



## ANOTHER YEAR OF SPROUTING HEALTHY RELATIONSHIP WITH FOOD!

BY DEIRDRE PIKE, MANAGER OF TASTEBUDS

**S**prouting Healthy Relationships with food requires having healthy relationships with community partners who share our vision. Your Tastebuds' team has excelled at this over the past year so we're able to support more programs than ever before with a higher level of resources.

The baseline funding, covering just 15% of the total cost of the food for programs, comes through the Ministry of Child and Youth Services, which increased to \$711,390 this year. It's not enough to cover the 15% of our 137 programs so we're pleased that First Ontario is a new partner as of last spring and we could balance out the initial investment with their contribution of approximately \$30,000 this quarter in Hamilton.

Breakfast Club of Canada is supporting 26 of our programs in more economically vulnerable neighbourhoods, totaling \$65,800. All 26 programs will receive Minute Maid juice coupons and 11 schools will be given free yogurt for the school year for an extra contribution of \$70,000.

Breakfast for Learning continues to be a strong partner in our work, supporting 35 programs this year to the tune of \$108,000.

Once again we look forward to partnering with Maple Leaf Foods, Hamilton Tiger Cats and the Egg Farmers of Ontario with different arrangements currently being

worked out. We will apply to Dofasco for further support in November.

Lococo's and Market Fresh Produce continue to work with us by providing a Centralized Food Purchasing system with delivery to your door!

Our 3Acres program received strong support through the Newman's Own Foundation with a grant of \$40,000 US. This will be used to build a robust Food Literacy program, connecting students to local food producers, educators and farmers.

Although we were delayed in getting out the farm fresh food to our 3Acres programs this year due to Ministry changes to allowable delivery systems, we are happy to announce this is being rectified with a new partnership with Good Shepherd. More details to come!

Finally, we're especially pleased this year to be able to offer direct deposit to our programs so there are no more misplaced cheques or delays in financial reporting.

We pledge to do all we can to support your programs this year and look to you for input on what is needed and how we can ensure more students in Hamilton have access to nutritious food during their school day. Here's to a great year of sprouting healthy relationships with food!

# THE IMPORTANCE OF SAFE FOOD HANDLING

BY JEAN-ANNE BAUMAN, COMMUNITY DEVELOPMENT WORKER, TASTEBUDS

Chances are you've been affected by a food borne illness. Either you've had it yourself or you've been impacted when someone else had to miss work or school. The stakes are even greater with student nutrition programs. It is imperative that food is served in a safe environment at nutrition programs. Tastebuds staff can help, but ultimately you need to know good preparation, storage and cleaning methods for when you're on your own.

Ensuring workers have this knowledge is the major reason why Hamilton has a by-law that requires Food Handler Certification for people overseeing food preparation. By being certified, Hamilton Public Health Inspectors know you've received training in food safety, and inspectors can ask to see it.

At Tastebuds, we want to help you get this certificate! So does everyone need it? High risk and medium risk food premises need certified people onsite while low risk food premises are exempt.

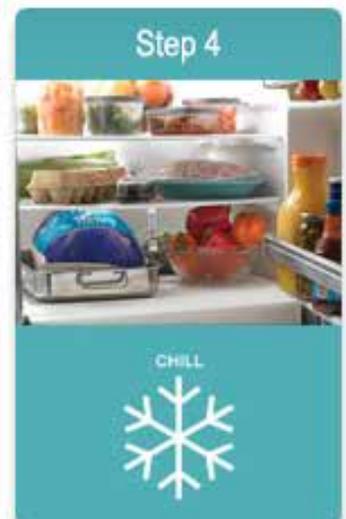
Is my facility high, medium or low risk? High or medium risk food premise are places which prepares, processes or serves foods shown to cause food-borne illness if prepared improperly.

Do you chop vegetables or fruit? Bake muffins? Prepare hummus? Cook eggs? You need at least one certified person on site for each day you prepare food for your program.

Low risk food premise are places that serve whole fruit and pre-packaged foods (including pre-packaged eggs). Though not mandatory, getting certification is a good idea in the event things change at your program.

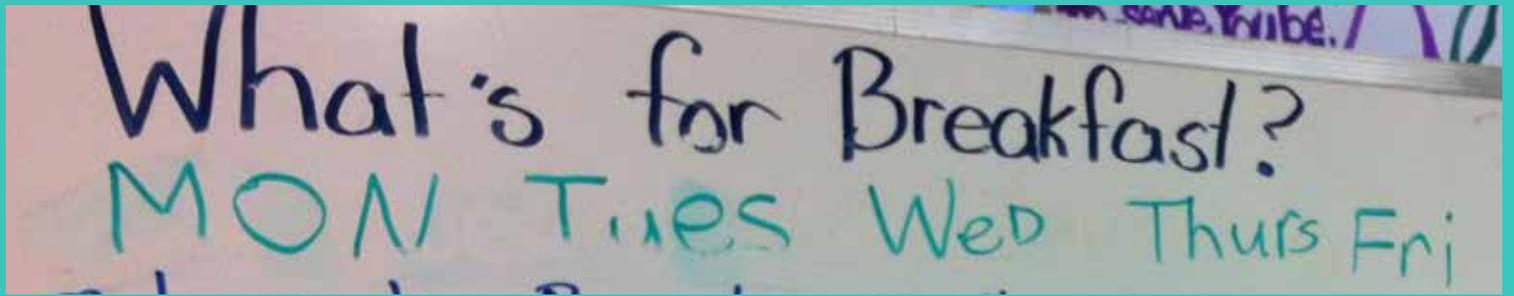
Getting your Food Handling Certification will benefit your program, and also looks good on your resume. At Tastebuds, we want to see all Student Nutrition Programs be the best they can be and this is an important part of this!

Becoming certified is easy, all you have to do is take a class (or study the courseware), then write the certification exam. Many options are available, please contact Tastebuds for certification options we offer, or visit the City of Hamilton website, Public Health page. Your certification costs may be reimbursed by Tastebuds! Once passed, the certification is valid for five years. If you hold a valid food safety certificate from another Ontario health unit or recognized certification agency, let us know. This may be recognized by Hamilton Public Health.



# PROMOTE YOUR STUDENT NUTRITION PROGRAM!

BY GRACE EVANS, COMMUNITY DEVELOPMENT WORKER, TASTEBUDS



**P**romoting your student nutrition program is very important. It is the way that you engage the school community, find staff and parent support and attract student eaters to your program!

Here are 3 ways to promote your program while getting students excited about healthy food:

1. Hold a student-drawn poster contest: Have students create posters that promote your school's snack or meal program. Pick a few to reproduce and post all over the school to remind students, staff and parents about when the program is served. (Be sure to send Tastebuds a copy too!)
2. Invite students to a taste test: Expose students to new foods and get them talking about healthy choices by providing samples of new fruits and

vegetables once a month. Learn about local food by tasting ground cherries, kohlrabi sticks or daikon slices. Taste something tropical with mango slices!

3. Share some fruit and vegetable related humour on the morning announcements: Have students remind students, staff and teachers about your snack and meal program over morning announcements. Generate some excitement with some produce related jokes or fruit and vegetable facts! You can find lots online, but below are some of our favourites.

All three of these ideas would work in elementary or secondary schools. Give them a try, and share your results with Tastebuds!

## FRUIT & VEGETABLE JOKES

Why did the banana go to the doctor?

Because it wasn't peeling well

What did the little cob of corn call his dad?

Pop Corn!

Why aren't grapes ever lonely?

Because they come in bunches!

What did the sweet potato say to the pumpkin?

I yam what I yam



## HALLOWEEN JOKES



What is a vampire's favorite fruit?

A neck-tarine!

How does a ghost eat an apple?

By goblin it!

What is a ghost's favorite fruit?

Boo-berries



## MARKET FRESH PRODUCE

Last year, Tastebuds began sprouting a relationship with Market Fresh produce. Initially approached by the owner and manager, Jim Beattie, we saw an opportunity to provide fresh and delicious produce, conveniently, to student nutrition programs across Hamilton.

Market Fresh produce is a Hamilton based supplier that's been in business for 16 years and always strives to partner with organizations for the social betterment of the community, such as the Good Food Box by Environment Hamilton.

They use local product whenever they can, are competitively priced, and are great quality.

Throughout the past year, Market Fresh has gone above and beyond to accommodate student nutrition programs, going as far as delivering orders the day after they are placed, and the customer service is phenomenal.

Have you tried Market Fresh Produce yet? There are no minimum orders; you can choose to get half or even quarter cases of produce, and free delivery. Market Fresh Produce is available via webtracker now, and orders aren't due until Friday afternoon!

Consider ordering from Market Fresh for all your produce needs!

## SMART SNACKING FOR CHILDREN

For energetic, on-the-move kids, snacks are just as important as meals. They provide another opportunity to pack nutrition into a child's day, and they help maintain a child's seemingly endless energy to explore their world. Whenever possible, choose whole food options like fresh veggies, fruit, nuts and seeds instead of conventional, packaged foods.

The name of the game with snacks is to keep them quick and easy. Pack your pantry and fridge with the following foods so kids can grab and eat them without needing any help:

- "Finger fruits" like grapes, strawberries, cherries, raspberries and cherry tomatoes
- Easy-to-handle fruits like apples, pears, plums and bananas

- Baby carrots, pre-cut bell peppers and radishes, bite-sized chunks of squash, celery – with optional dips or spreads
- Try hummus instead of creamy dip
- String cheese, cheese cubes or pre-sliced cheese
- Low-fat yogurt
- Hard-boiled eggs
- Nuts and seeds, dried fruit, and trail mix
- Cereal and granola
- Soy or rice crisps
- High-fiber whole wheat crackers
- Applesauce and fruit leather

Kids get just as much instant gratification from natural snacks as from less healthy options – and parents get more peace of mind.

Source: *Eat Right Ontario*

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

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