

Issue 13 / 2019



An Apple a Day

Inside this Issue:

- 11th Annual Student Benefit Auction: Coast to Coast
- Nutrition Spotlight: Healthy Eating Habits: Where do Student Nutrition Programs Fit In?
- Program in Action: Nicholson Catholic College
- Program in Action: Quinte West Youth Centre
- Community Breakfast
- Program in Action: Coe Hill Public School
- Smile Cookie Campaign Supports Food for Learning!
- Thank You for helping us Take a Bite out of Hunger
- How you can Help!

Student Benefit Auction: Coast to Coast

The 11th Annual Student Benefit Auction raised over \$17,000 to help support local student nutrition programs! Thank you to all who were in attendance! The proceeds of the annual auction directly benefit the purchase of food, supplies and equipment for our programs. Every day, students in our community depend on Food for Learning's breakfast, lunch and snack programs to learn and succeed.

Over 100 silent auction items were available to bid on! There was something for everyone's tastes and budget – auction items included many unique themed gift baskets, art, restaurant bundles, party packages, dental care certificates, gift cards and so much more. As well, secondary school culinary students' talents were showcased as they prepared and served fresh gourmet hors d'oeuvres!

Many thanks to the sponsors of this event: Market High Advertising, Cool 100, 95.5 Hits FM and IN Quinte.CA, Freshco Belleville, Sysco Central Ontario, Findlay Foods, J&P Leveque Bros. Haulage Ltd., Donini Chocolate, Alpha Delta Kappa Ontario Lambda Chapter, Vision Transportation, Whitely Insurance and Lafferty's.



Nutrition Spotlight:

Healthy Eating Habits: Where do Student Nutrition Programs Fit In?

By: Jennine Seaman, MHSc, RD, Hastings Prince Edward Public Health



Healthy eating habits start early. Kids who learn to eat well and enjoy healthy eating carry those habits into the future, making them more likely to be healthy adults.

Healthy eating is a pattern over time. It includes a variety of foods that help us feel good and be healthy. While all foods can fit into this pattern, eating nutritious food more often and in larger amounts gives children and youth the energy they need to learn, play, and grow.

Healthy eating habits include the ability to enjoy a variety of foods, feeling good about food and eating, being willing to try new foods, and listening to the body's hunger and fullness cues. Student Nutrition Programs can help children and youth to develop these habits. As part of the

"hidden" curriculum during the school day, student nutrition programs can reinforce the messages about healthy eating that kids learn in the classroom.

Here are just some of the ways student nutrition programs support healthy eating habits:

Food preferences and attitudes – It can take 10 or more tries before a child will accept a new food. Repeated exposure to a food in an environment free from adult pressure allows them to explore and learn to like a food on their own terms. Smelling, licking, and tasting a food are all a part of this process.

Access – Student nutrition programs are universal, allowing all children and youth to access healthy, free food during the school day. This can level the playing field for those who may not have regular access to nutritious food at home.

Positive meal and snack times – Student nutrition programs may be the only exposure that some students have to eating in a welcoming environment. Sit-down style programs allow students to connect with others over food, which can help to build social skills.

"Positive" peer pressure – While pressure from adults to eat can make children less likely to eat certain foods, students who see their classmates choosing and enjoying nutritious foods are more likely to try these foods themselves.

Role modeling – Student nutrition programs are a great opportunity for adults to role model positive attitudes toward healthy eating and enjoying nutritious food.

Making nutritious food fun – Making food into shapes, holding contests, hosting theme days, or celebrating holidays are just some of the ways that programs can promote nutritious food and make it exciting for students.

Student nutrition programs do more than just fill up hungry stomachs at school – they can help children and youth develop healthy eating habits that last for life.

Source: Health Canada

"I like the friendly atmosphere and when I get to school I can come right down to breakfast club."
Grade 7 student

"I love coming to school for Breakfast. The eggs give me so much energy. Cheryl and Marcie are so nice. It makes school feel safe."

Grade 4 student

Program in Action: Nicholson Catholic College

Submitted by: Jennifer Connor Program Coordinator

Everyday our Nicholson students prepare snack baskets containing items such as, fresh fruit, hot-air popped popcorn, trail mix and freshly-baked mini-muffins. They place the baskets at busy centers all around the school. Thanks to their dedication, our snack program runs smoothly and all students have the opportunity to grab a healthy snack.



"I am always hungry and don't have a lot of food at home (lots of siblings)"

Grade 2 student

Program in Action: Quinte West Youth Centre

Submitted by: Jessica Coolen Program Coordinator

The Quinte West Youth Centre is extremely grateful for the support from Food for Learning. Over the past couple of years, Food for Learning has been supporting our organization and our members by providing the youth centre with a variety of opportunities to be nutritious as well as have variety of foods available for our members. By having Food for Learning within our centre, we are given the opportunity to teach youth about the importance of healthy eating by providing healthy snacks and dinner each night we are open. Without Food for Learning, our members may not have the same access to healthy food like they do currently. Quinte West Youth Centre staff and members are beyond grateful for the support of Food for Learning.



Community Breakfasts

Multiple studies have shown a nutritious breakfast is essential to fuel young minds and contributes to students reaching their full potential. As a way to welcome everyone back to school, Food for Learning provided community breakfasts to reinforce the benefits of eating healthy foods while providing a sense of belonging.

Seven schools hosted events and the gymnasiums were filled with everyone from parents, siblings, extended family, staff members, Food for Learning committee members, and volunteers who were invited to join in the meal. The food was prepared by Chef Nicholas from the Batawa Ski Hill and ranged from fresh fruits and vegetables, granola pop balls, cheese and eggs to seaweed.

All schools were thrilled with the turnout and we received wonderful feedback such as:

"I heard from many students and their family members that there was food they loved and new foods they wanted to try at home."



"The Community Breakfast was an amazing opportunity for students, staff and families to connect and interact with each other."





"Thank you for bringing this breakfast to our school. We have a hungry school community and to be able to feed our students and their families together was something special."



"This was such a positive way to kick off the school year. Thank you so much!"



Food for Learning was very pleased to be able to offer these special events to raise awareness and excitement for the student nutrition programs.



Program in Action: Coe Hill Public School

Submitted by: Angela Reid Program Coordinator



Food and well-being go hand-in-hand, when students have food in their bodies, it sets them up for better learning, attention and well-being. Our nutrition programs involves our students, older students eat amongst younger students, help younger students with their food and deliver snack bins to students. There is a social aspect to having our students eating

together and a learning of eating healthy. We teach healthy eating to all of our students and encourage them to make healthy choices, we encourage parents to pack nutritious and healthy lunches and snacks for their children. We offer our program to every student and make substitute foods for those with allergies or sensitivities, so that no student is left out. i.e Vegan butter, Almond...



Students at Coe Hill Public School LOVE apples, especially learning how to peel their own, talk about hands on learning!



Smile Cookie Campaign Supports Food for Learning!

The owners of Tim Horton's in Madoc and Marmora selected Food for Learning as the charity to receive ALL proceeds of this year's Smile Cookie Campaign. Schools in Madoc and Marmora will receive 100% of cookie sales to support their Food for Learning programs.



"I like to have something when i get off the bus because my bus ride is 40 minutes"

Grade 4 student

"On our first day of Breakfast Club in September, a grade two student approached the table with great enthusiasm and joy. She was so thrilled that Breakfast Club had begun she exclaimed " I was so excited this morning outside so I threw my backpack down and ran inside! I love everything at Breakfast Club! Thank you, thank you, thank you!" I can tell you there is no greater feeling than being a part of that kind of enthusiasm and gratefulness daily."
Our Lady of Fatima

Thank You for helping us TAKE A BITE OUT OF HUNGER



"The nutrition programs at Bayside Public School have had a positive impact on students, staff and school community in a multitude of ways. Enhancement to our school culture goals of equity and inclusivity stood out this past school year. Both the intentional student involvement and open access to the breakfast and snack programs have increased students' sense of belonging to a caring nonjudgmental school environment, THANK YOU!"

Bayside Public School

"I feel happy that someone is thinking about our health"

Grade 5 student



"My favourite thing about Food for Learning is the food and that it is for everyone"

Grade 4 student

"Do your best and leave the rest"

York River Public School

How You Can Help!

Food for Learning relies on the community to sustain our programs. We are very fortunate to receive contributions from individuals, organizations and businesses throughout Hastings and Prince Edward counties. If you are interested in providing support to Food for Learning, there are many options to choose from.

- You can make a financial contribution that will assist with purchasing food, supplies and equipment for our breakfast, lunch and snack programs – every dollar helps.
- You can volunteer your time to assist with a program at a school in your community – you can volunteer as little or as much as your schedule will allow.
- You can donate grocery gift cards which will be redeemed for food.
- You can donate healthy food directly to a school in your community – for example, fresh fruit or vegetables, healthy cereals, cheese, whole wheat bagels, eggs

Financial contributions can be forwarded to:

Food for Learning
c/o The Hastings and Prince Edward Learning Foundation
156 Ann Street
Belleville, ON K8N 3L3

(please make cheques payable to The Hastings and Prince Edward Learning Foundation)

To discuss any of these options, please contact **Kellie Brace** or **Vicky Struthers**, Food for Learning Coordinator at **613-966-1170, ext. 62232** or **ext. 62378** or email **kbrace@hpedsb.on.ca** or **vstruthers@hpedsb.on.ca**

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The Hastings and Prince Edward Learning Foundation

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I'd like to support Food for Learning.

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*Please make cheques payable to The Hastings and Prince Edward Learning Foundation

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(contact the Learning Foundation for more details)

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* All donations of \$20 or more will receive a charitable receipt, and all donors will be recognized and thanked for their contributions.

May we recognize your donation publicly? ☐ YES ☐ NO

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