

Newsletter

Winter 2019

It's the first newsletter of the year, and there have already been so many wonderful things happening in Student Nutrition Programs (SNPs) across the city. As students start their day with a breakfast, morning meal or snack from their Student Nutrition Program, they're getting the nutrition and welcoming environment they need to excel in class, in extra-curricular activities, and in any other adventures their day may bring. We're excited to see the year off to such a great start!

Program Spotlight: Valley Park M.S.

To start the day at Valley Park Middle School, students are greeted with the smell of breakfast cooking, which leads them to the cafeteria, in the heart of the school. Begum Monowara, the Breakfast Coordinator, has created an atmosphere where students are comfortable strolling in, grabbing their breakfast, and taking a seat with their friends to eat, study, or even play some board games. In the three years she has been the Breakfast Coordinator, Begum has seen students try foods they'd never tried before, and speak with other students they had never spoken to before, all over their nutritious breakfasts.

The nourishment doesn't stop when the school bell rings. Each day, a Morning Meal is prepared, packed up in bins, and delivered to every classroom for students to enjoy. Julie Dasoo, the Morning Meal Coordinator, has been involved at Valley Park M.S. for fifteen years. She has seen students grow up, graduate, and come back as high school students to volunteer at the program.

One of the things she has noticed is how the program not only nourishes students with healthy foods, but also creates a sense of community and gives students a way to take on responsibilities and gain experience by contributing to the program as volunteers.

It's wonderful to see how thriving SNPs can have an impact on the school community. From fostering new friendships and greater academic achievement, to giving students a place to learn new skills and contribute to their community, SNPs offer more than just a delicious way to start the day.



Updates from your FoodShare Animators!

Our team recently facilitated eight Connect, Share, and Learn Workshops in November and December. These workshops were attended by 59 coordinators and volunteers from 44 sites across the city. If you missed them, don't worry, they will be offered again in Spring 2019. Please let your FoodShare Animator know if you are interested in hosting. A huge thank you to all sites that hosted and attended.

Watch for Community Connects Workshops focussed on Grant Applications that are being held in 8 locations this month (January). Remember to register early as space is limited. These workshops are also networking sessions where you have the opportunity to meet with your fellow coordinators and volunteers from other programs and discuss your achievements and challenges. Community Connects Workshops will be scheduled throughout the remainder of the school year; again, please let your animator know if you are interested in hosting a workshop.

The SNP grant renewal application and full applications are available now!

Access the applications here:
<https://www.toronto.ca/community-people/health-wellness-care/health-programs-advice/student-nutrition-program/grant-applications/>

Due: Friday February 15, 2019

Questions? Contact your FoodShare Animator at 416-363-6441 (ext. 265) or e-mail snp@toronto.ca.



Did You Know?

All SNPs in Toronto are eligible to receive a 10% discount on commercial kitchen repair services from R.G. Henderson & Son Ltd.

In order to do so, programs MUST submit an R.G. Henderson Service Request Form, which may be found here: <https://www.studentnutritionontariotoronto.ca/general-snp-resources.html> (program password required)

Questions? Contact your FoodShare Animator.

Partner Spotlight: Toronto Public Health (TPH)

TPH is here to support every Student Nutrition Program in Toronto to serve safe and nutritious 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 food safety and how to meet the Ontario Food Premises Regulation.

TPH supports our Student Nutrition Toronto partners in developing services and resources that make healthy food choices easier for programs. We also coordinate the annual grant application process and offer free, Food Safety and Nutrition workshops for SNP volunteer coordinators and other volunteers. We hope to see you at one soon!

The Spring 2019 workshop schedule will be posted on our website this month. To contact us, call 416-338-7600 or e-mail snp@toronto.ca.





Did You Know?

SNPs have access to food items through the Ontario Student Nutrition Services (OSNS), from which they may purchase items from all three required food groups, with delivery directly to schools.

To learn more about this opportunity, contact:
Gerard Capellan | Food & Logistics Coordinator
Toronto Foundation for Student Success
t: 416.394.6887 | e: gerard.capellan@tdsb.on.ca

SNPs Collaborate with Special Education Programs

Student Nutrition Programs provide wonderful opportunities for children and youth to learn food skills and healthy eating habits. Many TDSB students with exceptionalities are involved in preparing, serving and choosing nutritious food for their classmates. In fact, nutrition grants enable special education programs to offer valuable hands-on learning and leadership, as well as nutritious food.

At the start of every day at George Webster Elementary School, special education students bin and deliver the day's Morning Meal to five classrooms. They practice counting and organizing and apply physical and communication skills to their tasks, all the while knowing they are fulfilling an important role at the school.

At Oakwood Collegiate's Intensive Support Program, student helpers set up, prepare and serve the snack for the day with teachers' guidance. All students then sit down together mid-morning at wheelchair accessible round tables to enjoy the nutritious snack.

At Beverley School, special education programming is provided for the full school day to meet the needs of students with complex needs. Collaborating with the SNP, Educational Assistants bake nutritious snacks with a few students who may have limited mobility or communicate through electronic devices. They touch, taste and smell ingredients, help stir or pour mixtures and contribute to the final product.

Through these wonderful collaborations, students with exceptionalities and their exceptional teachers make nutrition programs work both for feeding students and for building independence and life skills.



George Webster E.S. teacher, Charles Gardner, offers Morning Meal food choices to his students with the help of symbols and visual communication prompts.



Beverley School Teacher, Ben Cottreau, lists the learning experiences that come with students participating in the SNP: communication skills, social skills, fine motor skills, self-regulation, building independence and focusing on their activities of daily living, sensory opportunities, learning to try new things.

Want to learn more?

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