

Healthy Eating at School is Cool . . . And Comprehensive

Mary McKenna, University of New Brunswick

Celina Stoyles, Executive Director, Kids Eat Smart Foundation, NL

Rachel Schofield Martin, Healthy Eating and Social Entrepreneur Coordinator

Margo Riebe-Butt, Executive Director, Nourish Nova Scotia

Chad Duplessie- Project Director, Healthy Bodies, Minds, Spirits-Eel Ground First Nation

Overview

- Background and introductions
- Presentations
- Discussion
 - What resonated with you?
 - What are you interested in learning more about?



Evolution of Programs



School Food Programs

Usually free or subsidized food programs

- Breakfast/mid-morning snack
- Lunch
- Snack
- Milk
- Fruit and vegetable

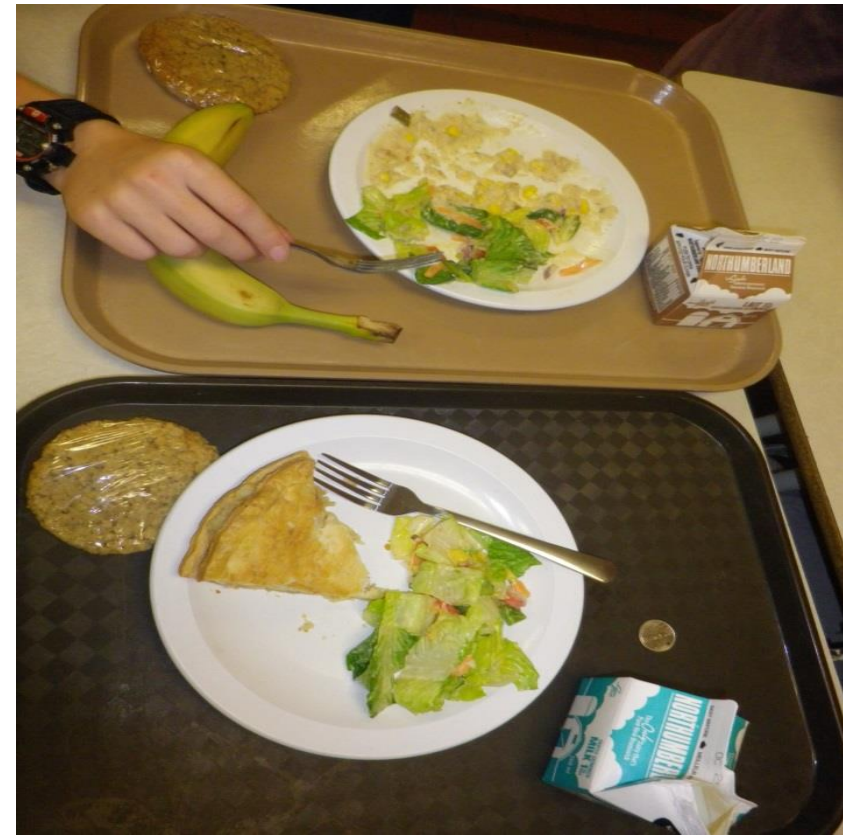


The \$\$\$\$ Difference

\$1 meal: 95% uptake



\$5.35 meal: 20% uptake



Universal and Targeted Programs

Available to all schools and all students within the schools

Targeted to schools in areas with lower socio-economic status – available to all students within those schools

Targeted to students with high needs within individual schools

Risk of Stigma

Patchwork of Providers

- National charities
- Provincial charities/governments
- Municipal charities/governments





THE COALITION
FOR HEALTHY
SCHOOL FOOD



LA COALITION
POUR UNE SAINE
ALIMENTATION
SCOLAIRE

- Over 30 partners from across the country
- Cost-shared Universal Healthy School Food Program
- Enable all students in Canada to have access to healthy meals at school every day

Food as an Educational Mandate

Healthy eating is a normal, enjoyable, & supported expectation of schools



Food and Nutrition Related Policies

Monitoring, Evaluation, and Research



Over 25,000 nutritious meals served every school day!



**Kids Eat Smart
Foundation**
NEWFOUNDLAND & LABRADOR



Kids Eat Smart Foundation NL

- 248 KES Clubs = over 25,000 meals every school day!
- 6100+ Volunteers
- Province wide charitable organization
- Known as the Breakfast Club!
- Provide nutritious breakfasts to children & youth



Why do some children not eat breakfast?

There are many reasons...

- Some kids can't or won't eat in the mornings
- Long bus rides - busy households
- Some children do not have food at home

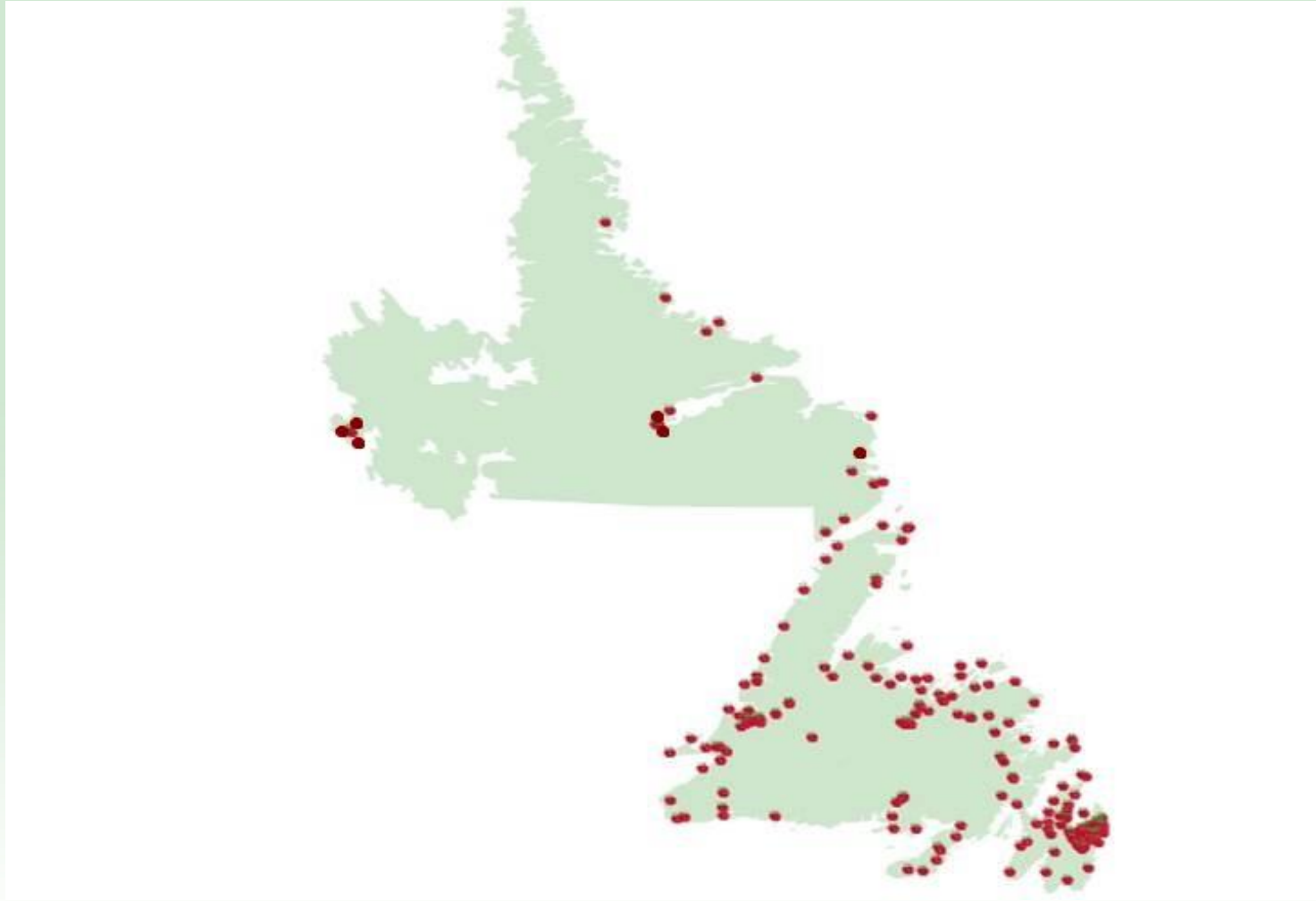


Why are KES Clubs so important?

- Universal program - No cost to children and families
- Gives children access to nutritious food
- Provides child with the fuel they need to learn
- Promotes a healthy school environment



248 KES Clubs Province Wide!



How does it work?

Kids Eat Smart Foundation NL, we provide...

- Financial resources
- Nutrition resources
- People resources





Government
NL \$1.1
million

Partner and
Community
Fundraising
\$1 million

School
Fundraising
\$1.4 million



Nutrition Resources

- **Menu Planning**
- ✓ *Canada Food Guidelines & School Food Guidelines*
- ✓ Registered Dietician on Staff
- ✓ Members of Wellness Committees and work closely with Regional Nutritionist in Health Authorities NL
- ✓ NLESD–School Nutrition Consultants
- ✓ Education - Nutrition Sessions, Workshops, Food safety training and social media training



Food Challenges in NL!

Making it work!

- Food Cost
- Food Availability, especially fresh fruit and dairy
*We work with food & dairy suppliers
to deliver to our KES Clubs*
- Supply Equipment - Fridges, Freezers, Toasters, Blenders
- Provides suggestions for canned or frozen fruits
to ensure fruits are served year round



Research tells us that Kids Eat Smart Clubs

- develop students' awareness of healthy eating and healthy choices.
- contribute to socialization by helping students start their school day in a supportive setting with peers, volunteers and teachers.
- improve school attendance.
- have positive impact on academic performance.



Educators tell us.....

“Improvement in students overall energy and students generally more on task.”
-Viking Trail Academy

"Many students take the bus and can not eat at home, so the breakfast program works well."
-Humber Elementary

"Better attendance, behavior and academics."
-Amos Comenius Memorial

"We notice improved concentration in class, less disruptive behaviors, improved attendance."
-Holy Heart High School



Children tell us...

- ✓ I can study for tests.
- ✓ I can play outside with my friends.
- ✓ I can pay attention in class.
- ✓ I can jump higher than a kangaroo.
- ✓ I can fly to the moon.



Kids Eat Smart
Foundation
NEWFOUNDLAND & LABRADOR



Thank you!



**Kids Eat Smart
Foundation**
NEWFOUNDLAND & LABRADOR

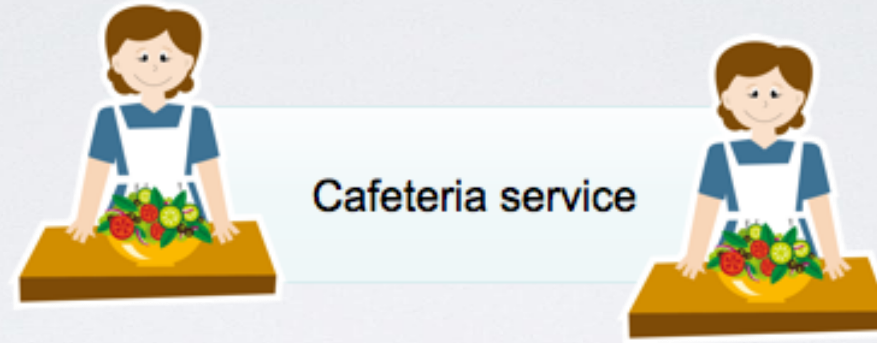


PUBLIC HEALTH 2017

Rachel Schofield Martin, Healthy Eating and Social Entrepreneurship
Coordinator



Entrepreneurial cafeteria



Education



Health



Entrepreneurship



Sustainable development





Skills development

Growing

Preparing

Eating / Tasting

Conserving

Composting



Food literacy

Entrepreneurship



Financial literacy



Un jardin écologique et pédagogique à découvrir...

Sol au repos

Terre pauvre

Terre riche

Terre moyenne

Un modèle de plan de jardin
écologique conçu en fonction
d'une rotation à faible sur
quatre années de jardinage.



L'objectif de la rotation d'un jardin écologique est de développer un sol en santé et ainsi prévenir les ravageurs (insectes) d'attaquer les plants dans un environnement durable!

Comment aménager le jardin?

L'aménagement du jardin peut se faire à l'intérieur d'une seule plate-bande subdiviser selon les besoins et les désirs du jardinier. Les différentes sections de plate-bandes peuvent varier en forme et en proportion. De plus, le jardin peut être planifié en quatre plate-bandes isolées l'une de l'autre.

Comment faire la rotation du jardin?



Quand semer ou quand transplanter et quand récolter?

	Mai	Juin	Juillet	Août	Septembre	Octobre	Novembre
Bettrave	S						
Carotte	S						
Haricot	S						
Pohron		T					
Broccoli	T						
Céleri	S						
Epinard	S						
Laitue	S						
Concombre		S					
Courgette		S					
Maïs		S					
Tomates		T					

S Quand semer? R Quand récolter? T Quand transplanter?

Quelle est la composition du sol?

Le sol est composé de trois couches:

1. Le pailli (protection du sol)
2. Le compost (enrichissement du sol)
3. La terre (support de la plante)

Selon Serge Fortier, on ne doit jamais laisser un sol nu. C'est-à-dire qu'on doit couvrir le sol d'un pailli lorsque les pousses sont bien identifiées.

Quels sont les paillis naturels qu'on retrouve dans notre coin de pays?

- plantes de mer (herbes à outarde)
- feuilles mortes et finement hachées
- gazon fraîchement coupé

Pourquoi poser un pailli dans le jardin?

- garder l'humidité dans le sol (donc possiblement moins besoin d'arroser)
- empêcher la mauvaise herbe de pousser (car on coupe la lumière du soleil)
- servir de compost afin d'enrichir le sol (fourni les nutriments nécessaires aux plantes)

Ressources:

- <http://blanche-bourgeois.nbed.nb.ca>
- <http://www.sergefortier.com>
- Yves Gagnon

Partenaires du projet:

- Bénévole (Serge Larochelle)
- Comité communautaire
- CRDE (Centre de recherche et développement en éducation)
- District scolaire no 11
- École Blanche-Bourgeois
- Entrepise Kent
- GDDPC
- Transition Cocagne

© 2009 Blanche-Bourgeois



Discover how to grow food!





Section 4

Abécédaire des fruits de par chez-nous!

Pp

pommes



J'aime aller au verger de **pommes**!

À l'automne on peut se rendre à St-Antoine au verger Uris Williams et fils ou à Cocagne à La fleur du pommier pour cueillir des pommes.



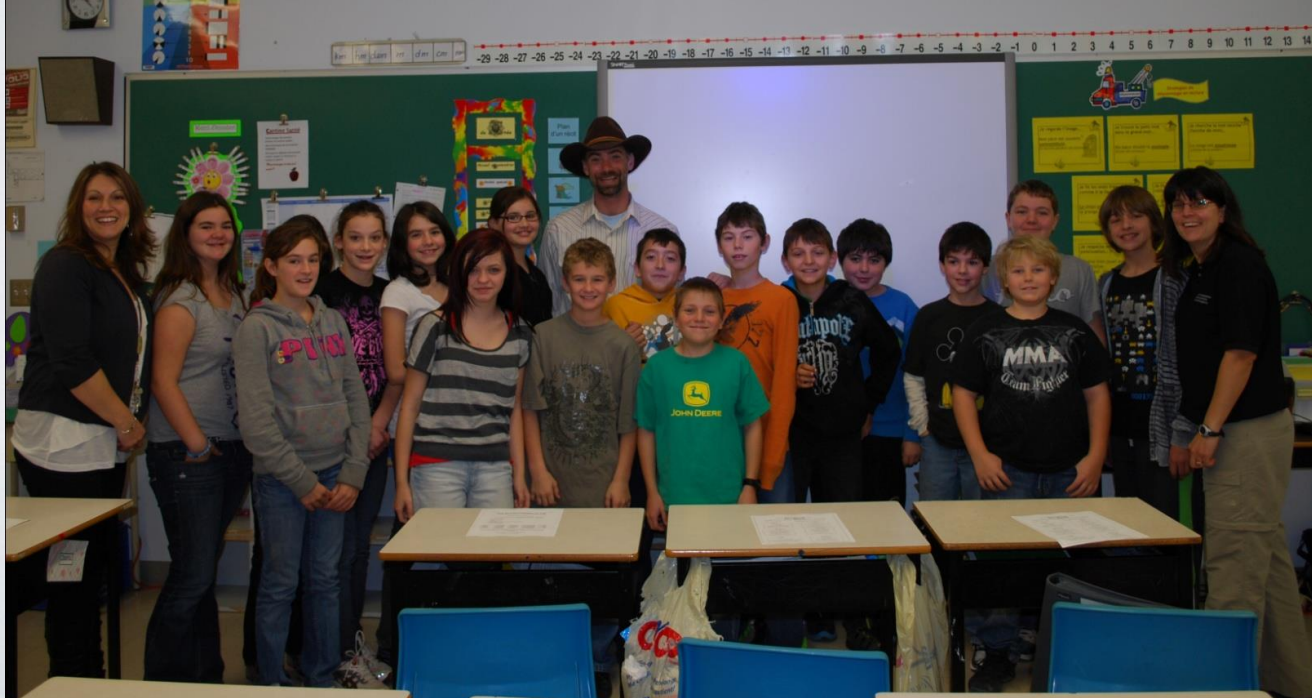
Patates



La ferme est située à Grande-Digue.

Les **patates** que vous mangez à la cafétéria proviennent de la ferme **Les Dignes**.







Continuum pour le développement des compétences culinaires et alimentaires en classe au *District scolaire francophone Sud*

Durée des sessions :
30 à 45 minutes

Fréquence des sessions :
1 à 2 par semaine



**Légumes
et fruits**



**Produits
laitiers**



**Pains et
céréales**



**Viandes et
substituts**

			Atelier 1	Atelier 2	Atelier 3	Atelier 4
3 ^e année	Module 1	Collations santé et sans cuisson	Salsa aux pommes et fraises avec croustilles de tortilla	Trempeuse pour fruits	Trail mix – mélange montagnard	Pois chiches
4 ^e année	Module 2	Collations santé et sans cuisson	Brochette de fruits et de fromage	Trempeuse Tadziki avec légumes	Boules d'énergie	Graines cuites au four
5 ^e année	Module 3	Déjeuner	Smoothie aux fruits	Yogourt et fruits Oxydation des pommes et bananes	Gruau aux pommes à l'avoine	Œuf bouilli
5 ^e année	Module 4	Déjeuner	Compote de pommes et fruits	Bagel fromage et pommes	Crêpe	Pains dorés
6 ^e année	Module 5	Déjeuner	Smoothie créatif à base de fruits	Sandwich grillé au fromage et pommes	Barre déjeuner	Œufs brouillés
6 ^e année	Module 6	Déjeuner	Smoothie aux légumes	Parfait avec granola maison	Muffin à la citrouille	Muffin déjeuner
7 ^e année	Module 7	Repas	Soupe aux légumes	Pâté chinois Patates douces + patate blanche	Brochette de poulet + salade de couscous	Pizza + salade
8 ^e année	Module 8	Repas	Potage	Frittata	Burritos + riz	Sauce à spaghetti



Smoothie aux fruits

Rendement: 2 portions de 250 ml



Ingrédients

1/2 tasse (125 ml)	de fraises congelées
1/2 tasse (125 ml)	de bleuets congelés
1/2 tasse (125 ml)	de yogourt à la vanille
1/4 tasse (60 ml)	de jus de pommes ou autre jus
1/4 tasse (60 ml)	d'eau

Préparation

1. Placer tous les ingrédients un mélangeur et mettre le couvercle.
2. Démarrer le mélangeur jusqu'à l'obtention d'un mélange uniforme.
3. Verser dans les verres et déguster!



Truc santé:

Pour un maximum d'éléments nutritifs, essayer cette recette avec des fruits de différentes couleurs : rouge, vert, bleu-violet, jaune, orange...soyez créatifs !

Déjeuner plus équilibré

Ajouter un petit muffin ou un rôti à grains entiers !

Collation équilibrée

Le smoothie tel quel est une excellente collation !

Verser un peu d'eau dans le mélangeur et le démarrer pour un pré-lavage efficace !

Truc culinaire:



Trucs pour économiser du temps:

- Préparer des portions de fruits à l'avance dans des sacs ou contenants en plastique.
- Verser le surplus de smoothie dans des moules à sucettes glacées et ça te sera utile pour une collation sur le pouce.

Amuse-toi, sois créatif

Prépare-toi des smoothies avec des aliments que tu retrouves à la maison !







CREATIVE COLLABORATION

Thank you!





Farm-to-School Fundraising in support of school Food and Nutrition Programs



Margo Riebe-Butt, RD,
Executive Director, Nourish NS





A bit about

Nourish Nova Scotia is a registered charity supporting nutrition and food literacy programs for children and youth in schools

- creating healthy food environments in the school setting
- 350+ breakfast programs
 - ✓ last year over 5 million breakfast meals were served!
 - ✓ 92% of NS schools have a breakfast program
- currently developing an Edible School Garden program (ESG)
- expanding our Nourish Your Roots (**NYR**) farm-to-school fundraising program, originally piloted in 2015

NYR is a program of Nourish...

Created to:

- support the fundraising directive in the NS Food and Nutrition Policy for NS Public Schools*
- connect farms to schools to provide opportunities to increase food literacy
- support “buy-local” and help sustain rural farm economies
- promote consumption of vegetables and fruit
- support healthy food programs and initiatives, all **funds raised are re-invested in school food and nutrition programs**

*also the food and nutrition standards in regulated early childcare centres



Piloted in 2015... expanded in 2016

nourish YOUR ROOTS

Evaluation 2015



Increases in food skills, knowledge of local food producers, and fruit and vegetable consumption.



100%

of those surveyed would participate again & would recommend to others.



100%

of survey respondents were satisfied with produce quality.



98%

of survey respondents were satisfied with the price of the produce.

nourish YOUR ROOTS

Evaluation 2016

Nourish Your Roots (NYR) is a farm to school fundraising program of Nourish Nova Scotia



Investing in Healthy School Food

\$98,831

raised by schools to go towards healthy eating initiatives, like Breakfast Programs, Edible School Gardens and food skills events and workshops



Surveys showed that:

Principals support funds raised be invested in school based healthy eating programs and initiatives ✓

Consumers like supporting a healthy school fundraiser ✓

Majority of those surveyed felt that their NYR box met their expectations and that the produce was high quality ✓

Investing in Local Farms

\$198,709

of new revenue generated for the local Nova Scotia farm economy



NYR farm partners said:

They received fair value ✓

They benefited financially ✓

They would participate in NYR again ✓

Promoting Food Literacy

Surveys suggest NYR promotes fruit and vegetable intake, encourages family cooking time and increases knowledge on local NS produce.



*% based on survey responses

How did we get there?

NYR Advisory Group led the expansion;



- **Foundational work**—defining purpose and values for program
 - ✓ A healthy fundraising program for schools and non-profit early childcare centres (focus for expansion)
 - ✓ Farmers paid fairly for their produce
 - ✓ Schools to re-invest funds in their own healthy food program and initiatives
- **Hiring a Coordinator**
 - ✓ Strategic proposal writing, linking NYR to many provincial policies, mandates and strategies across gvmt departments



How did we get there...con't



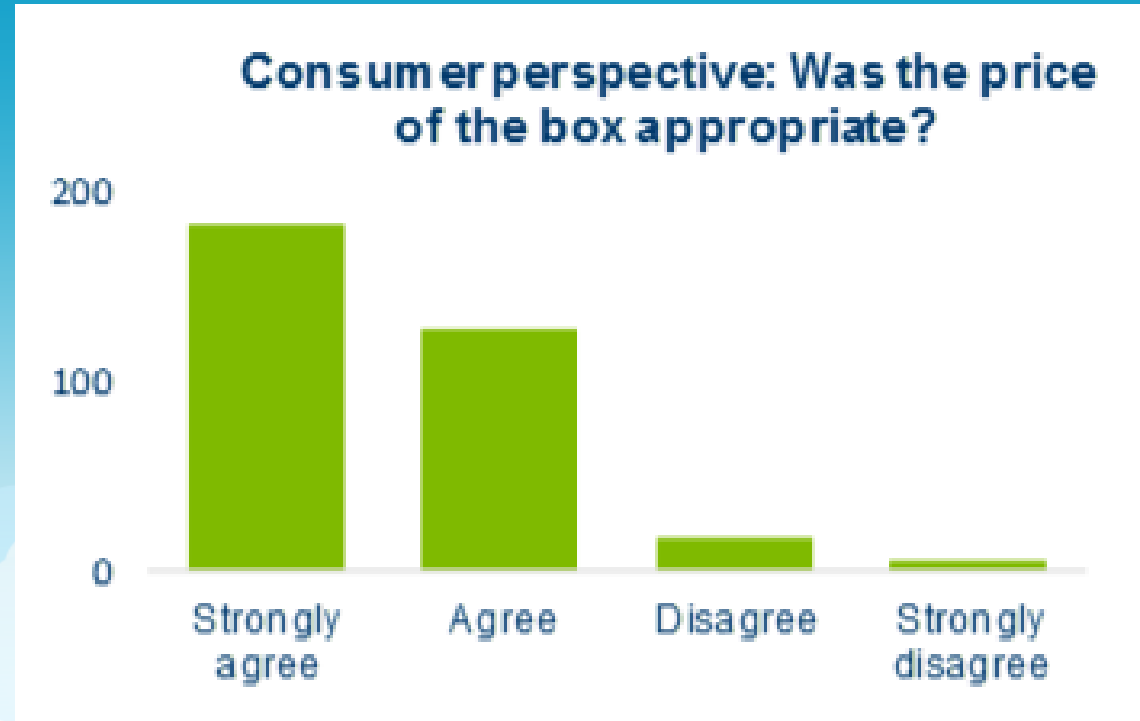
Sustainability

- **Co-branding** opportunity for the new NYR box
 - ✓ Our provincial “buy local” agency SELECT NS came on board
 - ✓ 10% of farm box cost re-invested back into the NYR program



NYR Pricing Structure*

Farm **\$18**
Schools **\$9**
Nourish **\$3**



*variation for farm hub model

NYR Model Variations



Evaluation*

- “Developmental” evaluation with in-kind support from our partners at Dalhousie Applied Research Collaborations for Health (ARCH) and Dalhousie Healthy Populations Institute(HPI)



*“Produce was very fresh and like that it was geared towards Thanksgiving - allowed our family to cook together and try a new veggie. It was great to see the schools raising money through healthy food versus chocolate bars.”
— Parent*

I am so thankful for the brilliant minds that came up [with] this school fundraiser. I picked up my farm box today filled with local, nutritious produce to help support our elementary school and local farmers. Win-Win!

#supportlocal #happythanksgiving #NourishYourRoots

*Complete evaluation reports online



Moving Forward

Funding

Farm Partners

Increasing #'s

Alternate Model Offering

Monitoring and Evaluation

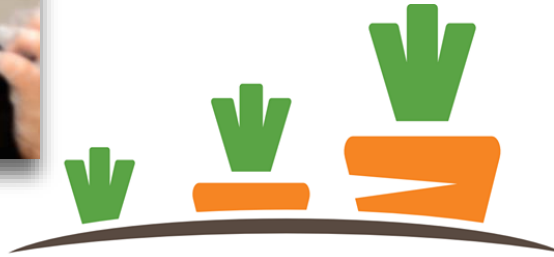


Supporters and Partners

- Province of Nova Scotia, Departments of
 - Health and Wellness
 - Education
 - Agriculture
- Maritime Paper –Box Delivery and Printing Plates
- Dalhousie University-ARCH and HPI-Evaluation
- Nourish NS Donors & Volunteers

Thank you!





Eel Ground First Nation
Healthy Bodies, Minds, Spirits

Who says you can't make friends with salad?

The Youth Champions of Natoaganeg School are making salad cool.



A Comprehensive Universal Free
breakfast and lunch program

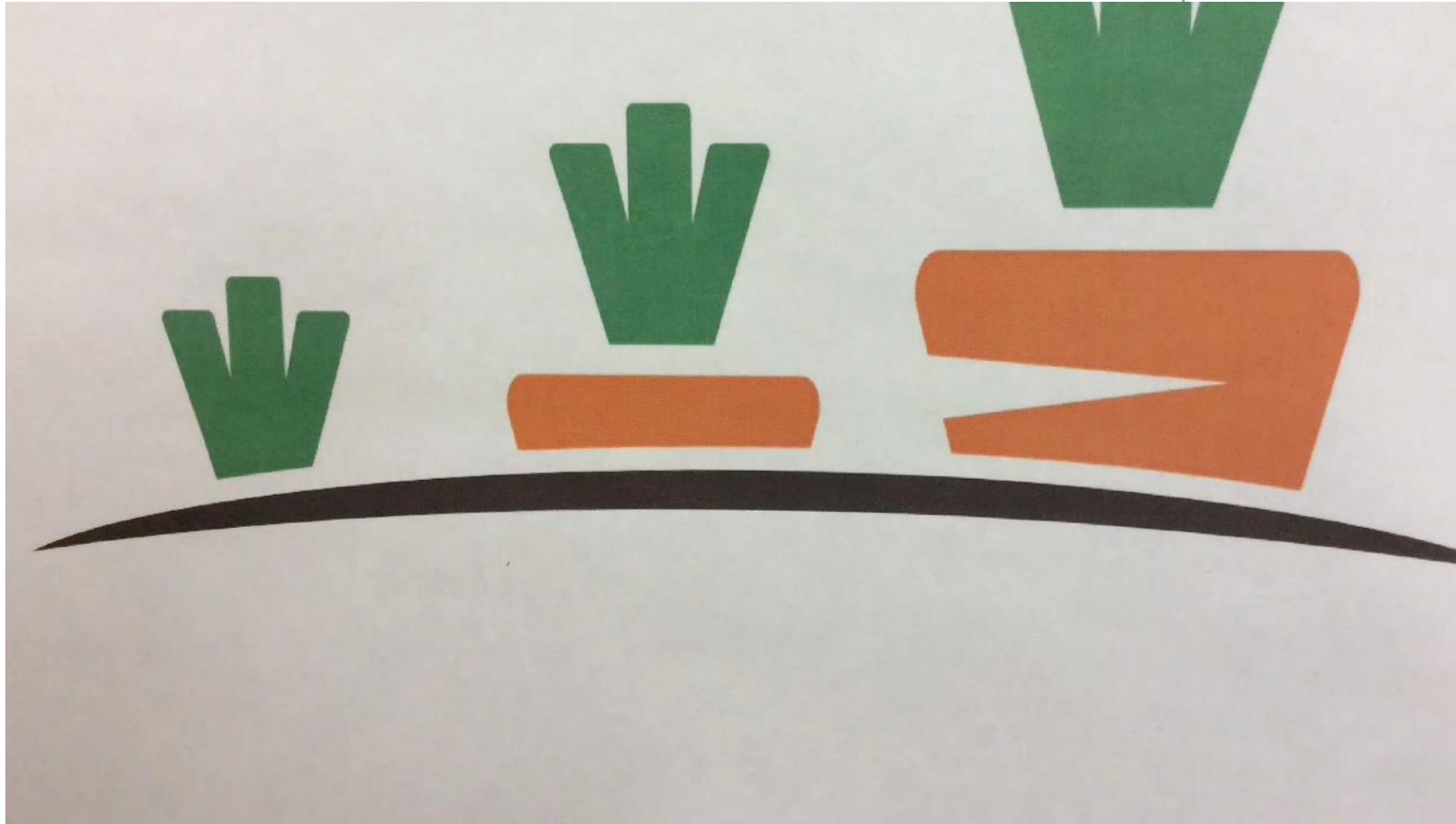


Meet our Healthy Youth Champions

The coolest kids in the school



Stephen Lewis is a one man band funk musician who is also a healthy lifestyle advocate. He shared his story and music. Super cool guy.

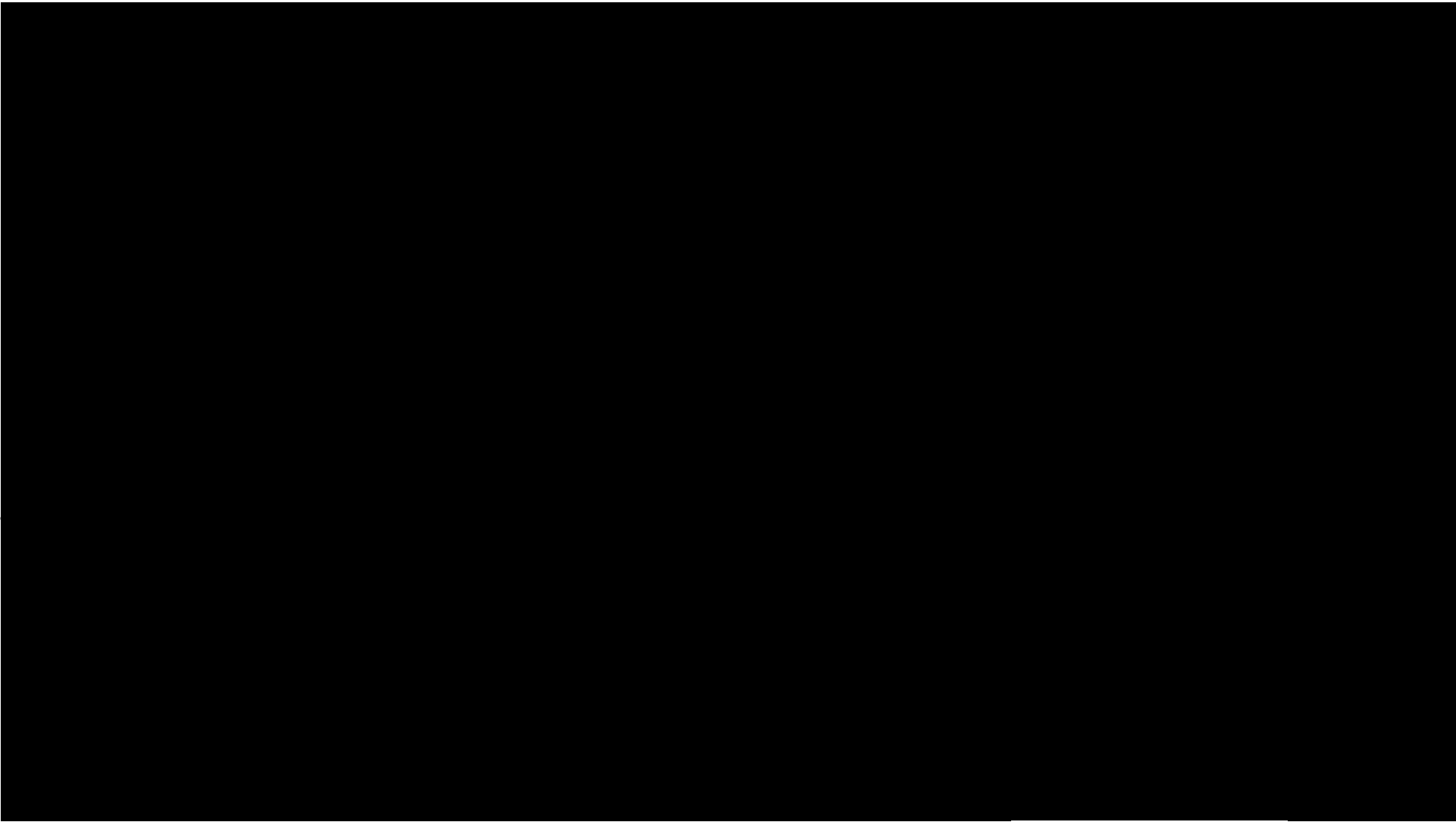


Volunteerism is a principle of the Youth Champions and they are challenged by choice to step up and help their community. Over the years they have matured to be professional and hard workers.



Harvest Celebration

The students plant in late June and Harvest in late September. Produce is used for fundraisers and school cafeteria.



The lunch room is where the peer learning happens.



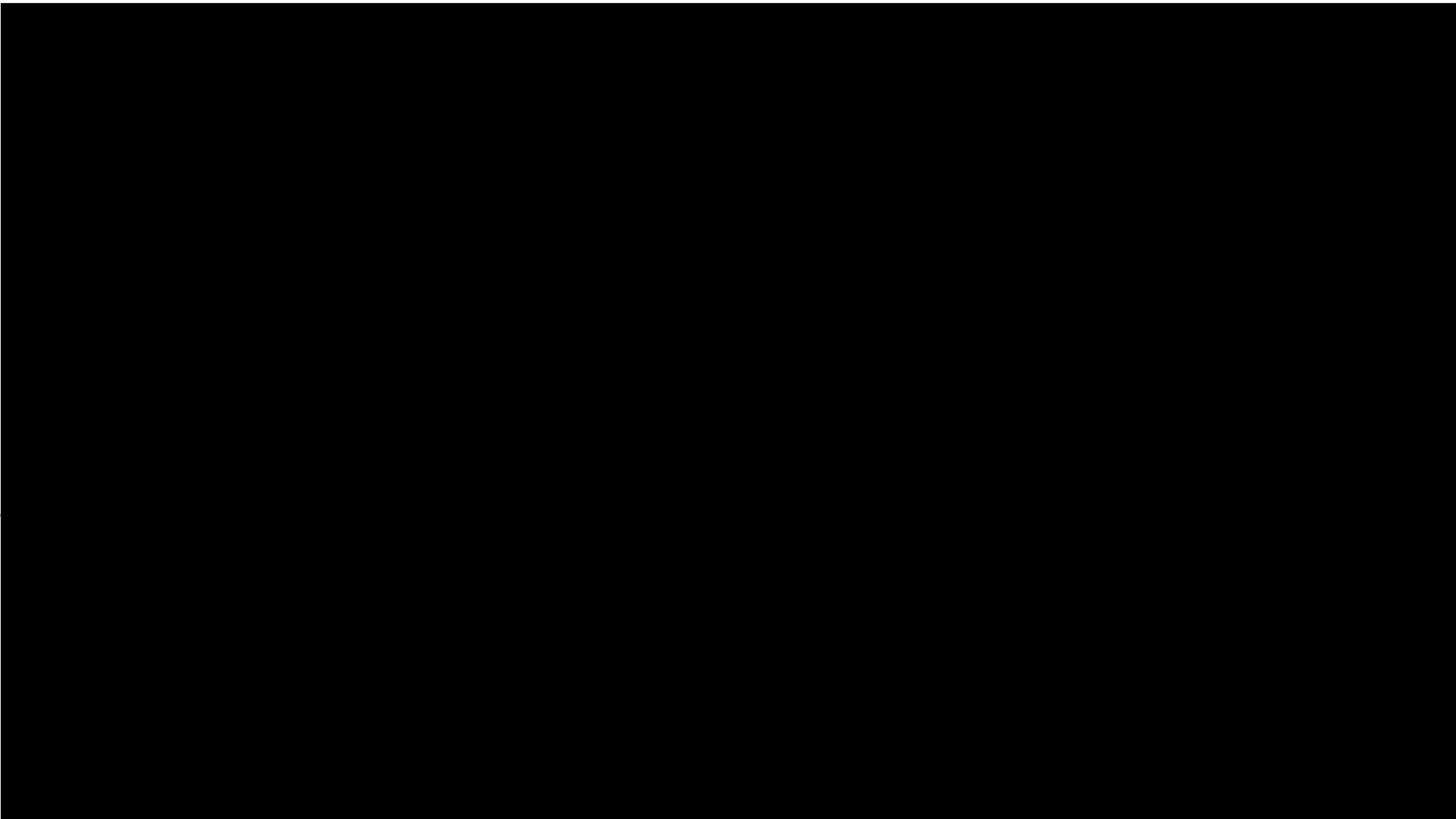


The salad bar is the place to be. We see an estimated 60% uptake in salad bar use from students. (grade 5-8)



Student Wellness Survey: Natoaganeg

School Indicator	Grades 6-8 2012-201	Grades 6-8 2015-201	FN in Public Schools
<i>Reporting going to school or to bed hungry because there is not</i>	-	0	7
<i>Fruit and vegetable consumption the day before the survey (5</i>	54	58	46
<i>Eating breakfast daily</i>	18	31	41
<i>Having noticed any of the following in school in the last 12 months:</i>			
<i>a breakfast program</i>	-	83	63
<i>a fruit and vegetable snack program</i>	18	57	18
<i>healthy foods sold at sporting events or special food events</i>	24	60	21
<i>healthy foods or non-food items sold for fundraising</i>	0	41	19
<i>healthy foods offered in vending machines and at canteens</i>	0	41	19
<i>healthy foods offered at cafeteria or in hot lunch program</i>	30	62	48
<i>information in your cafeteria about how to make healthier food</i>	0	14	14
<i>lower prices for healthier foods</i>	0	33	9
<i>Had 3 physical education classes or more at school in the last 7 days</i>	82	100	13
<i>High mental fitness</i>	6	28	21
<i>I feel my learning needs are met at my school (Strongly agree or</i>	79	100	84
<i>Strong level of school connectedness (Composite score)</i>	88	100	91
<i>Strong level of pro-social behaviours (Composite score)</i>	53	90	80
<i>Depression</i>	-	31	36
<i>Anxiety</i>	-	19	33



It's working and we are taking these lesson from the school and into the community.



A group of diverse children, including girls and boys of various ethnicities, are gathered around a table in a community center. The table is set with plates of food, a bowl of fruit, and cups. The children are engaged in conversation and eating. In the background, other people are visible, and a sign for 'good SPORTS' is on the wall. The entire image has a light blue tint.

Discussion Questions:

What resonated with you?

What are you interested in learning more about?