



CHILD NUTRITION NETWORK



| FALL 2016 NEWSLETTER |

Regional Update

Grocery Foundation Partnership

The provincial partnership with the Grocery Foundation continues to grow. As a key funder to the Ontario Student Nutrition Program Network (OSNPN), support from the Foundation includes direct lead agency funding; the Grocery Foundation Vouchers program and their signature 'Toonies for Tummies' direct fundraising campaign in which proceeds from participating local grocery stores flow directly back to local communities. We are very pleased that the Foundation continues to provide support for student nutrition programs across the province and in our local region!

Provincial Program Review – Next Steps

The ministry has committed \$750,000 over the next three years to support the OSNPN in a capacity building project that focussed on the following key areas:

- Private Sector Partnerships
- Food and Logistics
- Program Resources and Supports
- Strategic and Operational planning

Working groups have been established and key milestones that will improve outcomes, identify efficiencies, and promote innovative partnerships have been identified. REACH is pleased

to be actively involved in the food and logistics, key partner and measurement work groups and is looking forward to providing ongoing updates throughout the year.

Food and Logistics

As you become more aware of the changing landscape of the revised Student Nutrition Program Nutrition Guidelines, you may have some additional questions about where you can source food for your nutrition program that meet the new criteria. Effective October 1st, all of the choices available on the Web Tracker ordering platform have been scrutinized by our team of local dietitians. Before a product is added to Web Tracker, it undergoes a rigorous evaluation from the team of four dietitians across the Hamilton Niagara region. The dietitians evaluate the products to ensure that the merchandise represents the healthiest food options as well as meeting the appropriate nutritional requirements. In addition, the lead agency has had the opportunity to review these items in order to ensure that the pricing is competitive when compared to the services provided. When ordering outside of the webtracker platform, your program runs the risk of serving foods that fall under the "Do Not Serve" category. We look forward to providing your Student Nutrition Program with additional options and services as you continue to find solutions for food procurement.



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School Fundraising

Creative Fundraising

When a restaurant closed inside a local mall, the locals were suddenly without their morning coffee and our very own Turning Point Simcoe and GELA Simcoe came up with a unique fundraising opportunity. These programs teamed up to provide coffee out of their learning centre for a small donation and in doing so were able to raise enough funds to cover the 15% of ministry funding each of their programs was expected to raise to help run their programs. Way to go!



The Great Big Crunch!

On Thursday October 20th, 2016, the Child Nutrition Network of Haldimand & Norfolk celebrated the Great Big Crunch with seventeen schools in Haldimand-Norfolk. This annual event brings local students together to focus on healthy eating and local food. The event ends with a synchronized bite into a local juicy crunchy fresh apple. Here in Haldimand-Norfolk, this is the best time of year to enjoy a healthy apple snack with such a variety of locally grown apples around us.

In Houghton Public School students were assembled in the gym, each with an apple in eager anticipation of being able to take that first bite. With apples raised in the air during the 10 second count down, that crunch was heard loud and clear throughout the school gym. A few minutes down the road at Langton Public School, 230 students gathered in their gym for a countdown and a synchronized crunch. Mayor Charlie Luke, former principal of the school joined the students to take a bite during the celebration. Langton students also enjoyed a short educational video that highlighted the many varieties of apples we are able to grow and enjoy in Norfolk.



The Child Nutrition Network would like to thank Norfolk Dental Hygiene for their donation of \$550.00 that was raised from Norfolk Women's Health and Wellness Conference on June 11th, 2016.



Picture - Carrie VanWynsberghe, Sharon Smyth, and Karyn Steinhoff

CNN NETWORK KICK OFF

The Child Nutrition Network Kick Off workshops were held on September 13th in South Cayuga and September 15th in Simcoe. Courtney-Brooke Laurie, RD Public Health Dietitian discussed the revised Student Nutrition Program Nutrition Guidelines that were released by the Ministry of Children and Youth Services this fall. Although hard copies were not yet available, Courtney-Brooke highlighted the key differences contained in the new guidelines. Ian Stoddart, Regional Food and Logistic coordinator talked about the new centralized food supplier (Ontario Student Nutrition Services), and schools had an opportunity to sign up for the Farm to School initiative and the Great Big Crunch event. Program volunteers were also encouraged to book their 2016 site assessments and were given the opportunity to donate a gift basket to the upcoming Country Breakfast which is the network's signature fundraising event, scheduled for April 27th 2017.

Arlene Everets, Regional Student Nutrition Program Supervisor, discussed a recent web tracker upgrade which will involve uploading a program's monthly financial statement and tracking key data elements. These enhancements will result in greater transparency and financial accountability. There has also been a YouTube video which has been developed to train new users of the web tracker data base.

Sharon Smyth, local Community Facilitator for the Child Nutrition Network presented a cheque to Jenn Kelly and Sharon Shipstone on behalf of the Grocery Foundation. Both volunteers were recognized for their dedication to their breakfast program at St. Stephen's Separate School in Cayuga. Sharon also recognized Dave and Shirley Montross, volunteers at West Lynn Public School snack program with a similar donation from the Grocery Foundation. The donations will be used to purchase equipment to support their student nutrition programs.

Also, noteworthy are Langton and Courtland Public Schools which both received \$500 in gift cards from Breakfast Club of Canada (BCC) as a result of their participation in the Cerebral Box Project, sponsored by BCC.

Program volunteers were also provided with information about two unique fundraising opportunities. These included a provincial initiative called 'Fresh from the Farm' and the Metro Green Apple grant.



Feature Recipe



Broccoli & Cheddar Mini Quiches

Try these savory broccoli and cheddar mini quiches that are bound to be a hit with the students. These little quiches pack a powerful protein punch and each provides half a serving from the Fruit and Vegetable food group. Serve with a piece of fruit for a nutritious meal. Try using different vegetables based on what's in season to keep things interesting. Bonus: These can be made ahead of time and refrigerated or frozen for later use!

Ingredients

1.5 L (6 cups) broccoli, washed and chopped into florets
1.25 L (5 cups) milk (skim, 1%, or 2%)
750 mL (3 cups) cheddar cheese, grated
5 mL (1 tsp) black pepper

Directions

1. Turn on oven to 350°F (190°C).
2. Grease 24 muffin cups and set aside.
3. While oven pre-heats, fill a large saucepan with 1 inch of water. Insert steam basket and place broccoli in steamer basket. Cover pot and turn heat to high. Let cook 5-6 minutes or until broccoli is tender.
4. In a medium bowl, whisk together milk and eggs.
5. Stir in grated cheese and pepper. Add cooked broccoli.
6. Ladle egg mixture into prepared muffin cups.
7. Bake about 20 minutes. Eggs are cooked when internal temperature reaches 165°F (74°C).

This recipe was designed to meet the revised 2016 Student Nutrition Program Guidelines. For additional recipes and inspiration visit : www.brightbites.ca/badge/rise-and-shine/

The New SNP Nutrition Guidelines

The Student Nutrition Program (SNP) guidelines have been revised to help schools provide nutritious breakfasts, morning meals, lunches and/or snacks to children and youth to support their learning and development.

What's new in the revised 2016 SNP guidelines?

- Updated to make them easier to read and implement.
- Specific nutrition criteria (i.e. Vitamin A, Iron) have been removed
- Food tables are now simplified into two categories: Serve and Do Not Serve
- More emphasis on whole foods
- Additional sample menus to help with planning and recipe selection.



A summary of the revised 2016 SNP guidelines is provided in the box below to highlight some of the changes made based on each food group from Canada's Food Guide. Look for the "Good to Know!" boxes throughout the guidelines for extra tidbits of information to help you choose the best foods to serve. For full details on the revised guidelines be sure to check out the Student Nutrition Program Nutrition Guidelines book and accompanying Quick Reference Pocket guide. These resources are available online at: www.children.gov.on.ca/htdocs/English/documents/studentnutrition/SNP-nutrition-guidelines-2016.pdf

Connect with **Courtney-Brooke Laurie, Registered Dietitian** if you have specific questions on how to choose foods that meet the criteria or for help with recipes and menu plans.

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Fruits & Vegetables:

- Serve whole fruit and vegetables as much as possible.
- Fresh, frozen, canned (drained to reduce sugar) and dried vegetables and fruit can be served.
- One serving from the Fruit and Vegetable food group should be offered at each snack/meal.
- Limit 100% fruit juice to a ½ cup per student per week due to it's high sugar content.

Grain Products

- Serve if whole grain, whole wheat or bran is first on the ingredient list.
- Serve whole grain granola bars, cereals, and baked goods with 8 grams of sugar or less per 30 gram serving.

Milk & Alternatives

- Milk fat criteria have been removed. Serve plain skim, 1%, 2%, or 3.25% cow's milk.
- Limit flavoured milk (i.e.: chocolate milk) to one cup per student per week due to added sugar.

Meat & Alternatives

- Do not serve deli meats or prepared cured meats (i.e. wieners, hot dogs, pepperette meat sticks). These changes have been made as these foods are generally prepared with nitrates and nitrites, which have been linked to increasing risk of developing cancer.



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