



CHILD NUTRITION NETWORK



| FALL 2013 NEWSLETTER |

The Hungry Hurricane Breakfast Program

The Hungry Hurricane is a new breakfast program offered to all students at Hagersville Secondary School. This program which promotes healthy eating started in March and offers the students a variety of nutritious food and beverage choices for breakfast.

The Hurricane BISTRO program prepares the breakfast in the Foods Room with the guidance of Ms. Compton. We begin our morning between 8:20 am and 8:50 am with the help of volunteer educational assistants. Volunteer hours are also available for those students who are interested in helping.

On the first day of the program we served 26 students. Each day the program grows as students realize a good breakfast helps to kick start their day. On average 50 students have a quality breakfast daily.

It has been a positive and successful launch where the students can only benefit. It is proven that your body and your brain need food. So by eating the right foods, it can only help students concentrate and give them added strength to get through the school day.

“Since last March the Hungry Hurricane breakfast program has been a great way for the students of Hagersville Secondary School to have breakfast at



no cost. We feel that breakfast is the most important meal of the day and many of us for reasons such as early morning practices or simply not having food at home, do not make time to eat in the morning. This program provides the students with a wide variety of choices such as fresh fruit, milk, or juice to daily specials like French toast and cheese quesadillas. Overall it is a great way for the students to start the day with the nutritious breakfast they need.”- Jessica Cotton, Kerry Jones, Bailey McCully

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2nd Annual Haldimand Spaghetti Dinner and Skate

It was more like spring outside, but inside people laced up their skates and hit the ice. After a good workout, they joined in for a delicious meal, penny sale table and good fun. All this happened at the Dunnville Memorial Arena on Tuesday October 29th.

Staff, students and volunteers from the 9 school nutrition programs involved in this event helped to cook up pasta and sauce, prep salad and plate dessert, then served it all up to a crowd of hungry supporters. Flyers Café created the sauce and desserts consisting of apple, carrot and banana cakes. Giant Tiger, who generously donated the pasta, salad dressing and butter for the event, also delighted many children and adults alike when they had the GT Tiger come and visit during dinner!

Rolls were from Wergers Deli, sponsored by Haldimand County Staff, tea and coffee courtesy of Lennox Stairs Inc., and Scotia Bank Caledonia offered to match all first sitting sales during the event.

All the schools and many local businesses provided the amazing prizes for the Penny Sale table. Students from Thompson Creek Elementary School created the thank you posters that adorned the walls.

A huge thanks goes out to all who helped before, during and after the event. It was the dedication of many that accomplished making the night such a big success!



Rotary Apple Program: Moving Forward

The Rotary Apple Program has been running for the past 6 years with the help from the 5 Rotary clubs of Haldimand and Norfolk. This year we are hoping to expand the program to make it a component of the Farm to School Initiative and keep providing apples to each of the students. Further follow up with be happening this fall with the 5 clubs in the area.

CNN Volunteer Appreciation Event 2013

This year volunteers made their own thank you cards. Janice French from Stampin' Up gave a demonstration on the art of making cards, and then everyone was free to stamp up and make one or two cards. Fun was had by all! Check out her website at www.stampinup.net/esuite/home/justjaye/.

It was a beautiful day for a group photo, thanks to the photographer from Life touch Canada Photography they dropped by and set us all up for a staff photo and coordinators photo. This help to celebrate 15 years of support for the Child Nutrition Network. .

Watch for this year's Volunteer Appreciation event on May 29, 2014, I'm sure everyone will take time for a cup of tea! Get ready for Steeped TEA! Once again, on behalf of Child Nutrition Network- we thank you for the endless support each of you provides to your local school and / or community student nutrition program.

FARM TO SCHOOL

Farm to School Taking the Next Step... This year at our kick off events, CNN was able to present each program with a cheque for \$100.00 to spend locally. This funding was made possible from a grant we received from OPG--- helping our Farm to School program take the next step.

We have heard from many of the student nutrition coordinators about what they purchased for \$100.00. We look forward to hearing from everyone, Nov. 6th, 2013 we'll send out a link for a Survey Monkey- for feedback on shopping locally. We'll share our results in our next newsletter. Stay tuned.



CONTRIBUTOR'S CORNER

Special thanks to all our Donors!

The Child Nutrition Network is pleased to recognize the following contributors:

Pioneer Hi-Bred

CNN recently received a \$3,500 donation from Pioneer Hi-Bred. Many thanks to Dorothy Richardson for help in facilitating this grant.

Breakfast Clubs of Canada

As part of CNN's ongoing partnership with Breakfast Clubs of Canada, the first installment of the network's 2013-14 funding has been received. The first installment of \$12,000 will support 15 local programs.

Ontario Power Generation

As part of our Farm to School expansion, the network recently received a generous \$6,000 donation from Ontario Power Generation (OPG). OPG has been a frequent supporter of local student nutrition programs and this latest donation will support each program receiving an additional \$100 to purchase locally produced healthy foods.

Regional Student Nutrition Program Update***New Funding Announcement from the Ministry of Children and Youth Services!***

On October 1st, the province announced a funding expansion to the provincial student nutrition program. An additional 3 million investment will support the creation of 200 new breakfast and morning meal programs for approximately 33,000 in higher-needs communities, including First Nation communities. In addition to the funding for new programs, the Ministry has also announced the creation of a new lead agency staff position. This Food and Logistics coordinator will work at building stronger partnerships with local businesses and food distribution networks to develop more efficient channels to purchase, transport and store food.

Web tracker Update

The on line site assessment platform has recently been updated. The revised platform contains a rubric which will provide a more focussed assessment of each program's progress within the six quality indicators. Each program will have at least one site assessment completed during the 2013-14 school year. Follow up appointments may be scheduled to provide additional information or support.

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



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