

SUMMER 2014

HAMILTON
TASTEBUDS

STUDENT NUTRITION COLLABORATIVE

THE QUARTERLY SPROUT

SPROUTING HEALTHY RELATIONSHIPS WITH FOOD



Tastebuds is wrapping up another great year! We'd like to thank the volunteers that support all 138 student nutrition programs across Hamilton! Here are some of the highlights from this year:

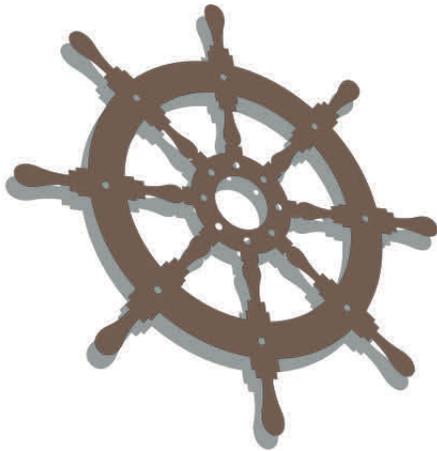
- Seven programs participated in 3Acres, Tastebuds' Local Harvest Program, receiving local produce sustainably delivered by our partners THAAT Co-op by bicycle.
- We've added 13 new breakfast, snack and early morning meal programs across the city.
- After partnering with the Egg Farmers of Ontario to increase egg consumption, they visited participating schools with a mobile chicken truck, providing important food education about eggs.
- The Hamilton Ticats visited 40 programs with their BeFit program, emphasizing good nutrition and physical activity.
- Our partners, Breakfast Club of Canada and Breakfast for Learning continued to provide generous funding to our programs while the Ontario government increased its support and we started four new designated programs.
- After almost 7,000 lbs. of locally grown apples were delivered by bicycle to schools, 22,830 students had the opportunity to take a synchronized crunch into an apple while learning about healthy snacking and local food for Tastebuds' Great Big Crunch on March 6.
- We forged a new partnership with FirstOntario, and their BlueWave employee volunteer program, and received generous donation for Tastebuds programs.
- We had ten schools participate in our pilot program with Maple Leaf and Canada Bread, receiving bi-weekly deliveries of meat and bread products for their programs.
- On May 29, we partnered with the Ancaster Mill to present An Earth to Table Feast, in supported of student nutrition programs in Hamilton. A great night with great food, music, and silent auction.
- We've established a Tastebuds Food Hub at St. Helen Early Learning and Care Centre at 785 Britannia. Next year, we'll be able to accept bulk donations in our new space.

It was the outstanding participation of teachers, educational assistants, parents, secretaries, volunteers, afterschool leaders, principals, support staff and the school communities that made this year so successful for Tastebuds. Thank you for joining us to sprout healthy relationships with food!

With great summer wishes, Grace, Bhairavi, Jean-Anne, Tiffany and Deirdre.

PARTNERSHIP ESSENTIAL IN STUDENT NUTRITION PROGRAM DELIVERY

By Deirdre Pike, Manager, Tastebuds, Hamilton's Student Nutrition Collaborative



Feeding 25,000 students a day isn't something one person can do alone. Not even two or three people could manage it. In fact, there's a staff of 5 plus over a thousand volunteers and behind the scenes, a collaborative of key stakeholders that play an advisory role in bringing about this daily miracle!

Tastebuds' Steering Committee is comprised of a mix of folks, some of whom are paid staff of organizations that have a keen interest in feeding students such as school boards, to volunteers from the community who are retired and want to support these efforts.

For over 15 years a steering committee led by staff at the Social Planning and Research Council of Hamilton has been at the helm of local student nutrition programs. In the beginning the emphasis was on breakfast with limited funding from Breakfast for Learning through the Canadian Living Foundation.

The early leaders, besides SPRC, included the Hamilton Community Foundation and the Hamilton-Wentworth District School Board. Volunteer Hamilton and the United Way were originally at the table as well.

Today the committee includes representatives from both school boards, the City of Hamilton's Public Health Unit, the Hamilton Regional Indian Centre, North Hamilton Community Health Centre, and two community members at large. Also at the table are ex officio members of the lead agency that represents the Ministry of Child and Youth Services, Haldimand-Norfolk REACH. Staff from Breakfast Club of Canada and Breakfast for Learning often attend the meetings as well as a school secretary.

With a budget of well over \$1 million now, the steering committee fills an important advisory role in determining the best sources of funding and the best way to allocate it to programs. It's a crucial community role.

If you are interested in being part of this important work, please contact Deirdre Pike at (905) 522-1148, Ext. 302 or by email at dpike@sprc.hamilton.on.ca



YEAR END WRAP-UP CHECKLIST

A few things to keep in mind before you leave for summer break.

PAPERWORK

- Grant renewal is complete online. Signed copies and financial statements submitted.
- You have signed up for direct deposit for September 2014-15 school year.
- Thank your volunteers and food suppliers.
- _____
- _____

EQUIPMENT

- Take inventory of everything you have (bins, supplies, cutting board etc.).
- List items that need to be replaced or repaired.
- Clean the equipment, cupboards, etc. Lock them if needed. If empty, leave the fridge, dishwasher and freezer unplugged.
- _____
- _____

FOOD

- Check expiry dates on food stored in cupboards.
- All grain products such as cereal and crackers remaining over the summer should be stored in sturdy plastic containers with sealed lids.
- _____
- _____

LOOKING AHEAD

- Plan your fundraising events. Share them with your Community Development Worker.
- Think of ways to introduce new and different food for your Tastebuds' program.
- Do your budgeting.
- _____
- _____

Thank you for your time and commitment to Tastebuds, Hamilton's Student Nutrition Collaborative. We look forward to seeing you in September for another successful year in "sprouting healthy relationships with food."





Over 200 volunteers at the 10th annual luncheon!

THANK YOU VOLUNTEERS!

By Jean-Anne Bauman, Community Development Worker,
Tastebuds, Hamilton's Student Nutrition Collaborative

Tastebuds' annual Volunteer Appreciation Luncheon was a big success! Held on Thursday, May 15, at Michelangelo Banquet and Convention Centre, it was our best attended function to date! We are happy that over 200 people were able to attend from approximately 70 programs! We unveiled several Tastebuds items, including aprons and insulated bags. Everyone got a bag which we encourage people to use when shopping for their program! Thank you to the Egg Farmers of Ontario, Breakfast Club of Canada, Breakfast for Learning and Market Fresh for donating items for these bags.

During the luncheon, we had the pleasure of listening to Rosita Hall - professional speaker, author, motivator, coach and Hamilton resident. Rosita challenged us on how we 'use our heartbeats' - we have only 100,800 a day. Sprinkled with personal examples and humour, I don't think I will be able to shop at a Sobeys without thinking of her!

Thank you to speakers Patrick Daly and Toni Kovach (HWCDSD), Todd White (HWDSB), Cristina Caruso (Breakfast Club of Canada), Jim Beattie (Market Fresh Produce) and Scott Graham (Egg Farmers of Ontario).

We hope the flower or herb volunteers received continues to remind you that you are a part of 'sprouting healthy relationships with food'. Congrats to people who won Tastebuds' aprons, as well as gas gift card or transit tickets and for supporting your program with all the travel you do! A big THANK YOU to all who volunteer and support the nutrition program at your facility - it is you who makes the program a success!

SIMPLY COOK AND ENJOY!

By Janice Stewart RD, Public Health Dietitian, Healthy Living Division, City of Hamilton, Public Health Services

Cooking with kids is a great way to teach important life skills. Learning to cook now prepares them to cook for themselves when they grow up. It's also a fun hands-on activity that teaches literacy, science, and math. It doesn't have to be complicated—start simply and build skills.

Choose easy-to-follow recipes with lots of tasks kids can help with. Younger kids can help measure ingredients and stir. Older kids can help peel and chop vegetables. Once they're confident, they can help bake, broil, or sauté. It might be messy. That's okay! Your kids can also help clean up. If weekdays are too hectic, cook on weekends, when you can take more time with your kids to teach skills.

Making smoothies takes little skill, so it's a great first step in the kitchen. The only tool you really need is a blender. You don't even need to follow a recipe. Just blend together a mixture of frozen fruit, bananas, yogurt, and milk. Kids can experiment with favourite frozen fruits to create frosty combinations. Be adventurous! Try adding a handful of spinach or finely shredded carrot for a veggie boost. Smoothies are a tasty way to enjoy milk, fruit, and maybe even veggies—all foods that kids don't get enough of. I hope this summer gives you lots of opportunities to cook with your kids!



Interested in writing for The Quarterly Sprout? Contact (905) 522-1148, Ext. 312 or email bkumar@tastebudshamilton.ca

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Tastebuds is supported by the Social Planning and Research Council of Hamilton, and is funded in part by the Ministry of Children and Youth Services (MCYS), administered regionally through Haldimand-Norfolk R.E.A.C.H.