



Children's FOUNDATION OF GUELPH AND WELLINGTON

FOOD & Friends Program DUFFERIN • WELLINGTON • GUELPH

February is host to a wonderful holiday; Family Day, which was originally created to give people time to spend with their families. Common Family Day activities include skating, playing hockey, snowboarding/skiing and going to various winter festivals.

Perhaps creating a wonderful family meal is your go to activity. The government of Canada has just released the new [Canada's Food Guide](#). It includes "at a glance" information on what to eat and provides advice on how to eat, including cooking more often and eating meals with others.

Whether these meal making practices are a tradition for you or one you want to start...I wish you a wonderful February and Family Day!

Anita
Food & Friends Program Director

Did you know that in 2016, the cost of the Nutritious Food Basket in Wellington Dufferin Guelph for a family of four was \$213 per week; up from \$200 in 2013.

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

Feb 22 - Budget and funds request
(if needed)

Mar 7 - Live Free kit return WCDSB

Mar 11 - Fore Our Kids Golf Tournament registration opens

Mar 20 - Live Free kit return UGDSB Elementary

Mar 21 - Live Free kit return UGDSB Secondary

**DATES TO
REMEMBER**



Thanks To Our Supporters

Egg Farmers of Ontario

Funding from Egg Farmers of Ontario will be used to purchase eggs for school nutrition programs or kitchen equipment that supports the preparation, storage and eating of eggs in student nutrition programs;(items such as refrigerators, griddles, frying pans, microwave egg cups, pots, utensils, mixing bowls, etc.).

Farm Credit Canada

“No child should ever have to go to school on an empty stomach,” said FCC president and CEO Michael Hoffort, in announcing this year’s goal to collect the equivalent of five million meals for Canada’s food banks. “That’s why we are joining our industry partners and taking the fight against hunger to the schools, as well as collecting food and cash donations for Canada’s food banks.” Over 850 meals will be provided for Food & Friends participants from this donation.

Dairy Farmers of Ontario

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 will be providing financial support to reduce serving costs by \$0.10 for all 237mL cartons and 4 litre bags purchased from January to April 2019.

Programs will be reimbursed \$0.10 per carton and \$1.60 per bag for purchases in January. Effective February, invoice pricing for 237mL cartons will be reduced from \$0.55 to \$0.45, and 4L bags will be reduced from \$6.24 to \$4.64!

This 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.

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.

As always, we appreciate your support, and welcome your feedback in enhancing our service.

Andrew Reimer
Ontario Student Nutrition Services

Jean and David Anderson

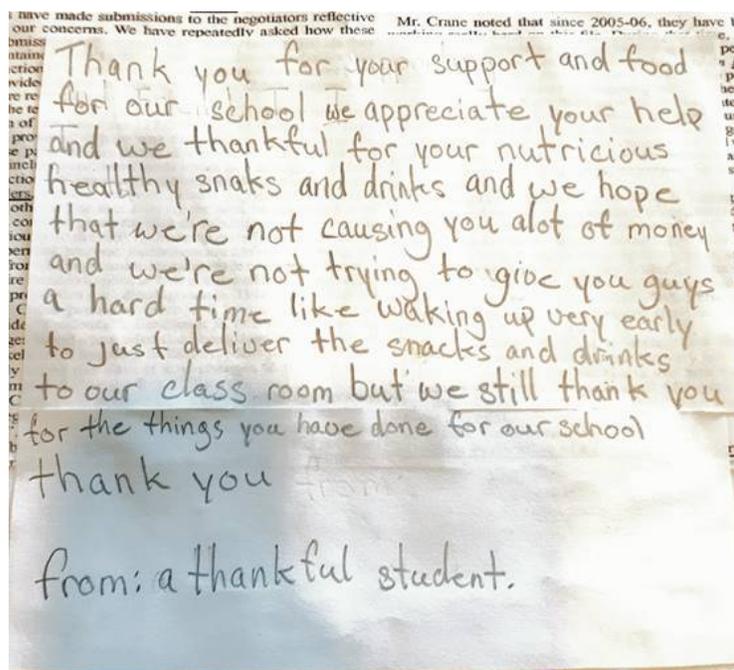
Jean Anderson, who organized a Dec. 25th third annual Christmas dinner with her husband Dave Anderson said in addition to the meals served at the hall, about 85 meals were delivered to people who couldn't attend for various reasons.

"It's a little disturbing that there's people that need food," she said.

Jean learned that, through connections with a Norwell District Secondary School group which also hosted a community Christmas dinner in December, "there are kids who don't have enough food, which is how we came about taking those hampers out".

Anderson estimated that roughly \$3,500 in donations received at the dinner will be shared with local food banks and Minto Clifford and Palmerston Public School breakfast programs will each receive \$700 contributions.

[See full Wellington Advertiser article](#)



Thanks To Our Volunteers

Enough said!

Events

Help Kids Live Free From Hunger



Live Free celebrations are happening!

- February
26
at
Westside
Secondary
School
in
Orangeville
- February
27
at
Minto
Clifford
Public
School
in
Harriston
- March
1
at
Westwood
Public
School
in
Guelph

You should have received the Live Free kit, which includes:

- Promise cards (if requested)
- Post cards (Toonie holder) (if requested)
- A set of posters (if requested)
- A donation box (if requested)
- Live Free Check List
- Live Free Fact Sheet for Teachers
- Food & Friends Fact Sheet
- Live Free school announcement scripts

If the kit resources fall short, feel free to photocopy the promise cards or post cards. Please keep in mind that 80% of enrollment was allocated to programs that did not register.

Live Free Goal

The Live Free goal that has been set for your program is an optimistic estimate based upon the totals from last year.

Feel free to contact jennifer@childrensfoundation.org, Bobbi, Heather or Anita for any assistance with your campaign.

[Donate to Live Free here](#)

Thank you for making Live Free a success!



Toonies logo

Toonies for Tummies is back!

The Grocery Foundation does much more than feed hungry children. It nourishes their potential and their wellbeing.

Thanks to the sponsoring brands and retail partners, 100% of toonie donations collected during the campaign are donated back to student nutrition programs in the local communities where the funds were collected.

- Longo's
will
run
their
campaign
from
February
1-
21,
matching
days
on
the
2nd
and
3rd.
- Metro
&
Food
Basics
will
be
February
7-
21,
matching
days

on
the
9th
and 16th.

Get into participating stores and donate a toonie and support our Food & Friends student nutrition programs!

@groceryfndtn #toonies4tummies #tooniechallenge

Willing Hearts Winter Harvest

On January 25th, folks braved the cold and snowy weather to participate in the very first dinner in the Headwaters Dining Series at Mono Cliffs Inn! We enjoyed the wonderful food and were able to enjoy seeing old friends and connected with some new ones as well.



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

HFFA supports programs like 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 dining series is offering an exclusive dining experience every month from January to April. You can enjoy the best locally grown food Headwaters has to offer at an eclectic selection of four interesting Headwaters dining establishments. You can buy dinner for one event, or get discounts by buying tickets for multiple events.

The prices for the dinners are discounted when you buy multiple tickets for the series:

- 1 Evening: Single - \$80; Couple - \$155
- 2 Evenings: Single - \$155; Couple - \$300
- 3 Evenings: Single - \$225; Couple - \$435

We hope to see you at all or some of the dinners! [Buy your tickets here.](#)

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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