Regional Student Nutrition Program Update May 2016

Ministry Program Review
As Lead Agency for the Hamilton Niagara region Haldimand Norfolk REACH (REACH) recently received the Ontario Student Nutrition Program review completed by Deloitte professional services. As we learn more about the report’s recommendations and the ministry response, we look forward to sharing with all local service providers in Haldimand Norfolk, Brantford, Niagara and Hamilton any opportunities to improve local program delivery, increase collaboration and partnerships and support volunteer engagement, training and retention.

Student Nutrition Program 2016-17 Survey
Many thanks to everyone who participated in the annual student nutrition program survey. We had a 64% response rate this year. The need for new volunteers was identified as a key barrier to sustaining programs. The input received will assist our planning processes and help to shape our workshops, and support provided for the next program year.

Grant Renewal Process for 2016-17
The online grant renewal platform will be opened for all current programs on June 8th. Programs will need to have their May data inputted into web tracker by June 1st. Sharon Smyth and Carrie VanWynsberge will be able to provide hands on assistance with the renewal process.

Regional Funding
2016-17 Ministry Funding
We are currently in the process of reviewing program operation across all service provider communities and will be sharing funding information for the 2016-17 school year over the next few months.

FirstOntario
We are pleased to announce that FirstOntario Credit Union recently confirmed their commitment to invest an additional $250,000 to support the regional Student Nutrition Program within their geographic footprint which includes Haldimand-Norfolk, Brant, Niagara, Hamilton, Oxford and Halton. In addition to this cash contribution programs will also benefit from FirstOntario’s Blue Wave employee volunteer team who work across these communities to help deliver healthy breakfast and snacks to ensure students are well nourished and ready to learn. With this additional investment, FirstOntario has contributed a total of $750,000 in support. On April 11, 2016 FirstOntario held a media announcement event at St. Joseph’s school in Hamilton featuring Harlem Globetrotter Buckets Blake with a message to promote the need for physical activity and good nutrition for school age children. In Haldimand Norfolk we are fortunate to be connected with two FirstOntario branches that are very involved with some local breakfast programs. Simcoe Branch staff can be seen serving up a breakfast at Jarvis public School and West Lynn Public school a couple of mornings a week. FirstOntario staff from the Cayuga branch starts their mornings one day per week at J.L. Mitchener Public School prepping and serving at the breakfast program. The Child Nutrition Network will receive $18,735 in direct program support and for volunteer training and engagement activities.

Thank you FirstOntario for your continued support, looking forward to new volunteer opportunities for the 2016-17 school years!

Ontario Student Nutrition Program Network
Over the past few years with the assistance of the Ontario Student Nutrition Program Network, a number of provincial vendors and foundations have provided funding to lead agencies to support local student nutrition programs across the province. This ‘one stop shop’ approach for liaising, negotiating and stewarding partners has resulted in strengthened relationships and increased partner funding. We are pleased to report that REACH has recently received funding from the Grocery Foundation of Ontario and the Egg Farmers of Ontario. Discussions with members of the management consortium will assist in developing an allocation process to disperse these funds equitably to all service providers.
Locally Leveraged Financial Contributions

Full Bellies! Full Minds!

The Child Nutrition Network (CNN) is pleased to announce that they have received $5,000 in funding from the DuPont Pioneer Full Bellies! Full Minds! Community Investment Fund. These funds will support the network’s Farm 2 School program which provides fresh local fruits and vegetables to over 40 local Student Nutrition Programs across Haldimand and Norfolk.

The Child Nutrition Network is also fortunate to have many local business and community groups that continue to provide funding support to local nutrition programs across Haldimand and Norfolk. Contributions were received by the Child Nutrition Network from the following businesses, foundations and community groups within Haldimand and Norfolk counties.

The Ron and Nancy Clark Foundation
Scotia Bank, Simcoe and Port Dover
Rotary Club of Dunnville
Rotary Club of Caledonia
Rotary Club of Delhi
Simcoe Real Estate Board
Rotary Club of Norfolk Sunrise
Tim Horton’s Smile Cookie Campaign (Hagersville and Caledonia Stores)

Caption: A $5,000 cheque was received by the Child Nutrition Network from local DuPont Pioneer representatives as part of their Full Bellies! Full Minds! Community Investment Fund

Child Nutrition Network Participates in the Great Big Crunch

The Great Big Crunch, an annual moment of anti-silence where everyone gets together and bites into crunchy fresh local produce in unison. The Child Nutrition Network decided they wanted to be a part of this celebration this year. There is not a better way of enjoying a healthy snack like an apple than with your fellow classmates or staff then doing it with a locally grown product from Norfolk County.

There were thirteen Haldimand-Norfolk schools participating on March 10th in the Great Big Crunch. Some of the events included presentations from local Norfolk Fruit Grower Association employees on what happens to an apple once it gets into storage, presentation from a teacher that did a field trip to an apple orchard, a short speech on apples, a student presentation all about apples, presentation and discussions of apples and general nutrition from some of Haldimand-Norfolk Health Unit Team, to name a few wonderful ideas that came from ways to promote healthy eating in the schools.

Child Nutrition Network has been providing apples to over 40 Student Nutrition Programs this year through the Farm to School Program. A total of over 100,000 apples have been eaten by students in Haldimand and Norfolk this school year.

Caption: From left to right: Carrie Van Wynsberge, Hayden Dooney, Connor Dooney, Mayor Luke, Kyla Donney and Amanda Donney celebrating the Great Big Crunch event at West Lynn Public School.
Dear Nutrition Program Volunteers,

We are so grateful for the time and effort you have put into making your nutrition program successful this year! You have many other commitments and we really appreciate your taking the time to create menus, complete Webtracker, grocery shop, recruit volunteers and fundraise for your nutrition program! We couldn't do it without your help. We look forward to working with you in the fall!

Volunteers do not necessarily have the time; they just have the heart. – Elizabeth Andrew –

Thanks again!

Farmer’s Markets

As we enter another spring season we are reminded of the wealth of fresh and healthy food choices we have in our communities. There is a great sense of pride in serving locally grown food to the students in our Nutrition Programs. When buying directly from a farmer, you are engaging in a longstanding connection between eaters and growers. Knowing farmers gives insight into the connections between seasons, weather, the land and the food you eat.

Some of the local markets where you can meet some local farmers are:

- Caledonia Farmers’ Market: Thursday 3:00pm-7:00pm
- Dunnville Farmers’ Market: Tuesday & Saturday 7:00am-12:00pm
- Port Rowan Farmers’ Market: Friday 3:00pm- 7:00pm
- Simcoe Farmers’ Market: Thursday 9:00am-4:00pm

For a complete list of markets please visit the Farmer’s Market of Ontario website at farmersmarketsontario.com

When purchasing food for your Student Nutrition Program at a local market we ask that you inform the Food and Logistics Coordinator (istoddart@hnreach.on.ca) of any farmer you are considering purchasing from. With this information, the Food and Logistics Coordinator can schedule an appointment with the farmer to ensure that their on farm practices are in accordance with the standards for Student Nutrition Programs. By following these steps we can be assured that we continue to provide safe and healthy food to our students.

5th Annual Country Breakfast

While most of Haldimand and Norfolk County was still asleep, the Child Nutrition Network and their team of volunteers were waking up to a beautiful sunrise, driving to Springview Farm Golf Course and preparing breakfast for our sold out crowd at our 5th Annual Country Breakfast.

Before long, our guests began to arrive. There was the usual line up for penny sale tickets, browsing to see what gift basket(s) we hoped to take home, and lots of networking/catching up with other programs, principals, farmers, mayors, etc. Meanwhile, back in the kitchen, we had our faithful volunteers from both Holy Trinity Catholic High School and Simcoe Composite School, as well as our CNN volunteers busy finishing up our breakfast of omelettes, waffles, ham, English muffins, fruit salad, and sweet potato muffins which was served at 7:30.

This year, we were doubly blessed as our speaker, Rob Lamothe, is a speaker as well as a musician and he shared a song before and after he spoke to us about various projects he works with in Haldimand and Norfolk. Rob talked about his years working at the Dunnville Youth Employment Centre and running the Emergency Housing Program for Haldimand and Norfolk and the struggles and difficulties that youth have to deal with. “It was a great pleasure to have him attend the event this year” said Sharon Smyth, Child Nutrition Network.

We would especially like to thank Jeff Schaus and Melanie Watts from Scotiabank for their generous donation of $2,086.00. We are pleased to say that through the generosity of all of our supporters, we made $6,689.37 this year to be used towards our 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 space for our Country Breakfast!
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!

T: (519) 426-6170 or (905) 318-6623 Ext. 3237  
michelle.saraiva@hnhu.org

The Four Most Common Questions about Sugar Answered!

Is honey, brown sugar or agave healthier than white sugar?

No. Sugar is Sugar. All sugars are digested and processed in the body in the same way. Beware of marketing tactics that claim foods to be “sweetened naturally.” Added sugar, no matter the source, should be limited.

What about artificial sweeteners?

In Canada, artificial sweeteners added to foods must be well studied and approved as safe. While they do not cause harm in children, it is recommended that children do not regularly eat foods or beverages with artificial sweeteners as they can replace other more nutritious foods.

How much sugar can I have in a day?

The Heart and Stroke Foundation recommends that adults and children have no more than 10% of their daily calories from added sugars and sugars found in fruit juice. For a child 7-13 years this would translate to no more than 10 teaspoons or 40 grams of sugar per day. To put this in perspective, just one can of iced tea may contain 10 teaspoons of sugar.

How do I know if a food has added sugar?

The best way to find out if a food has added sugar is by reading the ingredient list. Ingredients are listed in order of most to least. There are many names for added sugar, such as: syrup, glucose, fructose, high-fructose corn syrup, molasses, honey, cane sugar, nectar, agave, etc. Try to find foods where sugar is listed farther down in the list.

Introducing the new resource “Recipe for Student Nutrition Programs”

This recipe book was designed specifically for Student Nutrition Programs. It includes a handy recipe and menu planning checklist, sample menus for both meal and snack programs and 25 tasty recipes especially crafted for SNP’s. To download a copy go to: http://brightbites.ca/badge/rise-and-shine/ or e-mail: michelle.saraiva@hnhu.org to get a paper copy.