



CHILD NUTRITION NETWORK



| SPRING 2017 NEWSLETTER |

St. Stephen's Rise and Shine with Metro Green Apple Grant

Student Nutrition Programs (SNPs) are a great way to provide students with nutritious food to fuel their minds and bodies, and St. Stephen's school in Cayuga has taken it one step further! With the help of the Metro Green Apple Grant, a team of parent volunteers were able to involve students in all aspects of the program and help others learn what the SNP has to offer.

With the support of Registered Dietitian, Courtney-Brooke Laurie from the Haldimand-Norfolk Health unit, students attended a presentation to learn about healthy eating, whole foods and how to prepare a balanced snack. Each classroom was then tasked to develop a breakfast recipe to meet the SNP guidelines and to create a shopping list for their ingredients. Under the guidance of the breakfast program volunteers, students were able to gain hands on experience in the kitchen and had the opportunity to prepare their recipes for the whole school to sample. Plans are in the works to combine all the classroom recipes into a Crusader's Cookbook for students so they may share and re-create their favourite recipes at home.

To learn more about the Metro Green Apple Grant visit www.greenapple.metro.ca
Kudos to the dedicated team of volunteers, teachers, and principal at St. Stephen's for all your efforts!



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Grocery Shopping Tips for Your Student Nutrition Program

A big part of running a successful Student Nutrition Program is making sure the food gets to your students in a safe and efficient fashion. When purchasing food directly from a grocery store, follow these tips to help you maximize your funds and provide safe high quality food for your program.

- Plan menus in advance. This will help ensure that foods meet the SNP Nutritional Guidelines, make use of the menu planning checklist found in Section 9 of the Student Nutrition Program Nutrition Guidelines 2016.
- Make a list of materials to buy and cross reference with an inventory of materials already on hand.
- Check online and store flyers for sales, coupons and specials. Use price matching when possible to reduce travelling from store to store.
- When possible choose fruits and vegetables that are in season. When these become more expensive, check the Nutrition Guidelines for options for frozen and canned vegetables which are also nutritious choices.
- Check to ensure cans are labeled with clear identification of lot # and expiry or best before dates. Avoid cans or packaging that shows signs of mishandling, rust or dents.
- When using re-usable grocery bags or containers clean and sanitize them on a regular basis.
- Keep raw food in separate containers from cooked or ready to eat foods.
- Transport food in a clean, pet free vehicle and separate from contaminants such as washer fluid and other toxic and poisonous substances.
- Shop for cold and frozen foods last.
- Keep perishable foods cold during transportation using a cooler and thermometer.

Follow these tips to ensure that your program is running as proficiently and safely as possible. For more tips and advice please refer to the Student Nutrition Program Nutrition Guidelines 2016 provided by the Ministry of Children and Youth Services.

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! We were recently informed that the 2017 funding from the Grocery Foundation will provide the Child Nutrition Network with just over \$7,600 in food funding and a \$1,000 in infrastructure funding. We will be working closely with the Grocery Foundation in the upcoming months to confirm the programs approved for participation in the voucher program for the 2017-18 school year.

Provincial Program Review – Highlights of Year One

- A new name, logo and web site for the Provincial Student Nutrition Program was officially launched on April 19th. Go to www.studentnutritionontario.ca to have a look!
- A manual of common student nutrition program resources was developed.
- A provincial orientation package and work plan for effective food procurement practices was developed.

Although not directly connected to the provincial review, the Student Nutrition Program Nutrition Guidelines were updated (September 2016) and all programs will be moving to develop menus that reflect the 'refreshed' guidelines.

The Ministry of Children and Youth Services has committed \$250,000 in funding support for Year Two of the provincial capacity building project. The main priorities will be to enhance program data collection and performance measurement practices; develop key performance indicators for food and logistics activities across the province; and continue to build provincial and regional partnerships. Pilot projects utilizing the new data elements are scheduled for fall 2017. The ministry is also currently working to draft a 'refreshed' set of program guidelines which are set to be released for feedback in July 2017.



THE 6TH ANNUAL COUNTRY BREAKFAST



Our 6th Annual Country Breakfast started very early on the morning of April 27th but guests were treated with the best weather ever! We even had time to do some outside pictures and mingle on the back deck after the breakfast.

Our guests began to arrive at 7:00AM to get a good seat and peruse the 33 baskets that we had for the Penny Sale. Thank you to all the schools that donated a basket! They are always so well done. Thank you also to our CNN members that prepared breakfast and Mrs. VanSchyndel and her three student volunteers for making the blueberry waffle topping and for getting all the tables cleared and dishes done. This year, we also had Kathy Egger, program coordinator from Thompson Creek Elementary School, give us a quick overview on how their daily morning meal program operates. They have 370 students, 13 volunteers and love the Farm 2 School program! A big thank you to all of our dedicated volunteers!



Our guest speaker this year was Brett Schuyler from Schuyler Farms. Brett had a slide show presentation where he informed us of the various types of farming they do at their farm between Simcoe and Waterford. They have a sour cherry orchard, an apple orchard, grow cash crops, and raise sheep. We were entertained by Brett as he informed us of some ins and outs of raising sheep and were also able to enjoy his wife Carrie's beautiful farm pictures. He shared how Carrie and their herding dog will move sheep between pastures using the road which provides many photo ops for passersby.

We would especially like to thank Jeff Schaus from Scotiabank for their generous donation of \$3,450; Cargill in Waterford for their donation of \$2,500; and the Simcoe and District Real Estate Board for their donation of \$1,000. We are pleased to say that through the generosity of all of our supporters, we made a record \$11 418 at this year's breakfast that will be used towards to support the Farm 2 School Program.

We would also like to say a special thank you to Tracey and Shelly Boerkamp for once again allowing us to use their lovely club house for our Country Breakfast!

FUNDERS CORNER

The Child Nutrition Network is pleased to announce their new donor: Cargill – Waterford. A donation of \$2500.00 was given to the Country Breakfast this year in support of the Farm to School Program in Haldimand and Norfolk



In the picture: Laura Mahon, Customer Service Coordinator - Cargill, Sharon Smyth, Community Facilitator - CNN, and Carly Hansen, Customer Service Administrator – Cargill.

Feature Recipe

Tutti-Frutti
Pita Pizza

A fun, healthy and colourful way to start the day! This recipe includes ingredients from 3 of the 4 food groups and can be easily customized using your favourite fruits.

Ingredients

- 30 small whole grain breakfast rounds/pita
- 250g container Cream cheese, low fat
- 750g vanilla Greek yogurt
- 4 Bananas, sliced
- 2 cups Strawberries, sliced
- 1 cup blueberries
- 1 cup raspberries

Directions

1. Wash berries under cold running water.
2. Hull strawberries slice and set aside in a small bowl.
3. Peel and thinly slice banana. Set aside in a small bowl.
4. Use a hand mixer to combine cream cheese and yogurt. Beat on medium speed until light and fluffy.
5. Spread 2 tablespoons yogurt mixture ('sauce') on each pita or breakfast round
6. Top with berries and sliced banana.
7. Serve with small carton of milk and enjoy!

This recipe was designed by the grade 1/2 students at St. Stephen's school in Cayuga to meet the revised 2016 Student Nutrition Program Guidelines.

For additional recipes and inspiration visit: <http://brightbites.ca/badge/rise-and-shine>.

Did you know...?

Did you know "multigrain" does not mean that a product is whole grain? Multigrain products may not be 100% whole grain and may contain mostly refined white flour.

Refined grains have most of the bran and some of the germ removed, resulting in losses of fiber, B vitamins, vitamin E, trace minerals, unsaturated fat, and phytochemicals. Compared to refined grains, most whole grains provide more protein, fiber and other nutrients, including calcium, magnesium, and potassium, in addition to phytochemicals.

To ensure the products you offer are whole grain, look for the following words on an ingredient list; whole grain whole wheat, cracked wheat, wheat berries, whole grain rye, barley, wild or whole grain brown rice, bulgur, whole oats, rolled oats, whole grain couscous, flaxseed, kamut, amaranth, millet, quinoa, sorghum, spelt, buckwheat, corn, corn meal and whole triticale.



For recipe inspiration or questions about the SNP nutrition guidelines contact

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