



# Newsletter

Winter 2016

As winter is settling in and students are bundling up, Student Nutrition Programs (SNPs) are hitting their stride. They've established their routines, had fun with Thanksgiving and Halloween and are getting into the holiday spirit. New programs have started and more students are being fed through SNPs than ever before. Thank you to all the volunteers, coordinators, administrators, staff, students and supporters who make this possible. All your efforts are making a real difference in school communities across Toronto and are so very much appreciated!

Student Nutrition Toronto (SNT) is a collaborative partnership that works together to support SNPs. Our partners are Toronto Public Health, Toronto District School Board, Toronto Catholic District School Board, Toronto Foundation for Student Success, The Angel Foundation for Learning and FoodShare Toronto.

From the SNT partners, we wish you all a happy holiday season, and a wonderful New Year!

## Getting to know Canadian Martyrs Catholic School's SNP

At Canadian Martyrs Catholic School's SNP, coordinators Lori-Anne Colgan and Karin Cooksey know how to cook up a spooky good time. During the week leading up to Halloween they brought out their entire school's Halloween spirit by starting each day off with hauntingly healthy food! From "snack-o-lantern" clementines, to cheesy ghouls, they had a great time thinking of creative ways to bring a smile or even a silly scare to each student. Check out these wonderful treats!

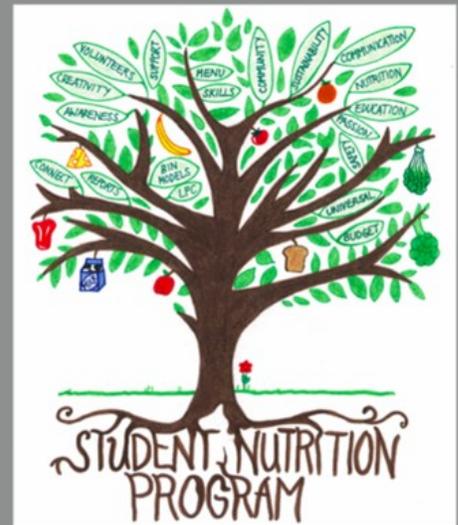


# Community Connect Workshops

This year has already brought so many wonderful opportunities for SNP coordinators and volunteers to connect, share knowledge and build community, especially through the Community Connect Workshops. Hosted by FoodShare's community development animators, eight workshops have been held so far and attended by more than 110 participants.

These workshops bring together SNP coordinators and volunteers from neighbouring schools to discuss what's going on in their programs. Whether it was sharing recipes, ideas for saying "thank you" to volunteers and supporters, or heartwarming stories,

we've been so happy to hear how much you learned from each other, and how wonderful it felt to connect with other people in your neighbourhoods who do the same work you do. Some even ventured to say their Community Connect was "the best workshop ever!" Participants range from seasoned veterans, to brand new volunteers, all sharing the challenges, solutions and ideas that shape each SNP in a different way. With at least four more Community Connects scheduled before the winter break, the sharing and learning are sure to continue.



## The Real Canadian Wholesale Club SNP Pilot Program

Each Student Nutrition Program (SNP) is completely unique, with its own strengths, challenges and methods. As our programs grow, the team at Student Nutrition Toronto is always searching for new ways to provide support for the hard-working coordinators and volunteers who dedicate so much of their time to their programs. One way we do this is by developing new food procurement programs to make the ordering and delivery of food as easy as possible. One such program is the Real Canadian Wholesale Club Pilot Program. Learn more about it here:

### What is it?

This pilot program is a partnership between TFSS, the Real Canadian Wholesale Club (RCWC), President's Choice Children's Charity, and Student Nutrition Programs.

The RCWC SNP Pilot Program offers one-stop-shopping for Student Nutrition Programs. Nutrition Program Coordinators place orders for food and supplies by email and items are delivered directly to the school.

### Advantages:

- ⇒ Typical food cost savings between 9-15%
- ⇒ Additional cost savings through bulk purchasing discounts
- ⇒ Purchasing guides focused on SNP items that meet nutrition standards, as determined by Toronto Public Health
- ⇒ Wide range of items covering all three food groups required for SNPs
- ⇒ Email-based ordering
- ⇒ Accepts President's Choice Gift Cards
- ⇒ Delivery directly to the school (subsidies available to cover delivery costs funded by President's Choice Children's Charity)
- ⇒ Easy financial tracking and reporting with an in-store account

### How to get involved:

Any Student Nutrition Program operating within Toronto is eligible to participate in the RCWC SNP Pilot Program. Contact us to learn more about this opportunity!

### For more information contact:

**Gerard Capellan**

Food and Logistics Coordinator | Toronto Foundation For Student Success

416.394.6887 | [gerard.capellan@tdsb.on.ca](mailto:gerard.capellan@tdsb.on.ca)



Have an SNP story to share?  
A special volunteer you'd like to rave  
about?  
We'd love to hear from you!

We know there are so many wonderful things happening in Student Nutrition Programs (SNPs) across the city, and we would love to hear all about them.

Stories, pictures and anything else you'd like to share from your SNP may be emailed to:

[info@studentnutritiontoronto.ca](mailto:info@studentnutritiontoronto.ca)

## Getting to know the SNT partners:

Curious to learn more about the SNT partners? This issue, we're highlighting three of the six partners: the Angel Foundation for Learning, FoodShare Toronto and the Toronto Foundation for Student Success. Stay tuned for our next issue to get to know more about the role of Toronto Public Health and the Toronto Catholic District School Board.

### Angel Foundation for Learning

Our hard-working nutrition staff at The Angel Foundation for Learning (AFL) is proud to support 180 Student Nutrition Programs (SNP) within the Toronto Catholic District School Board (TCDSB) through funding, training, and in ensuring financial accountability. We're happy to announce that this year our team has grown to one part-time and three full-time members.

Our team:

- Carmelina Mazzilli, Student Nutrition Program Manager – Operations
- Prudence Pisani, Clerical Assistant;
- Kimberly Bubnic, Student Nutrition Program Manager – Financial
- Tina Giustizia, Student Nutrition Program Manager – Operations



## FoodShare Toronto

Our team of fifteen community development animators is here to support all Student Nutrition Programs (SNPs) within Student Nutrition Toronto. Our capacity, strength, and expertise in providing support stems from our many years of experience as both community development animators and program coordinators, and our collective shared knowledge supporting 800+ SNPs with our partners each year. We help find the best solutions for each SNP so that each program doesn't have to reinvent the wheel, but can build on the foundation that has already been created by others. We highlight the best of your work by creating community platforms to share all our knowledge and challenges with each other, building a supportive, connected SNP community.

Whether you're a new coordinator, starting a new program, want one-on-one support or want to meet your animator, please contact:

Fiona at 416-553-7745, [fiona@foodshare.net](mailto:fiona@foodshare.net) for TDSB

or Ulla at 416-476-4078, [ulla@foodshare.net](mailto:ulla@foodshare.net) for TCDSB and community sites.

Our responsibilities include:

- new Program / New Coordinator launch support;
- coordinator/Volunteer Recruitment, Development/ Training, and Recognition;
- sustained daily on-site, phone, and email support;
- workshop and resource development/facilitation on community connections, budgeting, local program committee, menu building strategies, and volunteers;
- growing community awareness through curriculum nights, parent council and workshops presentations, and designing community engagement strategies to raise awareness about benefits of SNPs;
- SNP annual grant application support.



## Toronto Foundation for Student Success

Since our inception in 1998 the TFSS has been working to support SNP's in Toronto. New last year was the creation of an expanded team to support SNP's in Toronto.

Our team:

- ensures the financial accountability of all provincial and most municipal funding (except TCDSB sites) and ensures deliverables are met;
- raises funds for SNPs and ensures financial accountability for national donors;
- manages financial reporting and receipting for SNPs operating in Toronto District School Board (TDSB), Conseil scolaire Viamonde, Conseil scolaire de district catholique Centre-Sud, and community sites;
- provides on-site training and daily support for budget and reporting questions;
- coordinates and supports the expansion of new provincially funded programs;
- as the provincial Lead Agency we represent Toronto on the Ontario Student Nutrition Partnership Network;
- helps programs leverage value for every dollar through innovative food purchasing programs;
- provides onsite training and ongoing daily support for food & logistics;
- provide training for local program coordinators, office administrators and Principals in the areas of finance, budgeting and food procurement;
- develops new and innovative online training;
- organizes special events for donors;
- keeps our new SNT website current and meaningful.

Have a question for us? We're happy to help!

Finance: 416-394-6888

Programs & Communications: 416-394-7253



# Announcing new Nutrition Guidelines for SNPs

In 2016-17, Student Nutrition Programs (SNPs) are transitioning to new Nutrition Guidelines. The Ministry of Children and Youth Services (MCYS) has refreshed the Provincial Nutrition Guidelines for SNPs and we think you'll like them.

The new Guidelines are clear and easy to use. They will make choosing healthy foods for your program simpler and faster.

They feature:

- more examples;
- fewer nutrient criteria;
- more flexibility.

The new Guidelines are being rolled out gradually across Toronto. You will begin seeing them in Student Nutrition Toronto (SNT) resources and will hear about them from SNT representatives.

For in-depth information about the new Nutrition Guidelines, you may attend one of the free Food Safety and Nutrition workshops offered by Toronto Public Health to SNP coordinators and volunteers. New workshop dates for Spring 2017 will be made available online in the new year. You can also speak to your program's Public Health Dietitian; call your Dietitian directly or call Toronto Public Health at 416-338-7600.

For more information about workshops please visit:

SNT Website – Upcoming Events page  
<http://www.studentnutritiontoronto.ca/upcoming-events.html>

Toronto Public Health Website – Support for Grant Holders  
<https://www1.toronto.ca/wps/portal/contentonly?vgnex-toid=0eb959b03f592410VgnVCM10000071d60f89RCRD>

### NUTRITION GUIDELINE SUMMARY for Student Nutrition Programs (SNP)

**What is a healthy SNP meal?**

- Breakfast, Morning meal (3-food group snack), Lunch

Includes:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives
- 1 serving of Grain products and/or Meat and Alternatives

**What is a healthy SNP snack?**

- 2-food group snack

Includes:

- 1 serving of Vegetables and Fruit
- 1 serving of Milk and Alternatives and/or Grain Products and/or Meat and Alternatives

**Menu Planning Checklist**

Requirements	Yes
1 Meal or Snack meets food group requirements (as indicated on this page)	
2 All foods offered meet SNP Nutrition Guidelines	
3 All main ingredients in mixed dishes meet SNP Nutrition Guidelines	
4 "Do not serve" items are not included	
5 Minor ingredients are used in small amounts	
6 Tap water is available	

Adapted from Ministry of Children and Youth Services (2016). Student Nutrition Program Nutrition Guidelines 2016. Government of Ontario. Queen's Printer for Ontario.

## Our Programs are Expanding!

With support from the Ontario government, through the Ministry of Children & Youth Services (MCYS), over 185 new breakfast and morning meal programs have opened in schools across Toronto over the past three years. This means that we are able to reach more students than ever before, ensuring they receive nutritious meals each school day.

It takes a village to get a single new program started. From establishing a space for the program, ordering equipment, and getting trained in food safety, nutrition and financial reporting, to developing a menu, and sorting out logistics, the whole school community comes together to get the program off

the ground. We know the effort it takes, and we are so proud of each new program for working together toward such a great cause. We love to watch new SNPs become an integral part of the school, especially when students have the opportunity to volunteer and learn new, important skills that will help them for years to come.

Sending out a big "thank you" to all the staff, volunteers and partners who made it possible for these new programs to get off the ground – all your hard work will benefit your whole school community for years to come!

**Want to learn more?**

[www.studentnutritiontoronto.ca](http://www.studentnutritiontoronto.ca) ~ 416-394-7253 ~ [info@studentnutritiontoronto.ca](mailto:info@studentnutritiontoronto.ca)