

# From All of Us... Thank You to Our Community Supporters



Northumberland United Way, Lynda Kay



Moore Orchards, Owners - Patrick & Heidi Behan



Weetabix North America, Marney Massey



Northumberland ATV Riders,  
Cheryl Turk & Sherri Ann Fields

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.

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

- Ministry of Children and Youth Services, \$52,330
- Cameco Corporation, \$10,000
- Kawartha Credit Union, \$2,000
- Haliburton, Kawartha, Pine Ridge District Health Unit Culture Club, \$112
- C.U.P.E. Local 25, \$84
- 100-Mile Diet Event (St. Andrew's United Church, Grafton), \$714



THANK YOU event held by St. Anthony School to recognize Cameco for the generous donation made to NFFT.



*Northumberland Food For Thought* produces this newsletter for its volunteers, supporters and residents in Northumberland County.

For more about us and student nutrition programs in the area, contact Susan Greenwood at: (905) 372-7863 or [Susan\\_Greenwood@eagle.ca](mailto:Susan_Greenwood@eagle.ca) or visit [www.northumberlandfoodforthought.ca](http://www.northumberlandfoodforthought.ca)

Special thanks to the HKPR District Health Unit for the design of this newsletter.

We want to thank  
Dray Designs'  
**Duane Schermerhorn**  
for designing our website.

*NFFT wishes you all the best on your retirement!*

# Northumberland Food For Thought



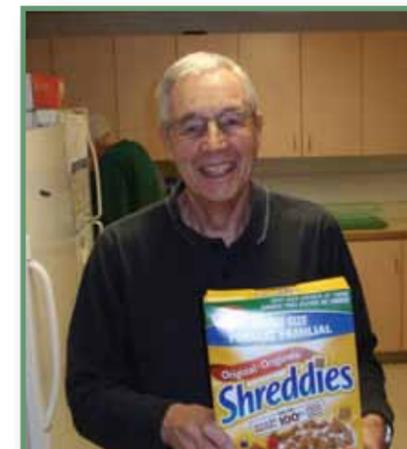
SPRING 2014

## Who We Are

*Northumberland Food For Thought* is a non-profit community partnership that helps to co-ordinate resources and assist student nutrition programs in Northumberland County.

### 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



## In the Spotlight: School Co-ordinator Garry Quinlan

Garry first became involved with the student nutrition program at St. Michael's Catholic School in 1996 shortly after his retirement as a teacher with the Kawartha Pine Ridge District School Board.

The program initially ran out of the St. Michael's Church rectory but in 1998, the program moved into the school. Back in 1998, students needed parental permission to be part of the 'breakfast club.' That policy lasted only a few years and now any student may attend and parent/guardian permission is not required.

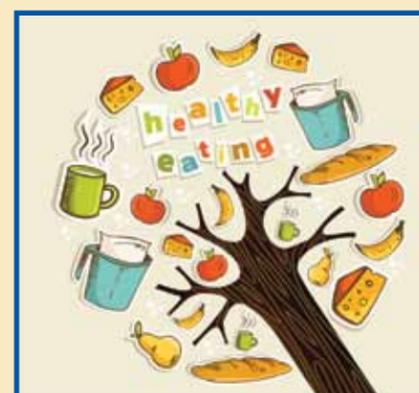
When I asked Garry why he is still volunteering after 18 years he stated that he likes helping children and if feeding them helps them to learn then that's a good thing. He has met many great children and many wonderful volunteers. His best memory was of a young boy who was often dropped off early at school and would come in to 'help' and visit with the volunteers. Every volunteer received a hug from this boy. With the ladies he would announce, "You smell pretty." When Garry received his hug the little boy stopped, thought about it, and stated, "You smell handsome." This memory still makes him smile. Who knew that volunteering at a local school nutrition program could leave such an unforgettable mark on your heart? Thank you to Garry and to all of the many wonderful volunteers who leave their mark every day. 🍏

## Why are We Feeding Children When Their Parents Can Afford To Feed Them?

Children come to school hungry for a variety of reasons, such as:

- Long bus rides
- Children not hungry first thing in the morning
- Early daycare
- Extra-curricular activities before school
- Extra-curricular activities
- Economic hardship in the family
- Parents are unable to ensure that a proper breakfast is eaten due to work schedules

Whatever the reason, if a child is hungry they should be fed—no questions asked.



# Ministry of Children and Youth Services Provincial Support

The goal of a Student Nutrition Program (SNP) is to provide access to nutritious meals and snacks for children and youth so they are ready to learn.



Participation in a universally accessible nutrition program can play an important role in maximizing student success and the healthy development of children and youth. Research has shown that well-nourished students have improved concentration, make fewer mistakes in problem-solving activities, have increased self-esteem and behave better than students who come to school hungry.

The Ministry of Children and Youth Services provides funding through its lead agency, the Peterborough Family Resource Centre. These funds are considered a starting point, but to operate successfully, SNPs require support from a variety of contributors including parents/caregivers, municipalities, schools, volunteers, local businesses and community organizations, like Northumberland Food For Thought and Food 4 All Northumberland.



In this current school year, the Ministry of Children and Youth Services has provided \$52,330 in funding for 38 schools across Northumberland County - your provincial tax dollars at work for children to begin school well-nourished and ready to learn.

## Making a Positive Nutrition Environment

According to Merriam-Webster online dictionary, trust means a belief that someone or something is reliable, good, honest, effective, etc.; it is placing assured reliance on the character, ability, strength, or truth of someone or something.

Eating is a basic human need, but it requires trust. We need to be dependable and feed ourselves with good-tasting food at expected times and in a pleasant environment. When we feed ourselves, we need to trust in our own hunger, appetite and fullness cues.

When our children eat, they also need us to trust them. As their caregiver, we decide the types of foods to offer them, when to offer the foods, and where they will eat the food. Our children do the rest by deciding which foods to eat and how much food to eat.

It is never a good idea to pressure or insist children eat certain amounts or types of food because they will know how much to eat. Children will also eat a variety of foods over time, in their own time. We can provide an encouraging, positive eating environment by letting our children and students:

### Decide which foods to eat or not eat without placing terms on their choices.

For example, avoid saying "You can only have the muffin if you have a piece of fruit."

### Eat as much or as little of the food they want.

For example, avoid saying "Stan, you have had enough and don't need seconds" or "Stan, you need to finish the food that's on your plate before you leave for class."

For more information about healthy eating, visit [www.hkpr.on.ca](http://www.hkpr.on.ca)

To speak to a registered dietitian at no cost, call *EatRight Ontario* at 1-877-510-5102

## KIDS' KORNER

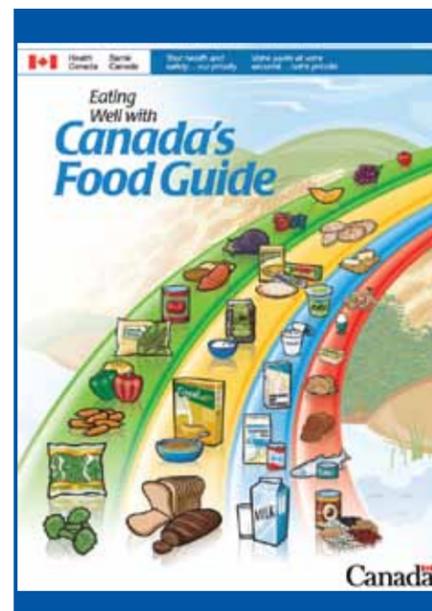


Did you hear the joke about the peanut butter?  
I'm not telling you. You might spread it!

What do you call cheese that isn't yours?  
Nacho cheese!

What do you give to a sick lemon?  
Lemon aid!

What did the lettuce say to the celery?  
Quit stalking me.



## Volunteer Recruitment Tips

Which one is the most effective?

### Direct Ask

To ask another individual or a group in a face-to-face situation.

### Indirect Ask

To use a letter, media, or a newsletter to get a message out.

### Delegated

To use other volunteers to seek new recruits or post available positions in the school newsletter or bulletin board.

### Targeted

To take the position description and the identified skills and target someone specifically who has those skills.

In a school setting the direct ask will get you the most results. However, the direct ask is the most difficult for a lot of people. Here's how to make it easier.

"Hi Sarah, I'm Susan and I'm a parent volunteer with the breakfast program. I'm looking for volunteers who can help out for 30 to 45 minutes once a week and if I get enough volunteers it may only be once every two weeks. I need people to cut up fruit, vegetables and cheese and bag them for distribution to the classrooms. You can do this at any time during the day."



When a volunteer knows what is expected and the time commitment saying yes is easier. Not all direct asks will result in a new recruit, but as we all know, it's harder to say no to someone who is standing in front of you. Good Luck!