Happy New Year 2016 to all! We hope this year brings joy to every child. Lots of exciting things are happening here at Tastebuds. Samantha Delaney has joined our team as a Community Development Worker; please welcome her to your programs. We are happy to start a Tastebuds’ program at St. Anthony Daniel Elementary School.

The Grocery Foundation is partnering with Tastebuds for their Toonies for Tummies campaign from February 4-18. When you shop at a Metro, Food Basics, Longo’s or one of 30 independent stores, you will be asked to consider donating a toonie. Every toonie donated will go back to your local student nutrition programs in the same area where the funds are collected. That means we can feed more breakfasts and snacks to kids in our schools, right here in Hamilton. If you wish to support this campaign, you can also donate online at www.groceryfoundation.com

As you know, March is the National Nutrition Month and we invite students across Hamilton to bite into locally grown apples all at the same time. The Great Big Crunch happens on Thursday, March 10, 2016! Last year, we had 27,325 crunches across the city! Let’s make a huge crunch in Hamilton again this year! Register your students online at greatbigcrunch.eventbrite.com by February 12, 2016 to take a giant, synchronized crunch into an apple and learn about local food and healthy eating. To obtain apples, programs can either purchase their own through an approved produce vendor or order apples at a subsidized cost from Tastebuds.

Save the date for An Earth to Table Feast in support of Tastebuds’ student nutrition programs in Hamilton on Thursday, May 26, 2016 from 5:30 p.m. – 10:00 p.m. at The Earth to Table Farm located at 250 4th Concession Road West, Hamilton.

We know that milk is not only a good source of calcium, it’s also packed with essential nutrients – protein, Vitamin A and D, potassium, magnesium and Vitamin B12, that contribute to the quality of our everyday diet. We are excited to launch our school milk pilot in 8 of our local schools serving milk once a week to 1,735 students. This initiative is made possible in part by funding from the Grocery Foundation, administered regionally by Haldimand Norfolk R.E.A.C.H.. The milk pilot project is contributing to the healthy development of our children by supplying a serving of milk weekly to students in 8 local schools.

Looking for new ways to jazz up your menu? Tastebuds is pleased to offer your programs another exciting centralized food purchasing opportunity! We have partnered with Maple Leaf Foods Inc. to allow participating programs to add a meat option to the menu once a week, in accordance with M.C.Y.S. Nutritional Guidelines. Generous donations from Maple Leaf will help us provide these piloted products products at a subsidized cost to our programs.

Since 2008, Hamilton Tastebuds Student Nutrition Collaborative has supported student nutrition programs in local elementary and secondary schools. This year alone over 1,269 dedicated volunteers with 168 nutrition programs will provide over 463,383 breakfasts, 2,565,329 morning meals, 73,093 lunches, 925,290 healthy snacks to 30,082 students in our school communities. Please visit our website at www.tastebudshamilton.ca! Like us on Facebook and follow us on Twitter @TastebudsSNC
WASTE NOT WANT NOT
By: Marie Ssemmanda, Principal, Sacred Heart of Jesus Catholic Elementary School

No food goes to waste at Sacred Heart School. Every day, students enjoy a variety of foods from the breakfast cart, choosing from at least three food groups. One day, the menu will offer: milk, cereal, a banana and a hard-boiled egg. Another day’s menu will be: a yogurt, an apple, and a whole wheat English muffin.

But students especially look forward to the days when leftovers are used… for freshly baked banana and apple muffins, made with the leftover fruit. “My favourite is a banana muffin with milk,” said one of the students.

Many parents have expressed their appreciation for the breakfast program: “It is comforting to know that my children can have a healthy breakfast snack each day at school. With the high prices of fruits and vegetables, I am grateful that my kids can have fresh fruits to eat such as bananas, grapes, apples, tangerines, and carrots.”

The breakfast program serves between 50 and 70 students, but impacts the whole school. A school-wide culture of eating healthy foods is becoming quite evident by the choices of foods the students are bringing to school for snacks. Breakfast is available to students all week, Monday to Friday.

Dedicated staff and parent volunteers prepare the food carts each day. “We are very grateful to our sponsors Tastebuds, Tandia Credit Union, The Charity of Hope and to our parent volunteers that help to make our breakfast program a reality”, said Marie Ssemmanda, Principal.

DID YOU KNOW?
Across Hamilton, 1,735 students participated in a fourteen week milk program piloted by Tastebuds and Haldimand Norfolk R.E.A.C.H., which was generously funded by The Grocery Foundation. Here are the eight schools that participated in Hamilton:

- Glen Brae Middle School
- Green Acres Elementary School
- R.L. Hyslop Elementary School
- Sacred Heart of Jesus Catholic Elementary School
- Sir Isaac Brock Elementary School
- St. Agnes Catholic Elementary School
- St. Luke Catholic Elementary School
- Westwood Elementary School

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Compassion and dedication are the first words that quickly come to mind whenever we think of our FirstOntario Blue Wave volunteers at St. Joseph Catholic Elementary School. Twice a week, Tom Irvine, Dani Dado, Lori Elgin, and Ellen Duncan begin their day preparing morning snacks for the classes, sometimes arriving as early as 7:00 am. We have developed strong bonds over commiserating about the number of stickers, and the amount of adhesive on said stickers, when washing apples. We dialogue about what works well and how to improve. We have created new friendships and I have even reconnected with a former student of mine as a result of these dedicated volunteers. This quartet of community leaders has been instrumental in offering food equity to our staff and students.

This especially strikes a resonating chord within our educational community as we promote social justice in many areas.

The integration of Tastebuds’ nutrition program helps the school to promote healthy nutrition which is one of the province’s curriculum expectations. The generous donation of volunteer support and money from our sponsors at FirstOntario is foundational to our school being able to offer students universal access to good food. The nutrition program has even broadened our greater community involvement by encouraging others, like our community police officer, P.C.H. Neudorf, to help serve our student nutrition program.

By offering a healthy morning menu to our students, St. Joseph school promotes the research-based finding that eating breakfast in the morning increases student engagement and learning. From the bottom of our hearts, our school community extends our deepest and most heartfelt “THANK YOU!” for the numerous gifts on so many levels that we have received.
Meat &

Every Breakfast & Lunch:
Provide One Serving with

Select items with:

- Fresh or frozen meats
- Canned meat or fish, including
- Tofu
- Eggs (whole or liquid)
- Other meat alternatives (e.g., beans), or roasted legumes

3/4 cup (175 ml)

- Iron: 5% DV, or more
- Low in saturated fat
- Trans fat free
- Lean or extra lean
- Sodium: less than 480 mg

75 g (2.5 oz) or 1/2 cup

Top Picks:

President’s Choice
Deli meats (e.g., turkey, ham, chicken, roast beef)

Summer Fresh Chickpea
Unsalted sunflower or pumpkin seeds
Light Spicy Hummus
Spread, Light Hummus, Chicken Breast

Sodium: 480 mg, or less
Lean or extra lean

Other (e.g., olives, Parmesan cheese)
Dips
Gravies, sauces
Condiments and spreads (e.g., pickles, relish, mustard, ketchup, cream cheeses)

These fabulous volunteers from Memorial Elementary send reps outside to the playground to greet students and parents as they arrive for school. Their flashy pink signs advertise: “Breakfast program. 8:30 am. Everyday.”

From left to right: Christine Joseph-Davies, John Bak, Linda Bak, Crystal Provo, Andrea Perks, and Kim Cassavetes

INTERESTED IN WRITING FOR THE QUARTERLY SPROUT? CALL (905) 522-1148, EXT. 105, OR EMAIL BKUMAR@TASTEBUDSHAMILTON.CA

TASTEBUDS IS PROUD TO ACKNOWLEDGE OUR COMMUNITY PARTNERS & FUNDERS

Social Planning and Research Council of Hamilton • Ministry of Children and Youth Services (M.C.Y.S.) • Haldimand-Norfolk R.E.A.C.H. • City of Hamilton • Hamilton-Wentworth District School Board • Hamilton-Wentworth Catholic District School Board • Breakfast Club of Canada • Breakfast for Learning • Community Action Program for Children • ArcelorMittal • FirstOntario Credit Union • Tiger-Cats Football • Egg Farmers of Ontario • Maple Leaf Foods Inc. • Hamilton Community Foundation • Lococo’s Wholesale • Salerno Dairy Oakrun Farm Bakery • McMaster University • Mohawk College • Michelangelo Events & Conference Centre • Kiwanis Club of Hamilton East Inc. • Pearle Hospitality • The Grocery Foundation • Saputo

Do Not Serve:
in Student Nutrition Programs

- Food containing peanuts and other nuts
- Candy, chocolate, gummies, marshmallows
- Soft drinks, energy drinks, sports drinks
- Fruit flavoured beverages that are not 100% juice
- Cake, cupcakes, pastries, doughnuts
- Popsicles, freezies, if not prepared with 100% juice
- Whip cream, or whipped topping
- Unpasteurized milk, ciders or juices
- High fat, salty snacks (e.g., potato chips, nacho chips, cheese puffs)
- Deep fried foods

Tastebuds, Hamilton’s Student Nutrition Collaborative
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