

An Apple a Day

Inside this Issue:

- Loyalist Public Relations Students Support Student Nutrition
- Pancake Breakfast Supports Food for Learning
- Program in Action: St. Joseph Catholic School
- Program in Action: Kente Public School
- Easy Ways To Teach Your Kids About Cooking
- Parking Is Free but Groceries Are Not
- Nutrition Spotlight: Whole Grains
- Say Cheese at Harmony Public School
- Program in Action: Prince Charles Public School
- 10th Annual Student Benefit Auction
- Thank You Notes!
- How you can Help!

Loyalist College Public Relations Students Support Student Nutrition

By: Dan Schell, Public Relations Post Graduate Student

On Saturday, March 11, students of the Loyalist College Public Relations post-graduate program opened up an apple stand at the Quinte Mall to help bring nutritious meals to students across Hastings and Prince Edward Counties.



The group sold apples as a part of their Apple a Day event that looked to help support Food for Learning, a Belleville-based organization that provides healthy

breakfast, lunch and snack programs to schools from all over the area. In one day of selling apples, the group was able to raise \$564 to help provide nutritious food to the community.

"It's incredible to see how the community came out to help support these needed programs in schools across the area," says Dan Schell, Loyalist Public Relations student. "Most of the people were not just buying apples because they were a healthy snack, but they were really passionate about the cause and wanted to help in any way they could."

The makeshift apple stand provided a fun venue for families who were at the mall shopping during their March Break by providing a variety of colouring pages for kids to enjoy. Kids and parents alike also enjoyed taking pictures at the stand in a unique apple photo booth.



Loyalist Public Relations student Aysha Tayab says that the group is thrilled by the support they received for the event and are thankful to all the people that stopped to talk to the group about the organization they were supporting with the booth.

"One of the exciting things about the day was simply getting the chance to talk to people and explain the incredible work that Food for Learning does in the community," says Tayab. "To be able to get the word out about the cause, and also hear about how it has impacted student's lives at the schools, made the day just that much more exciting."

Each year, Food for Learning provides over one million meals to more than 15,000 students at 80 sites throughout Hastings and Prince Edward Counties.

"I go almost every day and I have afternoon snack. I go to Food for Learning because I don't have time to eat, so I go to Breakfast Club.

Grade 4 Student

Pancake Breakfast Supports Food for Learning



Funds were raised by a joint pancake breakfast hosted by the Marmora Pentecostal and the Free Methodist Churches in Marmora in support of Food for Learning programs. Together they raised \$2,595.00 to be divided by Earl Prentice Public School, Sacred Heart School and Marmora Senior Public School! Thank you for the wonderful community donation.

Pictured Below: Pastor Peddle from the Marmora Pentecostal Church presenting the Food for Learning Program at Sacred Heart School a generous donation in the amount of \$865.00!



"My favourite thing about Food for Learning are the smiles as my fellow peers eat the food brought on by our lovely volunteers"

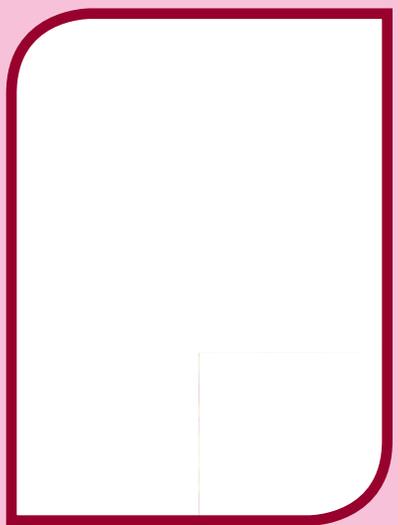
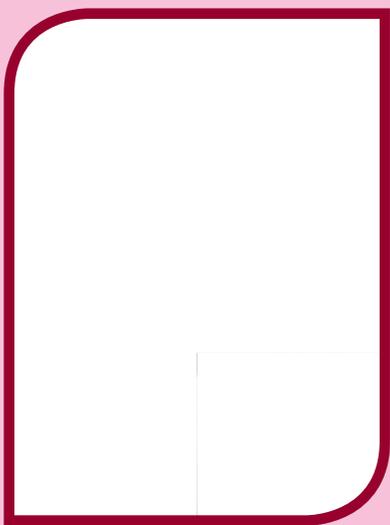
Grade 12 student

"My favourite thing about Food for Learning is that kids aren't starving when they are hungry or don't have time to eat in the morning."

Grade 4 student

Program in Action: St. Joseph Catholic School

Mrs. Pinto's jk/sk class hard at work making homemade apple sauce and banana muffins for St. Josephs Breakfast Club. These little helpers are very proud of the work they do. Special thanks to Mrs. Pinto for her continued support of our breakfast club by bringing in healthy muffins on a weekly basis.....and do they go fast!!



Photos submitted by: St. Joseph Catholic School

Program in Action: Kente Public School



It was wonderful to have the WHOLE school in the gym together enjoying a warm and healthy meal. It helped us to celebrate our strong sense of community and the holiday season. A big thank you to all who supported this meal and made it possible!

**Photos submitted by:
Kente Public School**



Easy Ways to Teach Your Kids About Cooking

It's never too early to start teaching your kids about healthy eating. Cooking with your kids is an excellent way to help them learn about healthy foods and teach them skills to last a lifetime. Lorna Shaw-Hoepfner, a Registered Dietitian, shares her tips on how you can engage your kids in the kitchen:

- **Squelching the Picky Eater:** Take the 'picky' out of your 'picky eater' by helping him/her to learn about food. Research shows kids are more likely to try new foods and choose healthier foods when they help select and prepare the food.

- **Building lifelong skills:** Letting children watch you cook is excellent role modelling, but there is no better way to learn a skill than through hands-on experience. Help children learn to cook by letting them cook! You can also share information about the benefits of certain foods while you are cooking.

- **Quality time together:** Cooking together is a great way to reconnect with your kids after a busy day; it is also a wonderful way to pass on family traditions and recipes.

- **No job (or child) too small:** Be certain to keep jobs age appropriate in order to keep kids safe. As children get older their coordination and fine motor skills improve and they will be able to take on more responsibility. Be sure to teach them about kitchen and food safety.

"The members of the program feel like a family"
Grade 8 student

Younger children can:

- Wash fruits and vegetables
- Tear lettuce for salad
- Help stir batter and toss salads
- Mash potatoes
- Add ingredients to recipes
- Help with grocery shopping
- Watch and learn while you cook

As children get older try adding in more jobs such as:

- Stirring ingredients
- Setting the table
- Making a sandwich
- Following a simple recipe
- Using basic kitchen tools and appliances
- Helping with meal planning

About Breakfast for Learning

Breakfast for Learning is committed to ensuring students attend school well nourished and ready to learn. In the 2015/16 school year, Breakfast for Learning funded 1,900 breakfast, lunch and snack programs, served 241,485 children and youth and provided over 41 million nourishing meals and snacks. Since 1992, Breakfast for Learning has helped serve over 594 million meals to children and youth across Canada. For more information, please visit breakfastforlearning.ca.

Parking Is Free but Groceries Are Not



Food for Learning's Feed the Meter campaign raised over \$68,400 surpassing the campaign goal of \$50,000 for student nutrition programs in Hastings and Prince Edward counties. The campaign was a great success and yielded a significant increase in funds raised with the support of Mayors Taso Christopher, Jim Harrison and Robert Quaiff!

For the month of December, parking was free in three local communities Picton, Trenton and Belleville. All funds collected in meters were donated to support Food for Learning programs in schools. Downtown shoppers were also offered free parking in both Trenton and Belleville while construction took place in the fall, and the money that was collected then was also donated to Food for Learning's 2016 Feed the Meter campaign!

More than 11% of the households in Hastings and Prince Edward counties are food insecure and has one of the highest rates of food insecurity in the Province of Ontario. This means that people have difficulty obtaining sufficient, nutritious, personally acceptable food.

Food for Learning programs are important because research shows that children and youth who receive regular healthy meals and snacks at school are more alert, pay more attention, do better in school, and are healthier and more cooperative and disciplined.

When a student arrives at school hungry and participates in a student nutrition program, they will maximize their learning potential through the school day. We know that students in our area arrive hungry for a variety of reasons – poverty, rushed mornings, long bus rides, etc. Regardless of the reason, we aim to minimize the hunger faced by children and youth in our community and the support received through the Feed the Meter campaign makes this possible.

In the 2015-2016 school year alone, Food for Learning provided 1,065,255 meals and snacks to 15,559 individual students through a student nutrition program! We anticipate these numbers will continue to grow this school year. As one local grade 8 student stated, "I love eating at school because when I am hungry I can't learn. I know I can focus on learning when I have breakfast. Many students in our school go to Food for Learning and they feel the same way."

All proceeds of the Feed the Meter campaign will be returned to the schools in the communities where the funds were raised and will be used to purchase groceries for the various programs in those communities.

The Feed the Meter campaign would not have been possible without the support of generous campaign sponsors and the community at large! Special thank you to Starboard Communications 95.5 Hits FM & Cool 100.1, Market High Advertising, and The Greek Banquet Hall for supporting the campaign in all three participating communities, Belleville, Quinte West and Picton. In addition, The Hastings and Prince Edward Learning Foundation would like to thank the following sponsors:


 A Natural Attraction
Wilkinson & Company LLP
 **HAI**
 PRECISION WATERJETS INC.
 **Adecco**
 better work, better life
 **TOMASSO'S**
 ITALIAN GRILLE
 **Kellogg's**


BELLEVILLE
 on the Bay of Quinte
 **WHITLEY**
 Feel Assured
 **Adecco**
 better work, better life
 **237**
 better work, better life
Dr. Sandra O'Connor,
 East Hill Health Center
 **Kellogg's**
Paulo's / Dinkel's
 Restaurant
Wilkinson &
 Company LLP
Vision Transportation


The County
 PRINCE EDWARD COUNTY • ONTARIO
Annette Polanski
 Medical
 Professional
 Corporation

 **Ford**
Prinzen
 **PEFA**
 Prince Edward Federation of Agriculture

"The food is safe"

Grade 4 Student

"I never get to eat breakfast in the morning because it takes a long time to get ready"

Grade 4 Student

Nutrition Spotlight: Whole Grains

By: Jennine Seaman, MHSc, RD, Hastings Prince Edward Public Health



Whole Grain = All Parts of the Grain

A grain is made up of three parts – the bran, the endosperm, and the germ. Each of these layers has important nutrients, including fibre, vitamins, and minerals. Whole grains contain all three parts, making them a nutritious choice. Oatmeal, popcorn, and brown rice are all examples of whole grains.

Refined and Enriched Grains

Refined grains have one or more parts removed during processing. White flour and white rice are examples of refined grains. You may be surprised to learn that whole wheat flour is a refined grain - it is missing some of the bran and most of the germ.

You may have seen the word 'enriched' on some grain products. These are refined grains that have had some of the missing nutrients added back in. While this may improve their nutrition, whole grains are still the best choice.

Multigrain vs. Whole Grain

Although they are often confused, multigrain and whole grain are not the same. Multigrain products include more than one grain, but these don't have to be whole grains. Many multigrain products are made with only refined or enriched grains.

How to Look for Whole Grains

Some products labeled "made with whole grains" may only use small amounts. Check the ingredient list to see if the first ingredient is a whole grain. The first ingredient may start with the words whole grain (e.g. 'whole grain whole wheat'). The first ingredient could also be whole grain that is usually in its natural form. In this case, the name may be listed without the words whole grain before it (e.g. 'brown rice'). The new Student Nutrition Program guidelines list some of the names for whole grains.

Did you Know?

Canada's Food Guide recommends that at least half of the grain products we eat each day are whole grains. Now that you know what to look for, choose them as often as possible!

Sources: Eat Right Ontario (2016), Health Canada (2007), Ministry of Children and Youth Services (2016).

"The food is good, like at a restaurant and I don't have to pay for it"

Grade 4 Student

"I live in the country and have to wake up early so I catch my bus on time and don't have enough time to eat"

Grade 12 Student

Say Cheese at Harmony Public School



During the month of February, the congregation of St. Mark's United Church, Cannifton, through their "Mission by the Month" program, collected money for the purchase of cheese for the breakfast program at Harmony Public School. On Tuesday, March 21st 2017, a small group from St. Mark's was very pleased to visit Harmony Public School to present a cheque in the amount of \$439.50 for the purchase of cheese for the Breakfast Program at Harmony.

Pictured: Janet Shandraw, Food for Learning Breakfast coordinator at Harmony, Joan Anderson, Gloria Scott, Sheila Parks, members of St. Mark's, Louise Gunning, Principal at Harmony, Elaner Pound, and Rev. Ryan McNally, minister at St. Mark's.

Program in Action: Prince Charles Public School



Some kids are introduced to fruit and vegetables that they have never had before. It's wonderful to be able to provide a warm, nutritious meal to those who may not normally have access to it. It can even help those parents who are working before the students leave for school and cannot provide a breakfast or lunch.



Photos submitted by: Prince Charles Public School

Join Us!



**Thursday
May 11th, 2017**

Celebrating The

10th Annual

**STUDENT BENEFIT
AUCTION**

RAISING FUNDS FOR FOOD
FOR LEARNING PROGRAMS

The Greek Banquet Hall

Thank You Notes!



Dear Egg Farmers of Ontario:

On behalf of all the students here at Bird's Creek Public School, I extend my sincere thanks for your contribution to our Breakfast Program. Our school was selected to receive a \$900 grant from EFO earlier this school year and we are thrilled!

Our Breakfast Club Coordinator has been creative with our Breakfast Club menu and we have significantly increased our students' egg consumption each and every week. For example, we serve egg burritos (with cheese and tomatoes), French toast, hard boiled eggs, as well as other egg dishes that are baked in the oven and served to our students. This donation has had a huge impact on the quality of our program and the variety of foods we are able to serve on a weekly basis.

Aside, from purchasing eggs, we have also been able to use some of the funds from the EFO grant to purchase new equipment for our Breakfast Club to facilitate the cooking of eggs. This is fantastic!

The smiles on our students 'tell the whole story' much better than I could ever write. When asked if they were enjoying eggs at school one student said: "Eggs are so yummy and we are rushed in the morning at my house so we only get to have eggs on weekends." Once again, BCPS extends our thanks to the Egg Farmers of Ontario for their generous contribution to our Breakfast Club!



*Lisa McKenna-Sutherland
Principal*



Photos submitted by: Bird's Creek Public School

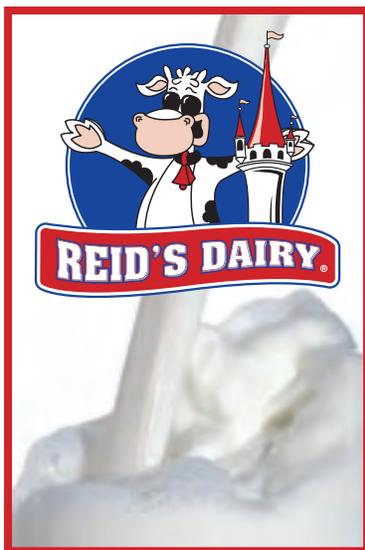


VISION TRANSPORTATION

Thank you to Vision Transportation and our many volunteers that made sorting thousands of dollars' worth of Kellogg's cereal possible! A great thanks to Kellogg's Canada for this tremendous donation of cereal for Food for Learning programs!

For over a decade, Reid's Dairy has been donating milk to Food for Learning student nutrition programs. This donation ensures students are starting their day off with a healthy, complete breakfast that improves their well-being, behavior and their ability to stay on task.

Annually, the value of this donation is over \$12,000.00. That is over 40,000 glasses of milk!!



Food for Learning programs are grateful to Reid's Dairy and we cannot thank them enough for their continued generosity.

"The food is good and warm"

Grade 6 Student

"I need Food for Learning as I am growing and it helps me as I go through puberty. It is good for my skin and bones to eat healthy."

Grade 8 Student

How You Can Help!

Food for Learning relies on the community to sustain our programs. We are very fortunate to receive contributions from individuals, organizations and businesses throughout Hastings and Prince Edward counties. If you are interested in providing support to Food for Learning, there are many options to choose from.

- You can make a financial contribution that will assist with purchasing food, supplies and equipment for our breakfast, lunch and snack programs – every dollar helps.
- You can volunteer your time to assist with a program at a school in your community – you can volunteer as little or as much as your schedule will allow.
- You can donate grocery gift cards which will be redeemed for food.
- You can donate healthy food directly to a school in your community – for example, fresh fruit or vegetables, healthy cereals, cheese, whole wheat bagels, eggs

Financial contributions can be forwarded to:

Food for Learning
c/o The Hastings and Prince Edward Learning Foundation
156 Ann Street
Belleville, ON K8N 3L3

(please make cheques payable to The Hastings and Prince Edward Learning Foundation)

To discuss any of these options, please contact **Kellie Brace** or **Vicky Struthers**, Food for Learning Coordinator at **613-966-1170, ext. 2232** or **ext. 2378** or email **kbrace@hpedsb.on.ca** or **vstruthers@hpedsb.on.ca**

Follow Us On:



www.facebook.com/food4learning



@food4learning



The Hastings and Prince Edward Learning Foundation

156 Ann Street, Belleville, Ontario K8N 3L3

1-800-267-4350 • Tel: (613) 966-1170 ext. 2232 • Fax: (613) 968-1038

Yes!

I'd like to support Food for Learning.

Please accept my donation of:

\$500 \$250 \$100 \$50 \$25 other

I prefer to make my donation by: Cheque* VISA MasterCard

*Please make cheques payable to The Hastings and Prince Edward Learning Foundation

Pre-Authorized Debit* Payroll Deduction Gift in Kind
(contact the Learning Foundation for more details) Please contact me regarding Gift in Kind



Name: (Mr. Mrs. Miss Ms.)

Phone:

Address:

Postal Code:

Card #:

Expiry:

Signature of card holder

* All donations of \$20 or more will receive a charitable receipt, and all donors will be recognized and thanked for their contributions.

May we recognize your donation publicly? YES NO

Charitable # 86105 8113 RR0001