Happy New Year 2018!

Lots of exciting things are happening here at Tastebuds.

**Venture Centre partnership:** Tastebuds has a new hub location inside the Venture Centre Market Place, an emergency food bank run by Good Shepherd Centres. Located at 155 Cannon Street East (Cannon & Ferguson), the Tastebuds hub is equipped to receive in-kind food donations which will then be distributed to student nutrition programs throughout the city.

**The Great Big Crunch:** It’s Crunch time! March is nutrition month and we invite students across Hamilton to take a great big crunch into juicy, crispy apples, all at the same time. The GREAT BIG CRUNCH happens on Thursday, March 1, 2018! Locally grown apples available for half price from Drummond Farm. To participate, please register online by February 13, 2018 at greatbigcrunch2018.eventbrite.com.

**New Nutrition Guidelines:** The Provincial Nutrition Guidelines were updated in September 2016. You can download a digital copy from the Resource section of our website. On November 14, 2017, Public Health Dietitian Elizabeth Smith presented on these guidelines at two Tastebuds workshops for volunteers.

**Web Tracker Changes:** In April 2018 the online reporting system Web Tracker will be updated. The monthly report form will look different and some of the data collected will change too. We’ll keep you posted with specifics in the coming months.

**Thanks to our Funders!**

We are fortunate to receive support from other organizations.

**Breakfast Clubs of Canada (BCC)** provided $38,464 in food funding to support 22 programs and supplies 15 schools with a monthly in-kind donation of Danone yogurt.

**Egg Farmers of Canada & BCC** have provided 453 egg coupons to Hamilton programs, each worth 1 dozen eggs.

**President’s Choice Children’s Charity** provided $109,480 in food funding to support 32 Tastebuds programs.

**The Grocery Foundation** supports us in multiple ways. The annual Toonies for Tummies campaign at Metro, Longos and Food Basics grocery stores brought $28,900 in gift cards to Hamilton, which supported 49 of our programs. The David Radavonic Memorial Fund allowed five schools to each receive $5000 in food funding. Ten schools participated in the voucher program.

**FirstOntario Credit Union** has hit the $1 million mark, donating $250,000/year over the past 4 years to fund student nutrition in Hamilton, Halton, Niagara, Brant, Haldimand & Norfolk and Oxford County.

**Milk Program:** We are excited to continue a milk program in 11 schools, supplying white milk, once-a-week to 1,400 students. This initiative is made possible by funding from the Grocery Foundation, administered regionally by Haldimand Norfolk R.E.A.C.H.
Student Nutrition Programs are made possible because of the continuing dedication and care of volunteers. You get out of bed early, even when it’s dark and cold, or stay late after school. You make special trips to the grocery store and load up your car with food. You are the reliable person that students count on. A big, heart-felt THANK YOU to each and every one of you.

The latest stats: In 2016-2017, Tastebuds supported 168 student nutrition programs in 121 locations. We served: 466,988 breakfasts; 2,783,168 morning meals; 23,030 lunches; 3,836,242 snacks; to an average of 30,424 students per day.

All made possible by 1,277 amazing volunteers!

**ALL STAR VOLUNTEERS**

By Samantha Delaney, Community Development Worker, Tastebuds

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**NEW PROGRAMS**

**STARTING JANUARY 2018**

Mount Albion Elementary School
AM Snack for 400 students

École secondaire Académie catholique Mère-Teresa
AM Snack for 305 students

Bikeology (HWDSB alt-ed)
PM Snack for 18 students

Bikeology, an HWDSB Systems Alternative Education bike program, located at Delta Secondary School is starting a snack program. The Bike Program runs one semester a year (January to June) and accepts students at any time during the semester. These students can earn up to three credits which are Technology TJJ/TTJ (Bicycle Repair), Business BMX3E and an English credit. Students attend Bikeology from 8:50 a.m. to 1:30 p.m. every day. The last period of the day, 1:30 p.m. to 3:00 p.m., students have the opportunity to recover additional credits or volunteer at local bicycle shops to earn their required hours. They’re also able to enjoy the benefits of fresh air and exercise. Last June the class tweeted: “Last day of classes before exams start. We did exam review and then a bike ride to Albion falls!” Last year’s program started with 11 students ranging from 15 to 18 years old. It is anticipated that 18 students will participate in 2018. The new PM snack will be served around 1:30 p.m.

Follow the class on Twitter at @hwdsbdeltabike
ON AVERAGE, CHILDREN NEED TO TASTE A NEW FOOD 12 TIMES BEFORE THEY WILL HAPPILY EAT IT

-KAREN LEBILLON, GETTING TO YUM

“I DARE YOU TO TRY THAT”
By Jean-Anne Bauman, Community Development Worker, Tastebuds

Glen Brae Middle School hosts about 250 students attending Grades 6 to 8.

Mimi was a regular community volunteer at the nutrition grab-n-go cart, stationed on the schoolyard before first bell. Students got to know her when enjoying food from the cart. Even though Mimi’s interactions with students were often brief, she earned a reputation of being fun but still firm.

Hang out in a middle school long enough and you will get a sense what Mimi knew: students are trying to prove themselves academically and socially. Mimi decided to use this social pressure for good!

Inspired by some of the surprising food requests she had received from students, Mimi decided to get a small quantity of a food that some students may not be familiar with or never tasted. She started with fruit – just a few pieces. Having it with her at the cart the next week was a conversation starter as the students asked, “What’s that?” She gave the backstory and then challenged them to try it. It was not uncommon for fellow students to dare each other to try it too and watch each other’s reactions.

The students liked the challenge – they asked if they could do it again. Mimi integrated this to be a regular part of the nutrition program. This is something she did monthly, and for a short time once a week as Wacky Wednesday. It was at times as simple as a new variety of apple or pear. It progressed to items like mango, lychee fruit and jack fruit.

Do you have a Wacky Wednesday, a Freaky Friday or other “I dare ya” day in your nutrition program’s future?

If there’s low consumption of fruits and vegetables in your nutrition program, Getting to Yum is a good read and a good resource... and available at the Hamilton Public Library.

RECIPE & ORDER LIST
By Suzanne Giovannetti, SNP Assistant / Centralized Food Purchasing Coordinator

Yogurt parfaits
These tasty treats will support snack as well as breakfast and morning meal programs since it includes three food groups. It can be done in low risk programs as well (no cutting required).

Prep instructions:
Pour the yogurt, filling approx. ¾ of the cup
Place a mix of the berries on the top
Sprinkle a tablespoon of granola (if needed)
Count spoons for each cup
Place lids on each (if needed)

Voilà ~ yogurt parfaits

Web Tracker Order List
These amounts are for approximately 400 students.

Marketfresh
Blueberries = 1.5 cases ($50 per case) ........................................ $75.00
Raspberries = 1.5 cases ($50 per case) ....................................... $75.00

Mz foods
4 oz. plastic cups = 1 case This will last for 3 weeks at 400 servings .................. $30.00
Serving cup lids = 1 case ($34 per case) Only needed if not served right away or transported in cooler bags ................................................................. $34.00
Granola = 1 case ($39.50 per case) Only needed if you run a breakfast or morning meal to cover the third food group ........................................ $39.50

Lococos
Yogurt bags = 3 cases ($36 per case) If you notice you have too much left over, you can order 2.5 cases or less .......................................................... $108.00
Spoons = 1 case ($16 per case) Will last 3 weeks ..................................... $16.00

You can place order with Lococos or Mz foods for all items if you do not want to use more than one supplier

Total cost: $377.50*

*Just like at the grocery store, web tracker vendor prices change throughout the year
We are incredibly grateful to members of Beth Jacob Synagogue for planning and hosting Tastebuds Cabaret this January 21st. The dance & music filled event is a fundraiser to support Tastebuds and our student nutrition programs.

At the heart of this fundraiser is the Beth Jacob Social Justice Committee honouring the memory of Marvin Caplan, former city councillor and president of the Social Planning and Research Council of Hamilton. The concert marks one year since his untimely death. Marvin was committed to the universality of programs that helped marginalized communities.

Thanks to the many people and groups who helped make this fun event possible! Mixed Blessings, the Canadian Dance Company, Deirdre Pike, Niagara Jhankaar, Not Just Another Dance Studio, Vintage Coffee Roasters’ Coffee Bar, Sweet Noshings, Chocolate Tales, Loewith Dairy, and all attendees. Merci!

Volunteers from the student nutrition programs
at Bennetto Elementary School

We are very happy to announce that the Tastebuds Guide is available!

The Guide includes information about all aspects of running a successful nutrition program. It’s a one-stop shop for volunteers to answer all your questions. You can download the Tastebuds Guide by visiting www.tastebudshamilton.ca/resources