

Saying Thanks to Our Generous Supporters!

Community support is essential to the success of *Northumberland Food For Thought*. This year, there are many organizations and individuals to recognize and thank for their ongoing support:

- Ontario Ministry of Children and Youth Services: \$58,981.91
(Money is used for food purchases)
- Cameco Corporation: \$10,000
(Money is used to buy cheese, vegetables and fruit)
- Kawartha Credit Union: \$5,000
(Money used for equipment purchases such as appliances)
- Mazon Canada: \$1,000
(Money used to buy fresh vegetables and fruit)
- 100-Mile Diet Event (St. Andrew's United Church, Grafton): \$727.50
(Money used to buy locally-grown apples)

Schools in Northumberland County also receive donations and support from parent councils and local businesses.

To everyone who supports our Student Nutrition Programs, thank you!



Northumberland Food For Thought



SPRING 2012

In the Spotlight: Food 4 All Northumberland

When it comes to delivering the goods, Food 4 All Northumberland has all the right moves.

The non-profit, centralized food distribution warehouse based in Cobourg in 2004 is familiar to many Student Nutrition Programs in Northumberland County. Since opening in 2004, the warehouse supplies assorted food items to local schools, food banks, faith-based organizations and other community groups.

Close to 40 schools pay the small annual fee to access products from the warehouse. Through a partnership with the local public and separate school boards, and their courier, Hartnett Transport, Food 4 All provides a monthly delivery to every school in Northumberland County.

As a partner with *Northumberland Food for Thought*, Food 4 All also takes the lead in purchasing food items such as cheese, locally-grown apples and other assorted vegetables and fruit for Student Nutrition Programs. The money for these items comes from donations to *Food For Thought*.

Find out more about Food 4 All by visiting the website:
www.food4all.ca or finding it on Facebook: www.facebook.com/pages/Food-4-All-Northumberland/130856020333280



Local School Nutrition Programs received 5,443 cases of product (136,075 lbs) from the Food 4 All Warehouse. That equals 14% of its total distribution

Food 4 All Warehouse Operations Manager Rob O'Neil holds packages of cheese that are supplied to local student nutrition programs.

Who We Are

Northumberland Food For Thought is a non-profit community partnership that helps to co-ordinate Student Nutrition Programs in Northumberland County.

Our members include:

- Haliburton, Kawartha, Pine Ridge District Health Unit
- Northumberland County Community and Social Services – Children's Services
- Kawartha Pine Ridge District School Board
- Peterborough Victoria Northumberland and Clarington Catholic District School Board
- Food 4 All Northumberland
- Weetabix North America
- Rebound Child and Youth Services
- Port Hope and District Chamber of Commerce
- Trent Hills Women's Network

and Community Supporters Like You!

Find out more about us:

Call: (905) 372-7863
or toll-free 1-866-888-4577, ext. 497
Email: Susan_Greenwood@eagle.ca
Web: www.studentnutritionprogram.ca/northumberland.html

DID YOU KNOW?

Since September 2011, approximately 300,000 snacks and breakfasts have been served to students in Northumberland County



Doug Jensen, Manager, Cobourg Operations with Cameco Fuel Manufacturing, assists with the delivery of breakfast bins to classrooms at Terry Fox Public School.



Kawartha Credit Union recently donated \$5,000 to Northumberland Food For Thought. From left, Susan Greenwood and Sarah Tsang, representing Northumberland Food For Thought, mark the donation from credit union employees Shelly Bovay and Mike Lisle.

**This newsletter is produced by Northumberland Food For Thought.
For more information, contact: 905-372-7863 or Susan_Greenwood@eagle.ca**

Making Healthy Choices the Easy Choice



Student nutrition program volunteers, from left, Michelle Brown and Lisa Gardiner cut up fruits and cheese for students at Burnham Public School.

A new provincial policy has changed the way students eat food in school...for the better.

Since taking effect in September 2011, the Ministry of Education's *School Food and Beverage (P/PM 150)* policy has changed what foods are sold in schools. The policy is an important part of a comprehensive healthy school nutrition environment, where students receive clear, consistent messages about healthy eating in school.

However, healthy eating does not end when the school day ends. Every member of the school community can play a role in promoting healthy eating outside of the classroom. Doing so helps make the healthy choice for foods the easy choice for students.

Top Five Guidelines for Student Nutrition Program Volunteers

1. Smile and be welcoming.
2. Be enthusiastic.
3. Practise safe food handling techniques.
4. Follow the confidentiality policy of the program concerning information shared by children. If you have any questions or concerns, contact the principal immediately.
5. If you are unable to attend the program on your day to volunteer, inform your coordinator or principal as soon as possible.

Teachers:

- Ensure healthy food and beverages are provided for classroom celebrations.
- Provide safe and pleasant eating areas.
- Ensure that a full 20-minutes of eating time is provided, and that meals and snacks are scheduled at appropriate times.
- Do not assess students' packed lunch/snacks brought from home against any nutrition criteria.

Nutrition Program Volunteers:

- Be positive about healthy food choices. Promote the taste, texture and smell of healthy choices, and emphasize the social and pleasurable aspects of eating.
- Sit down and eat with students, while interacting and getting to know them.
- Let students pick and choose foods without passing judgment.
- Allow students to eat as little or as much food as they want, without pressuring them to eat more or less.

Parents:

- Trust a child to know the amounts and types of food to eat. Children will eat what is needed and will learn to eat new foods in their own way.
- Send healthy food and beverages for classroom celebrations and events.
- Support your school's efforts to promote healthy eating, such as by packing healthy lunches.
- Eat together as a family without distractions such as TV, phone or computer.

Every member of the school community can promote healthy eating habits by being a good role model. You can do this by enjoying a variety of foods from *Canada's Food Guide*, focusing less on weight and diets, and praising individuals for making healthy food choices in a way that builds self-esteem.

Making New Foods Fun

Getting a child to try new foods – especially vegetables – can be frustrating.

So what can you do to add appeal to your meals and make the eating experience less stressful for everyone? Here are some ideas to get your child more interested in trying new foods:

1) Roll up your sleeves: Get children involved in making a meal. They can wash vegetables and fruit, tear lettuce, mix batter or push the buttons on the microwave. If children are too young, give them a hand to do these tasks.

2) Show some teamwork: Children can set the table and take the family's drink "orders" to help prepare for mealtime. Get the whole family to work together.

3) Get dirty: Plant a vegetable garden and watch it grow! Good starter vegetables are carrots, cucumbers, green beans, lettuce, tomatoes, peppers, zucchini, radishes, peas and onions.

4) Be creative: Present foods in creative ways. Make fruit or vegetable kebabs or cucumber boats. Cut sandwiches into fun shapes with a knife or cookie cutter. Design a face on the plate with cut vegetables, fruit, yogurt, pasta, cheese and peas, beans and lentils. Even better, get kids to design it themselves!

5) What's in a name: Give foods funny names like broccoli trees, carrot fingers, bean balls (peas), cucumber moons (sliced cucumber), toast soldiers (toast strips), ski slopes (mashed potatoes), Jack and the Bean Stalks (kidney beans). You can also name foods after body parts, such as hair (noodles), hearts (strawberries), brains (ground meat or walnuts), eyes (carrots) and bones (cheese).

- Adapted with permission from
EatRight Ontario | www.eatrightontario.ca

Making Breakfast Fun: Bunny in the Hole

To Start:

Wash and cut 4 small triangles from a red pepper.
Wash 4 chives and cut in half. Preheat oven to 425°F (218°C).

Directions:

Cut hole in centre of 4 slices of bread using a 3½-inch, egg-shaped cookie cutter. Set "hole" aside.

Place 4 other slices of bread on a baking sheet.

Top each with a slice of cheese and a piece of bread with a hole in the centre.

Break 1 egg into each hole.

Top eggs with 2 frozen peas for eyes, a red pepper triangle for nose and chives for whiskers.

Bake at 425°F (218°C) until the cheese has melted and egg is set but slightly runny (about 15 minutes). Check frequently as eggs set quickly.

Remove from oven. Cut "hole" in half to use as bunny ears.

Source: www.kraftcanada.com/kids

Kid-Approved Jokes



Q: Why did the fisherman put peanut butter into the sea?

A: To go with the jellyfish!

Q: Why shouldn't you tell an egg a joke?

A: Because it might crack up!

Q: What did the baby corn say to its mom?

A: Where is my 'pop' corn?

Q: What kind of nuts always seems to have a cold?

A: Cashews!

Q: Waiter, will my pizza be long?

A: No sir, it will be round!

Q: What is green and sings?

A: Elvis Parsley