

# Organic Opportunities in



Ontario

# Student Nutrition Programs (SNP)

Improving Farmer Profitability with  
community partnerships in education

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MINISTRY OF CHILDREN  
AND YOUTH SERVICES

9 Regions; 15 Lead Agencies

35 Community Partnerships



HEBL leverages and allocates funding, provides ongoing support and builds community capacity for breakfast and snack programs

HEBL

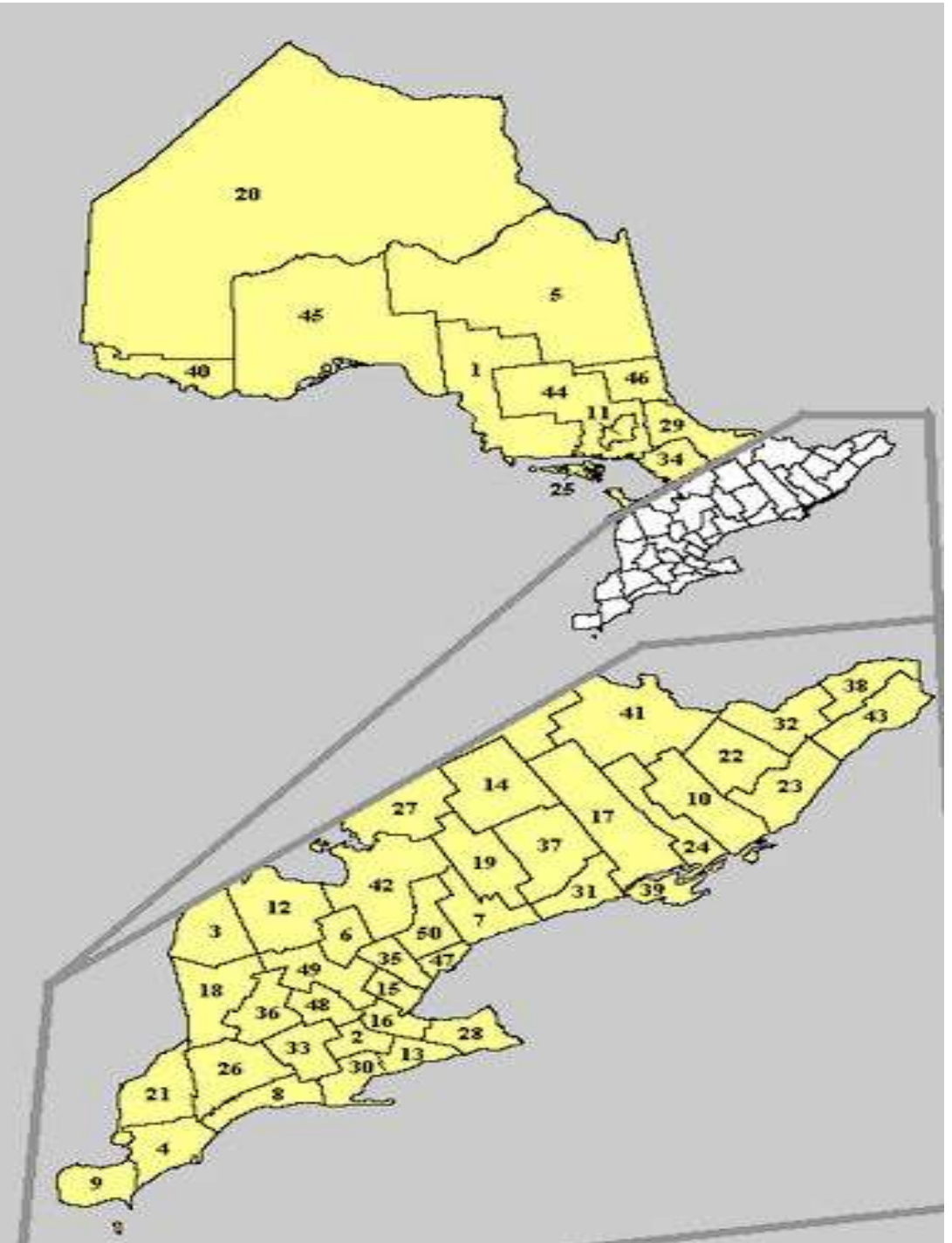
Eastern Region

38 = Prescott Russell

43 = Stormont, Dundas  
& Glengarry

110 sites

Over 15,000 children



# Ministry of Children and Youth Services Funding

<u>Funding</u>	<u>Local</u>	<u>Ontario</u>
Regular (SDG/PR)	145,000	8.5 M
Poverty (SDG)	170,000	9.4 M



# MCYS Nutritional Guidelines

SNP's encouraged to:

- Adopt nutritional guidelines
- Follow guiding principals

**Snack: 2 items from each of 2 food grps**

- 1 fruit or vegetable

**Breakfast or Morning meal: 3 items from 3 food grps**

- 1 fruit or vegetable
- 1 dairy



# Promote Healthy Eating

**Fruits/Vegetable offered every breakfast/snack**

**Prepared with little or no added salt and/or fat**

**Avoid food high in fat, salt or added sugar**

**Vegetable and fruit more often than juice**

**Variety of nutritious food & beverages**

**Avoid food low in nutrients**

**No Trans Fat**

# Ecological

- Offer Ontario grown/local when possible
- Reusable dishes & utensils when possible
- Minimize waste & recycle



# Universality

- Program must be available to all students
  - Regardless of socio-economic status
  - Regardless of parental contribution
- Ensures program is non-stigmatizing
- Children feel welcomed, safe & comfortable





# HEBL Advisory Committee

Upper Canada Leger Centre for Education and Training

Upper Canada District School Board

Catholic District School Board of Eastern Ontario

Conseil des écoles publiques de l'Est de l'Ontario

Conseil scolaire du district catholique de l'Est ontarien

Centre de Santé Communautaire de l'Estrie

Eastern Ontario Health Unit, Energize

Heart and Stroke Foundation of Ontario

Canadian Cancer Society

Parent representative(s)

# Other Funders & Partners

- United Counties Prescott Russell
- United Way Prescott Russell
- Breakfast Clubs of Canada
- Ministry of Education
- TD FOE
- General Mills
- Breakfast for Learning
- Grocery Foundation
- Parental Donations
- Local Service Organizations
- Local Business
- School/parent council
- Public Libraries & Community Centres
- Green Apple Grant – Metro
- Environmental group & Horticultural Societies



# HEBL Service Models

Classroom Bins/ Baskets/ Coolers

Self serve kitchen/food depots

Brown bag/SNP to go

Buffet Style

Served sit down meal

Café style

Combination



St Lawrence IS

# Program Organization

- Program committee
  - School staff, parents/caregivers, community members, students, other interested individuals
- Program coordinator
  - Coordinating volunteers
  - Manage budgets & record keeping
  - Act as contact person
- Volunteers
  - Parents, family members, students (community hrs) teachers/staff & other community members

# Administrative Process

- Schools/Organizations complete application
- Review committee grants decisions and distributed in 2 installments
- Volunteers coordinated
- Site coordinators report monthly to HEBL
- Receipts & Expense summary reviewed 2x / yr
- Other reporting based on other funding sources
- Ongoing support, special projects and workshops

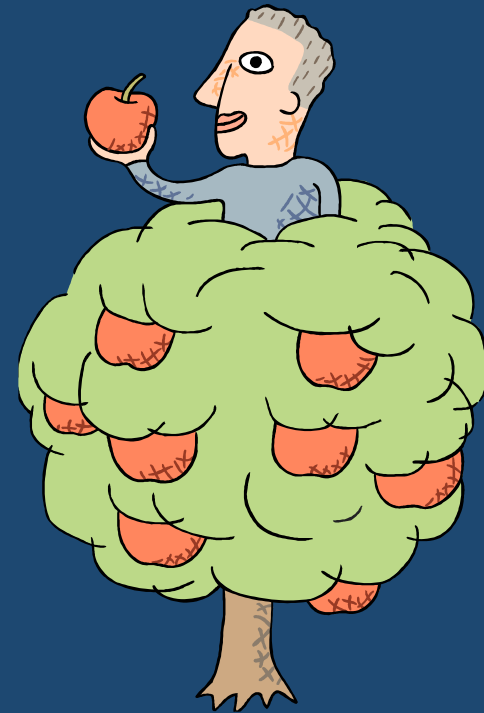
# Special Projects

- Vermicomposting
  - Decreasing carbon footprint
- Garden projects
- Life Skills & SNP
- Buy local
- Taste testing, cooking and other special events



# Food Connections

- Apple & Berry picking
- Apple Sauce
- Gleaning - EOHU
- Maple syrup
- Farm visits
- Butter making
- Farm to school salad bars
- Local harvest events



# Sustainable Partnerships

- Initial meeting – Dating stage – Committed
- Forums to foster dating
  - Speed dating events
  - Agri-food events
  - Local food conferences
  - Fairs
  - Markets
  - On line chats





# Synchronicity

- Seasonality
- SNP friendly products
- Freezing and drying projects
- Added value
  - Washing
  - Cutting eg carrots
- Taste testing
- Baking
- Fair price

# Goals

- Sustainable, healthy breakfast & snack programs
- Increased access to healthy food
- Increase community participation
- Connection to local sustainable food system
- Address hunger
- Improve school performance
- Reduce absenteeism, suspensions, tardiness
- Support healthy development
- Contribute to prevention of obesity & other diet-related health concerns



# Healthy Schools Act

- Limits but does not eliminate Trans Fat
- Sept 2011 Compliance
- Extensive guidelines of what can be sold in schools
  - 80% healthiest Eat Most
  - 20% Less healthy, Eat Less
  - Unhealthy: Not Permitted

# All Things Food / Bouffe 360

- Spark workshops
- Gleaning
- Farm to school
- Farm to cafeteria

# Good Food Box

Not for profit  
community based  
initiative which offers  
community members  
the opportunity to  
purchase quality  
healthy food at an  
affordable price.

10 \$ box

<b>FOOD</b>	<b>Quantity</b>
Green beans	1 lb
Red onions	2
Carrots	1
Garlic	2
Broccoli	1
Lettuce	1
Gala Apples	4
Oranges	4
Snow peas	200 gr
English cucumber	1
Pears d'Anjou	3
Bananas	3
Kiwi	3

# Together, Nourishing Ontario

