SPROUTING AND GROWING!
BY BHARAVI KUMAR, COMMUNITY DEVELOPMENT WORKER, TASTEBUDS

It has been a wonderful, busy start to 2015! The Ontario Ministry of Child and Youth Services has granted Hamilton Tastebuds’ Student Nutrition Collaborative additional funding to start new programs in 13 designated schools. Of the thirteen schools, seven have already started up brand new nutrition programs this year. A warm welcome to the world of student nutrition to our seven newest programs: Bellmoore Public School, Earl Kitchener Junior Public School, Linden Park Junior Public School, St. Augustine Catholic School, St. Josephs Separate School, St. Marguerite d’Youville Elementary School and Wilma’s Place c/o Cathedral Secondary School.

A new “tastebud” has joined the team! Please welcome Suzanne Giovannetti our new Student Nutrition Assistant and Food Logistics Coordinator who is assisting us in strengthening our existing partnerships and developing new ones. She is working very closely with our vendors, Freshco, Maple Leaf and Avron to offer programs more options through our centralized food purchasing. Suzanne has also made arrangements so that programs interested in accessing their food from Freshco received a Loyalty Card which will give them special reduced prices for certain in-store products and 5% off all orders over $50.

The Hamilton Tiger Cats are onboard for this school year! School visits started on March 6th and will be going until May 8th. We intend to visit 40 plus programs. The Tiger Cats visits will include a presentation to the whole school, some cool games and lots of fun and motivation. Keep working on that cheer; we are looking forward to seeing you soon! “Oskee Wee Wee, Oskee Waa Waa, Holy Mackinaw, Tigers ... Eat ‘em RAW!”

Celebrating our Volunteers: In 2013-14, we served 27,550 students per day with the help of 1,204 amazing volunteers! It is truly evident that parents and volunteers are not only welcomed, but embraced as educational/community partners and seen as invaluable resource to the children. Our student nutrition community would like to celebrate all our volunteers on Thursday, April 23, 2015 at Michelangelo Banquet Centre from 11:30 a.m. to 2 p.m. Please join us and enjoy some laughs and motivation from our speaker, Rosita Hall, a choir presentation and much more.

Leading the Way: Tabassum Bakht and Nhi Duong from Hess Street School will be attending Tim Horton’s Onondaga Farms Camp, St. George from April 14th to April 19th! They are 2 of the 48 students coming from 24 schools across Ontario to participate in Breakfast Club of Canada’s Leadership Camp. We would like to thank BCC for giving us this opportunity. Bon voyage ladies! We will share their experiences in our next edition.

We want to say thank you to First Ontario Credit Union who are now supporting Hamilton Tastebuds’ school through their employee volunteer program called Blue Wave. 17 Blue wave volunteers from 6 different branches are making a difference by volunteering at 6 Hamilton Tastebuds’ schools.

Tastebuds and Ancaster Mill present “An Earth to Table Feast” in support of student nutrition programs. Bring your friends and family and join us for our 2nd Annual fundraiser on Thursday, May 28, 2015 from 5:30 p.m. to 10 p.m. There will be live music by Roberts and Shae, farmers, auctions, food stations and much more. We thank you for your continued support and dedication in “sprouting healthy relationship with food”.

THE SPRING 2015 QUARTERLY SPROUT
SPROUTING AND GROWING!

By BHARAVI KUMAR, COMMUNITY DEVELOPMENT WORKER, TASTEBUDS
What a sight it is, seeing eyes light up as children rush to the Grab & Go breakfast carts, anticipating the selection on the carts of fruits, veggies, cheese, yogurt and whole grains! Many students leave home in the morning with empty bellies or without a healthy food choice as a part of their breakfast. Templemead’s breakfast program alleviates the sluggishness and negative impact on the mind, body and spirit caused by hunger or “empty calories”. Our food program provides kids not only with positive energy to begin a successful morning, but it also provides positive social interaction as they “break bread” with peers and learn about healthy food choices.

Breakfast is served 4 days a week. On an average, Templemead students consume 1200 cheese strings, 600 yogurt cups, 250 apples, 15 cases of clementine, 20 pounds of grapes, 40 pounds of bananas and 35 boxes of cereal each week. All foods offered follow Canada’s Food guide.

Without the enthusiasm and dedication of eight grade 7/8 students, feeding Templemead students would be a much more difficult task. Each morning, under the leadership of Ms. Manousos, the student team prepares the carts, distributes the food and then cleans up the kitchen, all while following Health Department rules and regulations. These students are seen as positive role models by the younger ones, while they make healthy food look “cool” to the older kids. Our student leaders love introducing and explaining new food items on the cart as they learn to read labels and recognize the ingredients that make up healthy food choices themselves. It is exciting to receive feedback from Templemead students about new food experiences, or to respond to a request such as, “Can we get milk sometimes?” Or, “When can we start trying smoothies again?”

Feeding kids is a team effort!!!! Mornings at Templemead start off on a very positive note, thanks to our breakfast program. Being able to include an item such as milk on our carts even just once a week requires help from you! We invite donations to allow us to fulfill the basic need of a healthy breakfast for our schoolmates.
In 2011, Eastmount Park received funding from Hamilton Tastebuds’ Student Nutrition Collaborative to establish a snack program to ensure that all students had access to nutritious food. In January 2015, we received the Early Morning Snack Program designation. This program allowed us to offer our students a snack first thing in the morning consisting of three food groups. We were excited about this new designation and our students were happy to be able to have a larger variety of snack choices. The students are always thankful and appreciative when they come to pick up their snack in the morning. Students are greeted by a staff member with a smile and a “Good Morning”. When asked, students responded with, “I love it!” They also said, “It provides them with a healthier food choice.” Some of our students have mentioned that they only have a quick breakfast or no breakfast at all. They can now count on a nutritious start to their day at the school. This snack ensures that students are provided with the best learning environment. Teachers have commented that, “Kids are more energized and always looking for a snack in the morning.” Parents in the community appreciate the benefits of this program and how it provides for their children. We have had some parents offer their time and support when we have provided a labour intensive snack for special occasions, such as Pancake Tuesday. We are happy that this new program provides a seamless and healthy start to our days here at Eastmount Park.

By Taryn Roberts, Educational Assistant

Eggcellence Workshop

All had fun at the workshops held on March 3 and 10. The workshops included an egg version of a “Chopped” inspired cook-off — great fun and great pictures! Attendees got great swag complements of the Egg Farmers of Ontario, Egg Farmers of Canada, Burnbrae Farms Ltd. and Tastebuds. Thanks to Donna Weldon, dietitian from the City of Hamilton, Mimi Fox and Molly Chang, Community Food Advisors and Elissa Smith and Charlene Hemlock from the Hamilton Regional Indian Centre for hosting us!

11th Annual Volunteer Appreciation Luncheon

In Recognition of Student Nutrition Program Volunteers

Thursday, April 23, 2015
11:30 a.m. - 2:00 p.m.
Michelangelo’s
1555 Upper Ottawa Street

Register Online At:
www.tastebudsluncheon.eventbrite.com

For More Info:
info@tastebudshamilton.ca
(905) 522-1148, Ext. 0
27,325 HAMILTON STUDENTS PARTICIPATED IN TASTEBUDS’ GREAT BIG CRUNCH 2015!

On Thursday, March 12 almost 28,000 Hamilton students gathered in their classrooms and gymnasiums to take a great big synchronized bite into an apple, all at the same time! Tastebuds’ Great Big Crunch is a special day of food education where students have the opportunity to take a synchronized crunch into an apple while learning about healthy snacking and local food.

Schools hosted City Councillors Aidan Johnson (Ward 1), Jason Farr (Ward 2), Arlene Vander-Beek (Ward 13), HWDSB Trustees Dawn Danko (Ward 7) and Christine Bingham (Ward 1 & 2), HWCDSB Trustee Patrick Daly (Ward 7), the Hamilton TiCats and Tastebuds Program Manager Deirdre Pike across Hamilton to participate and lead the Great Big Crunch.

8,912 pounds or 4,042 kilograms of locally sourced apples were delivered to 73 locations for Hamilton’s second city-wide Great Big Crunch. The apples were from Lincoln Line Orchards in Smithville and Carluke Orchards in Ancaster and delivered through a partnership with Good Shepherd Venture Centre.

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All of St. Marguerite d’Youville Catholic Elementary School crunching!