

From All of Us, Thank You to Our Community Supporters!

The success of Student Nutrition Programs is not possible without the valuable support of many businesses and groups across Northumberland County. This financial assistance has helped *Northumberland Food For Thought* provide schools with more vegetables, fruit and cheese to offer students, as well as meeting requests for replacement kitchen supplies and equipment. Schools also receive donations and support from parent councils, parents/caregivers, local service clubs and businesses in their community.

Here are just a few words from local schools about the impact of these community contributions:

“The increased amount of healthy food choices that we have available to offer our students puts a smile on everyone’s face!”
– *Breakfast Club Coordinator, Campbellford District High School*

“The students at St. Mary Catholic Elementary School in Campbellford truly enjoy the fruits and vegetables, particular the cheese. I know each one of our students would want me to express their thanks for your generosity.”

– *Principal, St. Mary Catholic Elementary School*

“The students from PHHS and Dr. M.S. Hawkins Public School really appreciate the fresh fruit and vegetables and munch on the apples as part of their breakfasts and snacks at school. The cheese and crackers are also a great favourite!”

– *Teacher, Breakfast Club Coordinator, Port Hope High School*

This year, *Northumberland Food For Thought* would like to recognize the following organizations for their ongoing generosity:

- Ministry of Children and Youth Services: \$56,751.05
(Funds used for food purchases)
- Cameco Corporation: \$10,000
(Funds used to purchase cheese, vegetables and fruits)
- Northumberland District ATV Riders: \$3,281.56
(Funds used to buy equipment such as appliances)
- Kawartha Credit Union: \$2,000
(Funds used to buy equipment such as appliances)
- 100-Mile Diet Event (St. Andrew’s United Church, Grafton): \$687
(Funds used to buy locally-grown apples)
- Shelter Valley Folk Festival: \$500
(Funds used to support local Student Nutrition Programs)



LEFT: From left, Gordon Ficko and Bev Silk accept a certificate from Sarah Tsang, of Northumberland Food For Thought. Ficko and Silk are among the organizers of the 100-Mile Diet Event, proceeds of which support the purchase of locally-grown apples for Student Nutrition Programs in Northumberland.

ABOVE: On behalf of NFFT, Sarah Tsang presents a certificate of appreciation to David Crimi, of No Frills in Cobourg, for his store’s support of local Student Nutrition Programs.



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

Northumberland Food For Thought



SPRING 2013

In the Spotlight: Moore Orchards

You could say students in Northumberland County are enjoying the fruits of their labour.

Since 2009, approximately 16,000 pounds of apples have been purchased from Moore Orchards in Cobourg. These locally-grown apples are distributed by Northumberland Food For Thought to schools in the area for use in their Student Nutrition Programs. The money to buy the apples has come from the proceeds of the 100-Mile Diet event, which is organized each year by members of St. Andrew’s United Church in Grafton.

The generosity doesn’t end there. Moore Orchards, which is owned and operated by Heidi and Patrick Behan, help to store the apples until they are ready for delivery. Over the years, the Behans have also graciously donated an extra 1,000 pounds of apples in support of Student Nutrition Programs across Northumberland.

Thank you Moore Orchards for your continued support of nutrition programs that help students get the food they need to succeed in school!



Patrick and Heidi Behan, who own and operate Moore Orchards in Cobourg, are being honoured for their support of local Student Nutrition Programs.

Who We Are

Northumberland Food For Thought (NFFT) 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
- 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
- Northumberland United Way
- Port Hope and District Chamber of Commerce

and Community Supporters Like You!

Contact us:

905-372-7863

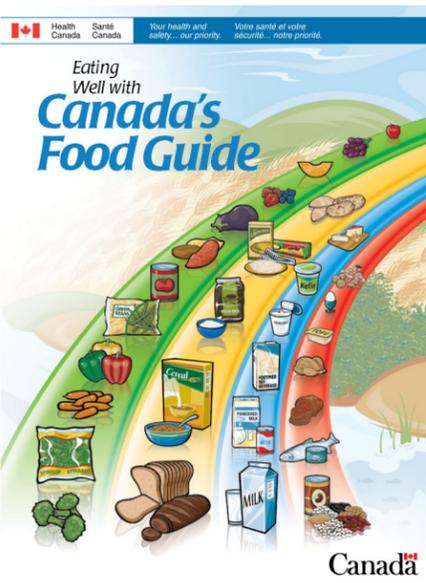
Email: Susan_Greenwood@eagle.ca

Check out the
new website at

www.northumberlandfoodforthought.ca

for details about programs,
resources,
upcoming events
and ways to support NFFT.

Your Guide to Healthy Eating



If you find healthy eating a challenge, there is a valuable resource available to help you digest the key information. *Eating Well With Canada's Food Guide* can help you make the right choices, whether it is preparing food at home or helping with your school's Student Nutrition Program.

Canada's Food Guide contains five core principles that are worth considering:

1. Pick a variety of foods from each of the four food groups.
2. Enjoy vegetables, fruit, and whole grain products like whole grain breads and cereals.
3. Choose lower-fat dairy products, leaner meats and foods prepared with little or no added fat, sugar and salt.
4. Achieve and maintain a healthy body weight by enjoying healthy eating and being physically active on a regular basis.
5. Drink water regularly.

For a copy of Canada's Food Guide and additional resources, visit www.healthcanada.gc.ca/foodguide.

Four Tips for Food Safety

If you assist with a Student Nutrition Program, food safety needs to be an important ingredient. Here are some tips to help you serve up safety when preparing food for students:

CLEAN: Wash your hands often with warm water and soap. Cutting boards, dishes, utensils and countertops should also be frequently washed. Always wash fresh fruits and vegetables.

SEPARATE: Use separate cutting boards for fresh produce and raw meat, poultry and seafood. Always keep raw meat, poultry, and seafood separated from other foods.

COOK: Use a thermometer to make sure that meat, poultry, egg dishes, casseroles and other foods are cooked to appropriate internal temperatures.

CHILL: Keep the fridge at 4 degrees Celsius. Use a thermometer to check the temperature. Refrigerate perishable foods as soon as they are delivered to the school.

For more food safety tips, contact your local Public Health Inspector or visit www.canfightbac.org.



Recipe: (serves 2) Watermelon Cooler

Here's a cool, kid-approved recipe using watermelon:

Ingredients:
 1 ½ pounds (4 cups) Sliced seedless watermelon, rind removed
 1 cup Lemon sorbet
 1 Lemon, zested
 1 ½ cups Cold water
 Watermelon wedges and mint, for garnish

Directions:

- 1) In a food processor, blend watermelon, sorbet, and lemon zest until very smooth. Stir in 1 ½ cups cold water; cover and refrigerate until very cold. Serve over ice and garnish with watermelon wedges and mint.

Courtesy of the Food Network

Many Benefits When You Get With the Program



Avril Bull-Jones (left) and Jan White were recognized with certificates of appreciation for their work volunteering with the Student Nutrition Program at C.R. Gummow Public School in Cobourg.

Volunteering with a Student Nutrition Program has many benefits for you – and the students.

For students:

- Assist kids access a breakfast or a snack so that they are well nourished and ready to learn!
- Improve their attention, concentration, behavior and attendance. Studies show improved test scores and less disruptive behavior result when children are properly nourished.
- Help start their day in a positive, supportive, safe environment where they can interact and eat with their friends.
- Develop positive eating habits to reduce their risk of chronic disease such as obesity, heart disease, cancer, and osteoporosis.



Nutrition program volunteers at Terry Fox Public School in Cobourg get ready to distribute snack bins to classrooms.

For volunteers:

- You can be a positive role model for students. Volunteers come from all walks of life and can share their experience and knowledge about making healthy food choices.
- You can build students' leadership skills and help them understand the importance of assisting others. Successful, healthy communities are ones where people care and help each other.

Student Nutrition Programs: Creating a Warm and Welcome Environment

Consider these ideas to make your school's nutrition program more open and inviting to everyone:

- Invite members of your School Council to attend the first few mornings.
- Invite a different grade each morning for the first few weeks of school to familiarize everyone with what is offered.
- Involve older students, who tend not to participate, by pairing them with younger children as volunteer role models and mentors.
- Supply a reading corner and offer help with homework.
- Suggest that coaches bring sports teams in for breakfast before morning practices.
- Encourage teachers to bring in their class one morning per week.
- Involve parents in the day-to-day operations.