



Children's FOUNDATION OF GUELPH AND WELLINGTON

FOOD & FRIENDS Program DUFFERIN • WELLINGTON • GUELPH

I sure hope we'll see some signs of spring this month, with rain showers washing away the snow and dirt from winter, along with the return of robins and spring flowers.

April is a special month at the Children's Foundation as we recognize all the volunteers who help us with our fundraising events and programs.

April 7 - 13 is National Volunteer Week!

Did You Know?

In 2018, over 3,000 volunteers (2,148 for F&F) contributed over 40,000 hours (8,641 for F&F) of volunteer support for the Children's Foundation? We couldn't be more grateful to each and every volunteer who gives of their time to support kids in our community.

If you would like to volunteer for the Children's Foundation, there are lots of ways to help out throughout the year. We also have opportunities for high school students to earn their volunteer hours. You can visit our website at:

www.childrensfoundation.org/ways-to-help/volunteer-with-us

Or you can contact Brenda Walsh at brenda@childrensfoundation.org or by calling 519-826-9551 ext 21.

Anita
Food & Friends Program Director

P.S. We invite you to follow us on [Facebook](#), [Twitter](#) or [Instagram](#) for the latest news on the Children's Foundation. This month we are asking people to share why volunteering is important for them and the community.

#CFGWVolunteerAppreciation

DATES TO REMEMBER

You will find the following dates in the [Academic Calendar](#) in **Resources** on the website.

May 1 - Grant renewal opens

May 1 - Egg Farmers of Canada Voucher Tracker

due

May 8 - Food Safety Training Guelph - FULL

May 11 - President's Choice Children's Charity report due

May 14 - Fore our Kids Golf Tournament

May 31 - Grant renewal closes

Network Meetings

We are looking forward to seeing you at the network meetings in April. The agenda* includes, but is not limited to:

Morning:

- * F&F committee work plan
- * Live Free results and awards
- * Network cafes

Afternoon:

- * Grant renewal
- * Year end report
- * Volunteer recognition

*Subject to change

Thanks to those who have already registered! **Please be sure to register for your meeting by April 18th.**

April 29, 2019 - [Guelph Network Meeting Registration](#)

April 30, 2019 - [Fergus Network Meeting Registration](#)

May 1, 2019 - [Orangeville Network Meeting Registration](#)

If you have any egg or Grocery Foundation vouchers that you feel you can't use, please bring them to the network meeting to share or sell!

The last installment of Ministry, Breakfast Club of Canada and CFGW Food & Friends Partnership along with the Live Free funding will be available at the meeting.

Thanks To Our Supporters

Rotary Club of Guelph Trillium purchased refrigerators for two of our high school student nutrition programs. Those veggies will keep nice and crisp!



**Club of
Guelph Trillium**

3,070 healthy meals will be provided by the **Township of Centre Wellington** to the 14 student nutrition programs that feed over 2,900 children and youth.



*National Volunteer Week is
April 7-13*

Thanks To Our Volunteers

Feed Your Mind Event

Enriching Your Volunteer Experience

A free event for volunteers celebrating wellness and the many impacts of volunteerism.

May 4, 9:00 a.m.- 2:30 p.m.

St. Ignatius Centre

5420 Hwy 6 North Guelph, ON N1H 6J2

Highlights of the event will include:

- Bridges Out of Poverty Training Session with Elaine Weir
- Wellness Exercises and Techniques based on the Career Education Council's new training concept "Thrive in the Workplace"
- Interactive activities, an interpretive nature hike
- Door prizes and more.

We will feed your body with a delicious lunch, your mind with informative information and your soul by celebrating the great work you do in our community.

Seating is limited – Please RSVP until April 19 [here](#)

Your mind believes everything you tell it; feed it something good.

Events

Willing Hearts Winter Harvest

The third dinner in the

Headwaters Dining Series was held at The Millcroft Inn and Spa. Guests were treated with a sugar bush tour and a maple taffy pull in addition to their spectacular 3-course Chef's menu.



The dining series has offered an exclusive dining experience every month from January to April. You can enjoy the best locally grown food Headwaters has to offer at the last dinner offered by one of the Headwaters dining establishments.

The Headwaters Food and Farming Alliance (HFFA) is sponsoring this wonderful dinner series to raise funds for its programs.

HFFA supports programs such as Farm to School, which nourishes and educates school children in the Dufferin and Caledon region on the benefits and preparation of locally grown food. HFFA is a project of Headwaters Communities in Action (HCIA).

The last of the dinner series takes place on **Friday, April 26th at 6:30 p.m** at **Miss Mitchell's Restaurant** where they boast Fine Dining. Casual Elegance. Historic Charm.

We hope to see you there!

The price for the dinner:
Single - \$80; Couple - \$155

[Buy your tickets here.](#)



Join the Parent Involvement Committee for a series of workshops to assist you in engaging your school community to support student learning at the **Effective and Impactful School Councils** event

Date: Wednesday, April 17th

Location: Centre Wellington District High School - 905 Scotland Street, Fergus

Time: 5:00 p.m. to 7:00 p.m.

Agenda:

Session (A) School Council Best Practices
Session (B) Updates & Communication
Session (C) UGDSB Updates on Programs and Supports

Food and refreshments will be served
Register [here](#) by April 14th



Register [here](#) for the Catholic Parent Involvement Committee
Parents as Partners Conference 2019

Date: Saturday, May 4th

Location: Our Lady of Lourdes Catholic Secondary School - 54 Westmount Road,
Guelph

Agenda:

8:30 a.m. Registration Opens and Vendor/Information Booths open
9:00 a.m. Welcome and Keynote Speaker
10:00 a.m. Vendor/Information Booths and Refreshments in Lobby
10:25 a.m. Breakout Session #1
11:25 a.m. Breakout Session #2
(Children's Foundation of Guelph and Wellington will be presenting)
12:25 p.m. Closing Remarks and Announcements
12:30 p.m. Lunch available and networking time for parents in Lobby

Projects

Dairy Farmers of Ontario

Did you know that 70% of Canadian children are not meeting recommendations for regular consumption of milk and milk products or milk alternatives?



We are pleased to announce that Food & Friends Student Nutrition Programs have been selected to participate in a milk pricing pilot program, supported by the Dairy Farmers of Ontario.

The Dairy Farmers of Ontario are providing financial support to reduce serving costs purchased from January to April 2019.

Cartons are reduced from \$0.55 to \$0.45, and 4L bags are reduced from \$6.24 to \$4.64!

This pilot program presents an excellent opportunity to provide children supported by the program with a refreshing serving of dairy with a baked good, cereal, or on its own.

Since the project's inception Food & Friends programs have increased milk purchases by 31%!

We are hopeful that this pilot will work towards developing a long-term, province-wide partnership between Ontario Student Nutrition Programs and the Dairy Farmers of Ontario.

You are receiving this email as a principal, coordinator, committee member or supporter of the Food & Friends Program. If you are interested in keeping up to date on all the activities and events of the Children's Foundation [click here](#) to subscribe to the monthly newsletter, the Beacon.

You may unsubscribe to this email at any time by clicking the Unsubscribe button below.

THANKS TO OUR CORE SUPPORTERS:



Providing Student Nutrition Programs across Ontario

Funded in part by the Ministry of Children, Community and Social Services

Administered regionally by the YMCA of Kitchener Waterloo

Bringing Healthy FOOD to Hungry Minds





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