs within our community, the increased investment in Ontario’s Student Nutrition Program resulted in an annualized increase in food grants for existing programs and additional funding for community development coordinators.

In 2014/15, the Child Nutrition Network and Haldimand Norfolk REACH as Lead Agency leveraged over \$95,000 through special events, fundraising activities, donations, community and foundation grants to support additional food grants to programs.

2014 also marked the first year of a new partnership between H-N REACH and FirstOntario Credit Union that included a donation for food and volunteer engagement to support local Student Nutrition Programs in Haldimand Norfolk, Brant, Hamilton Niagara, Halton and Oxford.

As we begin the 2015 school year we will be working to build a new partnership with the Grocery Foundation while continuing to work with FirstOntario and our national funders, Breakfast for Learning, and Breakfast Club of Canada.

The centralized purchasing platform will be enhanced for 2015-16 to better track and monitor on-line food and product purchases by local programs.



## Hi Student Nutrition Programs!

**My name is Michelle Saraiva and I am a Public Health Dietitian with the Haldimand Norfolk Health Unit.**

I am so excited to be part of the Child Nutrition Network. I can help answer any questions you have about the nutrition guidelines for SNPs, label reading, menu planning, allergies or any other troubleshooting. You can phone or e-mail – I'd love to hear from you!

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### Power up the Protein

Protein is an important part of a healthy diet. Protein is a building block in every cell in your body! It helps build and repair tissues, is the main component of hair and nails and helps make blood, important hormones and enzymes in your body. Healthy sources of protein can sometimes be hard to incorporate into a student nutrition program menu. Here are some simple ideas to power up your menu with protein:

- Eggs (serve hard boiled, scrambled, in French toast, as egg salad in sandwiches or in a baked dish like quiche)
- Beans and legumes (serve in bean salad, as a dip, in a chilli or a quesadilla)
- Tuna (serve tuna salad in buns or crackers or as a tuna melt with cheese)

Tofu (serve as a pudding: process silken tofu with fresh apricots or any other fruit until smooth)

Cheese (serve cheese with crackers or fruit or as grilled cheese sandwich)

Yogurt (blend in a smoothie or serve as yogurt parfait)



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