WELCOME BACK!
By Bhairavi Kumar, Community Development Worker, Tastebuds

I hope you had a wonderful and restful summer. Here at Tastebuds, we are looking forward to another immensely successful year. We are happy to share that in 2014-15 school year we served 28,944 students per day in 168 student nutrition programs, with the support of 1,269 volunteers.

We continue to expand. Starting in September nine additional schools will start Tastebuds funded nutrition programs: Blessed Teresa of Calcutta ES, Cootes Paradise ES, Dr. John Seaton Senior Public School, Dundas Central, Gordon Price School, Lincoln Alexander Public School, St. John Paul II Catholic ES, St. Kateri Tekakwitha, and Westmount. Welcome on board, everyone!

On Thursday, May 28, 2015, we hosted our second annual Earth to Table fundraiser at the Ancaster Mill. Five restaurants participated: Ancaster Mill, Aberdeen Tavern, 2 Black Sheep, Mezcal, and Rapscallion. Divine venue, exotic food, amazing music by Roberts and Shea, and support from our community members made the night outstanding. Proceeds from the event will support Tastebuds, Hamilton’s Student Nutrition Collaborative and 3Acres, Tastebuds’ Local Harvest Program.

In our effort to continue sprouting healthy relationship with food, we launched our Edible Education initiative/project. Tastebuds funded 11 classroom trips to the Hamilton Farmers’ Market, Westfield Heritage Village, Green Venture, ManoRun Organic Farm, Simpler Thyme Organic Farm and school visits from Honest Fields Farm. This was made possible through a generous grant from the Newman’s Own Foundation. Between April and June, 600 students between junior kindergarten and grade twelve were able to visit local farms and organizations through this program to gain a greater understanding of where food comes from, the impacts of food on health, the environment and the economy, as well as how to grow, prepare and prefer healthy, safe and nutritious food.

We have received $24,192 from the Toonies for Tummies fundraising campaign, facilitated through the Grocery Foundation (GIFT). Each school will be receiving proceeds from this campaign in September 2015 in the form of gift cards to be used in stores that are part of the Grocery Foundation.

We will continue to provide support and resources through our partnerships with Breakfast Clubs of Canada, Breakfast for Learning, Maple Leaf, Egg Farmers of Ontario, Lococo’s, FirstOntario, Fresh Co. and 3Acres farmers. We will also continue to foster new relationships; one of them is piloting a milk program at a few of our schools. In coming weeks, you will receive communications about the first installment of the funds, new Tastebuds guide and workshops.

We also have a new home. YES! The move was rough, especially in the middle of our major application deadlines, but we made it. We are now at 350 King Street East, Suite 104, Hamilton. Stop by to say hi if you are in the area. We offer a big thanks to each one of you for your continued support and dedication in “sprouting healthy relationships with food.”
LEADERSHIP CAMP – THE GOOD, THE BETTER AND THE BEST
By Nhi Duong and Tabassum Bakht

Tastebuds’ Hamilton Student Nutrition Collaborative in partnership with Breakfast Club of Canada (BCC) was able to send 2 lucky students – Nhi Duong and Tabassum Bakht from Hess Street School to the Tim Hortons Onondaga Farms at St. George, Ontario in April 2015. Here is what they had to say about their experience.

Our experience of going to Tim Hortons Onondaga Farm was an amazing one. We have plenty of memories and made many new friends. We got to learn about animals’ habitats, making new friends, playing leadership games, being able to see Jupiter with the 3rd largest telescope in North America, and The G.R.E.A.T beads.

Meeting new people
We met new people by having “letter in the bottle”. When we had free time we would write a letter for someone we admired and then our camp leaders would give the letters out at meal times. If someone wrote a letter to us we had the responsibility to write back. We thought that this idea was a great way to start a new friendship.

Playing leadership games
We really enjoyed playing The Big Rock Game. We had to communicate with other teammates to get the treasure and win. We had many strategies one of them was switching clothes so our camp leader didn’t know who we were so that we could get the treasure. In the end we won! We learnt that communication is so important to be successful in a team.

Learning about animal habitat
We were really excited when we heard that we were going to the camp’s farm. Growing up in the city we always wanted to see the farm animals and learn about them. At the camp, we not only got to learn about farm animals but also got to pet them. The farm has animals like cows, horses, bunnies, lambs, sheep etc. Our favourite part was holding the bunnies and baby lambs. The baby lambs tried to follow us when we were leaving.

The G.R.E.A.T Beads
The G.R.E.A.T Beads taught us many things each letter had a meaning and those meanings changed us to be a better leader. G stands for goal (Blue), R stands for responsibility leadership (Yellow), E stands for environmental awareness (Green), A stands for adventure and creativity (Orange), And T stands for teamwork and friendship (Red). We did all of the G.R.E.A.T beads during the camp activities.

We would like thank Tastebuds and BCC for giving us this great opportunity to go to camp and become strong, determined and better leaders. It really boosted our confidence and exposed us to new things.
REWARDING TO HAVE BLUE WAVE VOLUNTEERS AT WESTVIEW

By David Outhwaite, Teacher & Student Nutrition Program Leader

Dayna Ford and Sue Hoag-Smith have been volunteering in the Westview Middle School's nutrition program for the past three years. They regularly come in on Wednesday and Friday mornings to help out with preparing food and sitting with our students during our breakfast program.

Both women work at FirstOntario Credit Union which has been a major financial supporter of the Tastebuds Hamilton program for the Hamilton-Wentworth District School Board. Dayna Ford is a Member Consultant at the Upper James and Ancaster branches. Sue Hoag-Smith is the branch manager of the Dundas and Ancaster branches. They give up an hour of their valuable time twice a week to volunteer at our breakfast program.

When at Westview, Sue and Dayna help out by working with our school educational assistants cutting up vegetables and fruit for our healthy snack program. They also spend time in our library, where we serve the breakfast, “facilitate food choices with students, and spend time discussing other social aspects of school life with the students” (Mr. Tye, Principal). After the breakfast is served they help out further by taking care of cleaning up the library and kitchen so that our staff can begin the day in their classrooms.

“As a school, Westview is lucky to have community partners such as Dayna and Sue assisting with our nutrition activity and acting as mentors for our students and staff. Their ongoing support has been a real positive to the overall learning culture of our school” (Mr. Tye).

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JOKES

Why did the fisherman put peanut butter into the sea?
To go with the jellyfish!

What kind of nuts always seem to have a cold?
Cashews!

Why shouldn’t you tell an egg a joke?
Because it might crack up!

Waiter, will my pizza be long?
No sir, it will be round!

What did the baby corn say to its mom?
Where is my ‘pop’ corn?

What did the baby corn say to its mom?
Where is my ‘pop’ corn?

What is green and sings?
Elvis Parsley!

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Thank you Tastebuds’ Team at Eastmount Park Elementary School! Tastebuds’ program has been running at the school since February 2011. The school closed in June 2015. We want to say a big thank you to these wonderful volunteers who make it possible.

Left to right: Ellen Donovan, Tangie Gagnon, Taryn Roberts, Sue Dowd, Leslie Evans, and Principal Linda Astle

Tastebuds’ would like to express thanks to the attendees of an Earth to Table Feast, the participating restaurants, and all the organizations and individuals who contributed to our silent auction!

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