



Newsletter

January 2017

It's the new year and Student Nutrition Programs (SNPs) are back in session. After a rejuvenating break, it is time to get back into the swing of things with new routines and good habits, including committing to making 2017 a year full of healthy and hearty food!

We at Student Nutrition Toronto (SNT) are excited to see new programs starting, and existing programs continuing to thrive, bringing a sense of community and warmth to students on these chilly winter days. Wishing everyone in the student nutrition community a healthy and delicious 2017!

Getting to Know École Élémentaire Gabrielle-Roy

The team of parent volunteers at École Élémentaire Gabrielle-Roy have created an SNP that appears to run effortlessly thanks to all of the effort each parent puts in every morning before heading off to work. They have divided up the days of the week and duties, to ensure that all 230 elementary students receive a healthy morning meal –binned and brought to the individual classrooms each day.

To all of the volunteers, thank you for all your hard work and dedication. You make our SNPs possible.



Start the New Year off with a Clean Slate!

Now that we're halfway through the year, it's a great time to check in and give your equipment, appliances and prep spaces a good cleaning. Take a look at these helpful tips:

Vacuum your fridge coils

It's a good idea to vacuum your fridge coils twice per year. For instructions on how to do so, consult your product manual, or contact the SNT Office at 416-394-7253.

Be kind to your dishwasher

Run the dishwasher on empty, or on the self-clean cycle.

Get rid of the old, make way for the new

Clean out any old or expired food from your fridge. Take inventory of your freezer. Clean out your toaster crumb tray. Give all surfaces and shelves a wipe down. Replace your sponges and towels.

Getting to know Chaminade College School's SNP

When students arrived at Chaminade College School for breakfast the morning of December 20th they certainly did not expect to be taken to a galaxy far, far away ... but that's exactly what happened! They probably thought they were still dreaming when they looked up to see that their breakfast was being served to them by a fleet of Storm Troopers in full gear.

Officer P.S. De Quintal, the School Resource Officer, works hard to promote the importance of the school's SNP. He's also known as "Star Wars Cop" on Twitter, and invited his fellow Star Wars enthusiasts from the 501st, a worldwide organization that participates in charity events, to lend a hand serving breakfast in full costume to the befuddled and amused students.

From Star Wars toast, to themed aprons and full costumes, the volunteers certainly gave the students a breakfast they'll never forget. It's good to know that even Darth Vader sees the importance in starting the day with a healthy breakfast!



FoodReach SNP Program

Our team at Student Nutrition Toronto is always looking for new ways to support the tireless volunteers who keep their SNP's running each day. One way we're doing this is by developing new food procurement programs to make ordering and delivery of food as easy as possible, which is why we're very excited about the FoodReach SNP Program! Learn more about it here:

What is it?

- FoodReach is a partnership that brings good food to SNPs at wholesale prices. It also provides information on food supply and an online space for ongoing collaboration.
- FoodReach provides a web-based portal through which SNPs order nutritious food at wholesale prices and have it delivered directly to the school.

Advantages

- Great list of products that meet the SNP nutrition standards.
- Wide-range of items covering all three food groups required for SNPs.
- Wholesale prices which include delivery costs.
- Online ordering system.
- Next day delivery (on most orders).
- Easy financial tracking & reporting with an in-store account.

For more information contact:

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Toronto Foundation for Student Success
416.394.6887 | gerard.capellan@tdsb.on.ca
www.studentnutritiontoronto.ca

Creating Awareness for your Student Nutrition Program

A fun and creative way to build awareness about your SNP within your school or community site is to create a logo or brand that lets your community tell its own unique story. A logo will help to create an identity for your program community and beyond.

Creating an SNP brand is a great way to encourage students to get engaged and participate in the program. Using their skills and interests, students can get creative by coming up with a name, logo, colour scheme and slogan to represent their SNP. It's a great idea to use the school's mascot if possible!

Bringing all these elements together into an SNP Information Board is a wonderful way to raise awareness of the program, and is a good place to share information and announcements about your SNP. Here you can post the weekly menu, healthy eating and healthy lifestyle resources, and pictures of the students participating in and enjoying their nutrition program. Information boards also help when recruiting volunteers and fundraising!

The Many Benefits of Student Nutrition Program Branding:

- supports student ownership of their programs;
- gives the program an identity;
- creates program awareness in the school and parent community;
- establishes credibility with a strong visual message when used in communications. (i.e. In monthly newsletters and/or on the school website);
- messaging may reinforce healthy food choices.



If you would like more information and support, please contact your FoodShare Community Development Animator or School Board representative.

If you wish to connect with and/or meet your Animator, please contact Fiona at 416-553-7745 or fiona@foodshare.net for TDSB, or Ulla at 416-476-4078 or ulla@foodshare.net for TCDSB and community sites. They will be happy to connect with you.



It's Application Season!

It's time for all SNP's to submit their application forms for funding for the 2017-2018 school year.

What is the application deadline?

Friday, February 10th, 2017, by 4:00 p.m.

Where can I access the application form and submission instructions?

<http://www1.toronto.ca/wps/portal/contentonly?vgnextoid=5f16946d1d592410VgnVCM10000071d60f89RCRD>

Who can I contact for help?

Your Community Development Animator would be happy to help with your application. Unsure how to contact your Animator? Please contact Fiona at 416-553-7745 or fiona@foodshare.net for TDSB and community sites, or Ulla at 416-476-4078 or ulla@foodshare.net for TCDSB sites.

Getting to know the SNT partners:

Curious to learn more about the SNT partners? This issue, we're highlighting two of the six partners: Toronto Public Health and the Toronto Catholic District School Board.

To learn more about the SNT partners, check out our website at www.studentnutritiontoronto.ca

Toronto Catholic District School Board

At the Toronto Catholic District School Board (TCDSB), we regard SNPs as key components in achieving student success. We work with schools to provide nutritious meals for students in a safe and nurturing environment.

Along with our Planning and Facilities department, we ensure each school is equipped with the proper facilities to implement these SNPs, and to make sure all equipment is properly functioning and maintained.



Have a question for us? Please contact:
David Letra, Community Relations Officer
Toronto Catholic District School Board
Tel: 416-222-8282 x2687
Email: david.letra@tcdsb.org

Toronto Public Health

Toronto Public Health (TPH) is here to support every student nutrition program in Toronto to serve healthy food.

- Our Registered Dietitians may visit your program to discuss your menu and offer suggestions to make it even healthier.
- Our Public Health Inspectors will visit your food premises to answer questions and offer advice about how to meet the Ontario Food Premises Regulation.

TPH supports our Student Nutrition Toronto partners in developing services and resources that make healthy food an easier choice. TPH also coordinates the annual application process for municipal and provincial grants.

TPH also offers free, Food Safety and Nutrition workshops for student nutrition program coordinators and volunteers. We hope to see you at one soon!

To contact us, call 416-338-7600 or e-mail snp@toronto.ca.



The TPH team includes (left to right): Lula Bestman-Mombo (Support Assistant); Maxine Fung (Registered Dietitian); Michelle How Pak Hing (Quality Improvement Specialist); Sarah Vogelzang (Nutrition Promotion Consultant); Ellen MacLean (Nutrition Promotion Consultant); Denise Vavaroutsos (Manager).

Want to learn more?

www.studentnutritiontoronto.ca ~ 416-394-7253 ~ info@studentnutritiontoronto.ca