

Newsletter

Spring 2019

Spring has arrived and all sorts of activities associated with high energy levels are emerging. Along with this renewed energy, come renewed appetites, keeping Student Nutrition Programs (SNPs) across the city bustling and busy.

Program Spotlight: Runnymede Collegiate Institute

Pancake Day turned out to be very popular at Runnymede Collegiate Institute's Student Nutrition Program. The kitchen was bustling with both student and teacher volunteers. Griddles were sizzling, and students were ready and waiting for their hot breakfasts to be served.

Runnymede C.I. started serving hot breakfast two and a half years ago, and now serves 70-100 students every morning. It all started with a small, grab and go breakfast, provided on a cart inside the main office. It quickly started to grow, so they moved the card to the foyer and, not long after that, they moved to the cafeteria to accommodate the number of students coming in, ready for breakfast. With great support from the school staff and administration, they've been able to greatly involve students in running the program, allowing them to earn volunteer hours towards their graduation requirements.



Many students travel by public transit from quite a distance to get to the school each morning, and the school staff has noticed that the breakfast draws them in to the school and gets them the nutrition they need. It also helps build a great sense of community, which encourages them to participate, whether it's by volunteering at the SNP, or by grabbing a quick breakfast and heading off to a club or team practice. It's wonderful to see how a yummy hot breakfast can impact the whole school community!

Updates from your FoodShare Animators!

CONNECT, SHARE and LEARN Workshops

Once again, we are offering information-packed workshops, available to SNP Coordinators and Volunteers. Four different types of workshops are being offered, at eight locations across the city:

- Best Practices 101
- Financial Sustainability
- Community Engagement and Commitment
- Successful Student Nutrition Program Delivery

For more information, including dates and locations, check out our flyer here: <https://www.studentnutritionontariotoronto.ca/upcoming-workshops-and-events.html>

We welcome you to join us! Remember to register early, as space is limited.

Community Connects

Community Connects are a great opportunity for SNP Coordinators and volunteers to CONNECT with others in SNPs, SHARE successes and challenges, and LEARN from each other's experiences. The spring Community Connects flyers will be available soon.

If you are interested in hosting or attending a Community Connect workshop, contact your Animator.



We're in the final stretch of the SNP year. With the last grant installment cheque being mailed out in April, this is a good time to consider budgeting for these last three months of the school year.

A few helpful steps to take:

- Ensure your financial reports are up to date
- Look at your budget and create a plan for sustainability from April-June
- If you haven't sent contribution letters to your parent community, consider doing so
- Consider doing a fundraiser to support your SNP

Questions? Your FoodShare Animator is available for support, so don't hesitate to reach out.

Did You Know?

A reminder that April is Volunteer Month!
National Volunteer Appreciation Week is April 7th – 13th, 2019

Please remember to recognize and appreciate those who give their time to the success and sustainability of your program.

A few tips on how to recognize your volunteers:

- A simple "Thank you" goes a long way
- Have students create Thank You cards or letters
- Acknowledge your volunteers during morning announcements and assemblies

For more ideas, information and resources, contact your Animator and consider attending the Community Engagement and Commitment Workshop.

You can also check out additional resources in the "[Program Resources](#)" section of the Student Nutrition Ontario-Toronto Website. **Note: Program Login required. Forgot the program password? Contact your Animator for login information.*



April is Volunteer Appreciation Month!

This month, and every month, we'd like to give a big 'thank you' to each and every volunteer who tirelessly dedicates their time to Student Nutrition Programs (SNPs) across Toronto. Your countless hours spent buying nutritious food, chopping vegetables, cooking, sorting bins, washing dishes, and calculating reports, is what keeps students nourished every day. Without you, these programs would not be possible. So, again, from everyone at Student Nutrition Ontario-Toronto, thank you.

IKEA Program Visits: The Holy Trinity C.S. & Muirhead P.S.

Each visit that IKEA volunteers make to their local schools to deliver hand-packed breakfast bags ends with big smiles, and full tummies.

The North York IKEA volunteers have officially become regulars at Muirhead Public School, not only delivering breakfast bags once a year, but also volunteering every week, lending a hand with preparing and delivering the regular morning meal bins to each classroom.

The Holy Trinity Catholic School was happy to welcome the Etobicoke IKEA volunteers to their program for the second year in a row. Volunteers delivered the bags right into the classrooms with enthusiastic greetings from the students. They even got to participate in show and tell with the primary classes, as the volunteers were peppered with questions and funny stories.

A big thank you to all the volunteers, and to the schools and students, for being such welcoming hosts.



Did You Know?

The President's Choice Children's Charity School Nutrition Grant Application is open, for the 2019-2020 school year.

Be sure to check out PCCC's website for more information, and to submit your application:

https://www.presidentschoice.ca/en_CA/community/pccc/school-grants.html

Applications are being accepted from April 1st – May 11th, 2019.

Reminder - Coupons: Use them up by Year End!

If your SNP received coupons or vouchers this year, they should be used before the end of the school year, otherwise they will expire. We're in the final stretch of the year, so be sure to use them up!

Want to learn more?

www.studentnutritionontariotoronto.ca ~ 416-394-4491 ~ info@studentnutritionontariotoronto.ca