At Tastebuds, we have had another successful quarter. We continue to provide support both through financial contributions and through our knowledgeable, experienced personnel. Many of you have met your Community Development Worker (CDW) while on site visits at your school by now. If not, you will see us in January when we come to visit your program. We’re looking forward to meeting each of you!

We’re happy to share that Tastebuds is expanding. The Ministry of Child and Youth Services (MCYS) announced funding for 13 new designated programs in Hamilton. We will receive more information in January 2015 and are looking forward to the positive impact this increased funding will have on our community.

With the goal of helping you offer a great variety of food at your programs, we always strive to strengthen our existing partnerships, and develop new ones. As a product of our ongoing stewardship, Maple Leaf has committed $20,000 towards Maple Leaf products for Tastebuds schools! We are working out the logistics and will share more delicious details shortly.

Another of our generous partners, FirstOntario, has donated $68,030 to Tastebuds for food, volunteer training and support. Through their employee volunteer program, Blue Wave, we have 11 volunteers in 5 Hamilton schools. They are involved in the schools’ nutrition program at various levels – preparation, food serving, cleaning and interacting with the kids.

When it comes to new ideas, and ongoing projects, Tastebuds always has a lot on the go. One of our favourites, 3Acres, Tastebuds’ Local Harvest Program, is halfway through its second year! Ten student nutrition programs are enjoying locally grown and produced foods delivered to them every Tuesday for 14 weeks, November through February. Local farmers and producers drop their food off to our new Tastebuds Hub, located at St. Helen’s Centre at McQuesten, on Mondays. On Tuesdays Jung, our truck driver, delivers the food to participating schools/programs. We’re so glad to offer this wonderful way to build a connection between students and their food!

Coming up in 2015, we will be releasing the Tastebuds’ Edible Education Guide, a “one-stop shop” for administrators, teachers and staff for food literacy programming and resources that are available in Hamilton for schools, classrooms or afterschool programs. Another exciting way to strengthen students’ connection to food.

Deliveries, deliveries, deliveries! We continue to find solutions to get your orders delivered on time. Due to the unexpected surge in programs ordering through Lococo’s, we had to re-schedule food delivery for some programs to Tuesday. Thanks for your patience and flexibility in helping us accommodate as many programs as we can.

Do your students love eggs? We are working on an upcoming interactive Egg workshop for our coordinators/volunteers. More details to come. It’s sure to be an egg-cellent time!

A big thanks to each of you for your continued support and dedication in “sprouting healthy relationships with food”. From our family to yours have a healthy, happy and tasty holiday season!
St. Michael Catholic Elementary School community is filled with love, faith, family and friends. It is absolutely beautiful to witness this great community!

Starting September 2014, we are thrilled to have expanded our nutritious snack program to 5 days a week serving 500 students a day. This program is universally accessible to all students regardless of their socio-economic status.

EAs, teachers and students at the school prepare the bins. Each class gets a bin every day and the students help themselves to 2 healthy snacks for morning recess. Each bin is equipped with a highlighted sticker for students with food allergies. We offer yogurt, cheese, fresh fruits/vegetables, cereal, crackers and eggs. The students look forward to and enjoy the variety that is offered. Students have enjoyed the visit from Hamilton Tiger Cats and Egg Farmers with their chicken trailer. We hope to get a visit during this school year.

Program that supplies fresh fruit and vegetables from our local farmers.

We do lots of fundraising to support our nutrition program. Right now we are having a Canadian Tire money drive. By focusing on the importance of healthy eating and physical activity in our daily lives, it will help support our students to achieve academically, spiritually and physically thus helping them reach their fullest potential.

Our program would not be possible without the commitment, dedication, and hard work of many! We would love to thank Mrs. Rossi, our Principal, Mrs. Spadafora, our Vice Principal, Bhairavi Kumar, our Community Development Worker, Anna Maria Bilato, Educational Assistant, Sandra Tirabassi, Early Childhood Educator, the staff, students, and parents.

Thank you for making a positive difference in lives of our students!

Tastebuds Motto is “Sprouting healthy relationships with food!” We believe we promote and model this at the school. This program would not be possible without the support from Hamilton Tastebuds, Student Nutrition Collaborative. We are also part of the 3Acres program, a Local Harvest Program that supplies fresh fruit and vegetables from our local farmers.

Thank you for making a positive difference in lives of our students!
As students of Nora Frances Henderson Secondary School, we get the privilege to participate in the Nutrition Program. We have our daily Nutrition Program mealtime during our 15 minute break between first and second periods. About 200 plus students participate every day.

Our Nutrition Program offers a variety of healthy breakfast foods to students every day of the week, such as whole wheat pizza, chocolate milk, cereal, fruit, oatmeal and much more. Some students, such as myself, depend on the Nutrition Program for a morning snack to get us through to lunch. Not every student at our school has enough food or time for breakfast in the morning. The Nutrition Program assures us that we won’t have to settle for nothing.

Our favourite is “speciality” day which happens once a month, when we make pancakes or egg sandwiches. On these days, the students in our Food and Culture class come to school at 8 a.m. to help cook a hot breakfast for everyone.

Speciality days are especially busy but show that Henderson students are dedicated, organized and hardworking. For our fellow students who would wish to be chefs one day, these days give them hands-on experience. They learn to deliver under pressure, which is a very valuable lesson to learn.

It is a well-known fact that breakfast is the most important meal of the day, and when missed it can slow down your day. When we help out with the program we get to see first-hand how well this program is used and enjoyed. The volunteers work hard, and ensure that the fresh snacks are prepared and ready to go the night before.

The Nutrition Program is a very popular and highly appreciated program at Henderson Secondary School. We hope that it continues to offer healthy breakfast foods, and stays for all of Henderson’s remaining years.

Richard Beasley started their student nutrition program in 2009, when Lucas and Madelyn Christmas were in Senior Kindergarten. Mrs. Christmas has been volunteering with the program ever since. Here is what Lucas and Madelyn had to say about the Tastebuds supported nutrition program at Richard Beasley School.

What does a healthy snack mean to you? A healthy snack means a lot to us because we get to help out with our school’s student nutrition program. By helping, we get to make the kids happy. All of the 180 students at Richard Beasley are delighted to receive their snack each and every day of the whole year. Here are some of the snacks we give out: apples, bagged cheerios, baby-carrots, clementines, cheese strings and yogurt.

We help out at the school by standing behind the snack cart each morning to help the kids pick their snack. We also help out my mom Mrs. Christmas and Mrs. Licop by bagging the multi-grain cheerios and by helping to wash the apples we get from Carluke Orchards. I sometimes accompany my mom to Costco to pick up the snacks. I feel good doing that because the snack we buy makes my friends happy. What I like most about helping to give out snacks each day is seeing all the smiles on my schoolmates’ faces as they pick their snacks.

Each morning when I help with snacks I like it when my schoolmates say “Good Morning Lucas and have a good day”. I say back to them “you have a good day too”. When some of the kids look unhappy I ask them “what is your favorite snack on the cart today”? If they tell me, I will help them get their snack for that day.

The next time I see them they seem happier. I don’t forget anyone; there are 2 kids in the class who have a learning disability. I always save their snack for them. They are really happy that I do. This gives us lots of joy.

A healthy snack fuels our body and mind with positive thoughts. It teaches me to help and care for others. It teaches me life skills.
Here is a summary of what to look for when choosing grain products for Student Nutrition Programs. Look at the Nutrition Facts table and ingredients list and ensure grain products meet the following criteria:

**Grain Products**

Serve food with whole grain as the first ingredient (preferred)

- Fat: 5 g, or less
- Saturated fat: 2 g, or less
- Fibre: 2 g, or more
- Sodium: less than 480 mg
- Iron: 5% DV, or more

**Top Picks:**

- Cereals: Cheerios (plain, multi-grain), Shreddies
- Crackers: Kashi: TLC original, 7 Grain, Christie: Triscuits, PC: Ancient Grains, Grissol/Milha Toast - 60% whole wheat
- Bread: Country Harvest (all varieties), Dempsters (all varieties)
- President’s Choice Blue Menu: Whole Wheat English Muffins, Thins Multi grain Bagels
- Oakrun Farm Bakery: 100% whole wheat English muffins, Country Good Bagels

**CHOOSING GRAIN PRODUCTS**

**Breakfast Club of Canada Partnership with Symposium Café**

Breakfasts in Hamilton are being given a healthy boost, thanks to our long-time partner, Breakfast Club of Canada and their new partnership with Symposium Cafe and Lounge. Through daily feature menu item sales, Symposium will be helping BCC support the breakfast programs at Sir Wilfred Laurier School and Helen Detwiller School.

Terry Argiropolous, owner of Symposium Group was asked why breakfast clubs were something Symposium was interested in supporting. “We know that breakfast is the most important meal of the day, and that it aids in knowledge retention and learning”, Argiropoulos comments. “We take pride in exceptional food and service but also in contributing to our local communities.”

We are excited for the potential of this new partnership and welcome Symposium to our student nutrition community. For more information, visit www.breakfastclubcanada.org and www.symposiumcafe.com

**PARTNERS/FUNDERS**

Social Planning and Research Council of Hamilton
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- Oakrun Farm Bakery
- Hamilton FoodShare
- Cloverleaf Family Foundation
- St. Matthew’s House
- Environment Hamilton
- Mohawk College
- McMaster University
- Michelangelo
- Home Hardware – Fennell & Upper Gage
- Kiwanis Club of Hamilton East
- CIBC Wood Gundy

**INTERESTED IN WRITING FOR THE QUARTERLY SPROUT? CONTACT (905) 522-1148, EXT. 312, OR EMAIL BKUMAR@TASTEBUDSHAMILTON.CA**

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