

Eat Well to Excel

Nutrition News

Simcoe County Nutrition Program for School-Age Children

Volume 14: Issue 1

Fall 2017

EGG-CITED for FALL!

HEWITT'S FUN FARM

Eat Well to Excel is extremely excited to begin their October fundraiser with Hewitt's Fun Farm just outside of Orillia. For the month of October when anyone goes to the Fun Farm, use PROMO CODE: Eat Well to Excel and \$1 from every admission will go to Eat Well to Excel programs.

Hewitt's wants you and your whole family to feel welcome. With a corn stalk maze, animals, games, fresh apples, ciders, butter tarts, cookies and more. Finish off your visit with a tractor pulled wagon ride to the amazing pumpkin patch to pick your very own pumpkin to take home with you.

Hewitt's Fun Farm is located at 3331 Town Line in Coldwater.

*****Remember to use Promo Code Eat Well to Excel at Hewitt's Fun Farm from October 1st-October 31st. \$1 from every admission using that code will go to Eat Well to Excel's student nutrition programs in Simcoe County!!!!!!**



We would like to send out a very big thank you to Liz and John De Biasio at Tangle Creek Golf and Country Club for once again supporting Eat Well to Excel. The 6th Annual John De Biasio Friends and Family Charity Golf Event raises funds for local charities and we have been so very thankful for their continued support over the years and consider them to be a part of our Eat Well to Excel family!

Your EWTE Coordinators

Nicole Hawke
Simcoe North ~ 705-795-7127
nicole.hawke@snpce.ca

Karen Martin
Simcoe South ~ 705-716-9042
karen_martin@snpce.ca

STAY TUNED FOR THESE UPCOMING EVENTS

- ☞ Hewitt's Fun Farm Pumpkin Fundraiser
- ☞ President's Choice Children's Charity Funding
- ☞ Toonies for Tummies Gift Cards

Our Mission Statement

In consultation and collaboration with community partners, we promote the healthy development of school-age children in Simcoe County. We do so by providing support to student nutrition programs, including assistance with funding, and by encouraging lifelong, healthy eating habits through nutrition-related education in the schools and the community.



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Start the year off with a great SNP program!

Now is the time that everyone is getting back into a routine. Now is a great time to get your program up and running and off to a good start.

Here are some tips to ensure your program is successful:

1. Refer to the **Student Nutrition Program Nutrition Guidelines 2016** for help selecting nutritious foods for breakfast, lunch and snack menus
2. Ensure staff, students and parents know about the program, including when and how to access it (include information in the school newsletter and on the school website)
3. Welcome and respect every child and youth
4. Focus menu planning around vegetables and fruit
5. Recruit more volunteers to help including new parents to the school and students (for help with shopping, preparations, fundraising, etc.)
6. Celebrate your successes regularly!

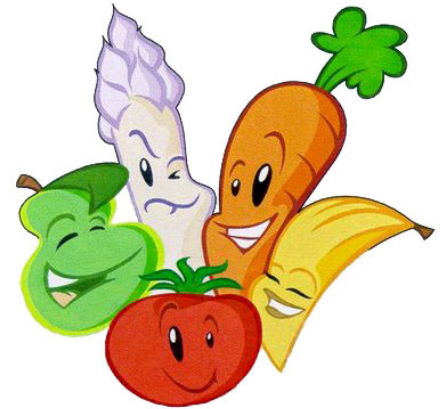
The Student Nutrition Program guidelines were revised in 2016 to model the most healthful breakfast, lunch and snack foods for children and youth. These new guidelines reflect the latest research and best practices for healthy eating and nutrition in children and youth. **Foods are now divided into two simple categories: Serve and Do Not Serve.** The focus is on whole

foods, highlighting whole grains, low sugar and low sodium foods.

Check out the full Student Nutrition Program Nutrition Guidelines book for more information. Look for the "Good to Know!" Boxes throughout the guidelines for extra tidbits of information to help you choose the best foods. **The new guidelines also contain many sample menus**, help with selecting recipes that meet the guidelines, and links to recipes and helpful resources for your program.

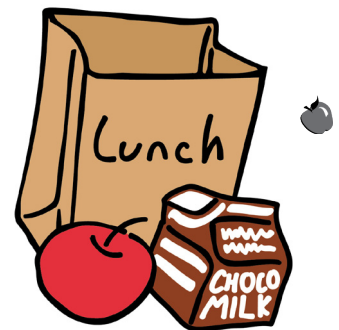
For more specific information about how to improve your SNP program, check out the Rise and Shine badge at www.brightbites.ca. There you will find tips for Student Nutrition Programs, newsletter inserts and recipes for SNPs.

Connect with your local coordinator or call SMDHU Health Connection 1-705-721-7520 or 1-877-721-7520 to request support from a Registered Dietitian if you have specific questions on how to choose foods and plan menus.



DID YOU KNOW?

Many students are not eating breakfast, are not bringing any vegetables and fruit in their lunches and snacks (they are too full of pre-packaged items), and many are not getting any at home. You have an opportunity to help them meet their recommended number of servings by offering fruit and veggies at every snack or meal!



DID YOU KNOW?

Children who go to school hungry risk many lifelong consequences including less developed literacy and numeracy skills and poor health due to a lack of good nutrition. This can impact long-term physical and mental health and socio-economic outcomes.

VOLUNTEER Appreciation Event

On Tuesday, June 6, 2017, Eat Well to Excel held their annual Volunteer Appreciation Event. The event was held at the Loblaw's Barrie Cooking School. Volunteers had the opportunity to network with other schools and Simcoe South Coordinator Karen Martin and Simcoe North Coordinator Nicole Hawke, while enjoying a delicious dinner. The evening started out with all the guests making their own tiramisu, which was going to be served as our dessert at the end of the evening. Volunteers were separated into groups and worked as teams of 4-6 as they together created their end of evening treat.

Led by Sarah and Chef Michael, the guests were then mesmerized by watching the chef create a delicious salad appetizer and chicken with asparagus as a main course. It was an evening that was both delicious and delightful.

Please let your local coordinator know of any Volunteer Appreciation Event ideas that you would like to participate in. We would love to hear from you. Thank you to all of our volunteers for making the Eat Well to Excel program a huge success in Simcoe County schools. We look forward to another successful year.



Eat Well to Excel wishes to acknowledge the crucial, ongoing support of the United Way of Greater Simcoe County as our Community Partner.



Nutrition News is published bi-annually by Eat Well to Excel as an informative tool for the Simcoe County community.

STEERING COMMITTEE

Lisa Robertson – Chair
 Jody Dawson – Public Health Dietitian
 Karen Penrose – Rep for Separate School Board
 Melody Northrop – SCDSB
 Rosslyn Junke – Associate Director
 Community Impact UWGSC
 John Morrison – United Way Director, Finance and Operations
 Nicole Hawke – Simcoe North Coordinator
 Karen Martin – Simcoe South Coordinator
 Doug Paul – Superintendent SCDSB
 Leanne Vincent - Corporate Office
 Coordinator – NSMLHIN
 Erin Chapelle – Founder of KARMA

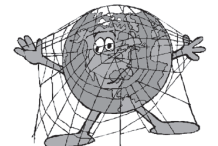
PARTNERSHIPS

Eat Well to Excel would like to remind you that we also have partnerships with Breakfast Clubs of Canada, Presidents Choice Children's Charity (formerly Breakfast for Learning) and The Grocery Foundation along with Toonies for Tummies.

Please be aware of local fundraising initiatives in stores near you throughout the year. Contact your local coordinator with any questions.

🍏 ****Remember to always wash your apples!!! 🍏

Visit our Website



Curious why child nutrition programs are gaining popularity in Simcoe County schools?

Want to know if your child's school has a nutrition program?

This and other information about Eat Well to Excel is easy to find on our website..

www.eatwelltoexcel.ca

FARM FUNDRAISER

Eat Well to Excel would like to thank three farm stores for participating in an Eat Well to Excel fundraiser over the summer.

100 MILE STORE – CREEMORE

100 Mile Store in Creemore provides local naturally grown and organic foods. The store provides a market like feel with fresh produce, meats, cheeses, baked goods as well as soaps. Please support your local growers and producers.

NICHOLYN FARMS – PHELPSTON

Nicholyn Farms is a family owned and operated business. All Nicholyn Farms labeled items are produced on the farm or by extended Nicholyn Farms family. With your family's health in mind, they also take pride in protecting the value of their precious land and soil.

METTRUM ORIGINALS - SPRINGWATER

Mettrim Originals have carefully perfected their best processes over the years to promise incredibly nutritious and delicious hemp products to their customers. Mettrum Originals grow their product in three specialized locations within Ontario. Each are rural based and support the economies from which their farmers are located.

Thank you to each farm for advertising our Eat Well to Excel programs. Thank you all their generous customers for the donations.



The Good Food Box for Everyone....

What's in a Good Food Box?

Potatoes, Carrots & Onions. A variety of fresh fruits and vegetables which could include: Lettuce, Tomatoes, Green Peppers, Celery, Cabbage, Bananas, Oranges, Apples. Seasonal fruits and vegetables depending on availability and value.

Small Box is \$10.00

Large Box is \$15.00

Find the Good Food Box in your area or for information or to Volunteer call: 725-7697 ext.265



Good Food Box

Barrie

<http://centraleastontario.cioc.ca/record/BAR2092?UseCICVw=102&Number=1>

The Georgian Good Food Box (Collingwood)

<http://centraleastontario.cioc.ca/record/CWD4849?UseCICVw=102&Number=2>

Good Food Box Program, Orillia

<http://centraleastontario.cioc.ca/record/ORI0324?UseCICVw=102&Number=3>

Krasman's Good Food Box Program, Alliston

<http://centraleastontario.cioc.ca/record/ALL0160?UseCICVw=102&Number=5>

North Simcoe Good Food Box Program

<http://centraleastontario.cioc.ca/record/MID0094?UseCICVw=102&Number=6>