



Children's FOUNDATION OF GUELPH AND WELLINGTON

FOOD & Friends Program DUFFERIN • WELLINGTON • GUELPH

Have you had enough snow yet? It's certainly been a blustery, snowy winter! March is a funny month that can either welcome in the first signs of spring or keep us buried deep in snow and cold. No matter the weather, one thing we can count on is March Break. I hope you were able to take a break from the routine of school life.

Perhaps you had some time to read about or consider the new Canada Food Guide, which has been hailed as a great improvement over the last. "But for those 13 percent of food insecure Canadians, the guide's recommendations are too far out of reach. The chronic insecurity they struggle with is caused by deep poverty and inequality—it's not something that just pops up when the price of cauliflower spikes." Nick Saul Jan 29, 2019

We look forward to working with the new Food Guide in developing affordable menus for our student nutrition programs in the future.

Anita
Food & Friends Program Director



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

Correction to the February newsletter stating Mar 7 - Live Free kit return WCDSB kit pick up. The date is Mar 20.

Mar 18 - Pre-set menu registration (see info below)

Mar 25 - First pre-set menu order out

Apr 7-13 - National Volunteer Week

Apr 8 - Quarterly Report due

Apr 10 - Food Safety training - Orangeville Public Health
Apr 18 - Network meeting registration deadline
Apr 29 - Network meeting - Guelph
Apr 30 - Network meeting - Fergus
May 1 - Network meeting - Orangeville

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

Please be sure to register for your meeting by April 18.

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

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

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

Thanks To Our Supporters

Shelburne Home Hardware for the fourth year held the "Donate A Plate" event. Over the last four years this event has raised \$55,000 for the five programs in Shelburne allowing Food & Friends to allocate funds to other programs that are more in need.

Breakfast Club of Canada sent the last instalment of funding for the 2018/2019 school year. Twenty eights (28) Food & Friends student nutrition programs have been provided funding through this tried and true supporter.

O Durigon Memorial Bocce Tournament was great fun and raised enough





Events

Live Free

As we wrap up the Help Kids Live Free From Hunger campaign, I reflect on this year's campaign activities!

Thanks to the Live Free celebration hosts Westside Secondary, Minto Clifford Public and Westwood Public Schools for the gracious welcome. The volunteers, staff and students were kind, courteous and polite!

Programs are to bring banker boxes, donations and extra materials to the Principal/Vice Principal meetings for Live Free Kit pick up:

March 20th- Wellington Catholic District School Board programs at the Italian Canadian Club.

March 20th - Upper Grand District School Board (Elementary) at Monora Park

March 21st - Upper Grand District School Board (Secondary) at the Grand River Raceway

Feel free to pass along your donation box to the lovely ladies with their trunks open if they are in the parking lot!

March 21st - Community and Alternative Education Programs will be picked up at your location.

A cheque made out to the Children's Foundation of Guelph and Wellington (with Live Free and school name in memo line) for your school's donations is welcome. Know that we are ready to count any cash that comes in as well.

Please be sure to provide a list including all names, addresses, postal codes and amounts from Cash Online donations with the cheque that require a tax receipt.

Thanks to all who have Helped Kids Live Free From Hunger

Willing Hearts Winter Harvest

The second dinner in the Headwaters Dining Series was held at the Forks of the Credit Inn. What a wonderful history this location has experienced as a post office and a speak-easy, among other incarnations!



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 remaining Headwaters dining establishments. You can buy dinner for one event, or get discounts by buying tickets for multiple events.

The next event promises to be a savoury treat on March 24 at 4:00 PM. [The Millcroft Inn](#) and Spa will be providing guests with a sugar bush tour and a maple taffy pull in addition to their spectacular 3-course Chef's menu.

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 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

We hope to see you at both or either of the next two dinners!

[Buy your tickets here.](#)

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 will be providing financial support to reduce serving costs purchased **from January to April 2019.**

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.

Pre-set Menu Pilot

We know that shopping for food to feed a school can be a challenge! This model offers a pre-set menu for you to follow, prepare and distribute to students on a 2-week rotating schedule. Each Lead Agency (LA) connects with local producers, distributors and suppliers to help provide and deliver food. By doing so, we can streamline the purchasing of high quality foods to schools in more efficient ways. The pilot will allow us to predict, in advance, the appropriate quantity of food required by participating schools. This prediction allows us to take advantage of economies of scale so our food dollars go further!

Why is this pilot important?

- * We are able to deliver a high quality, streamlined and safe student nutrition program in collaboration with key stakeholders to maximize student outcomes.
- * Ensuring that children have access to nutritious food at school to help them learn which promotes wellbeing.
- * Increasing equity and accountability for program funds.
- * Making the best use of limited staff and volunteer time.
- * Making the best use of limited food dollars.
- * Creating a basic program model that can be strengthened over time through increased private and public sector investments.

Food & Friends is looking for 10 student nutrition programs to participate.

Dates to be aware of:

- Registration deadline: **March 18th**
- First order: week of March 25th
- First delivery: week of April 1st
- First survey: April 29th
- Final survey: June 3rd

Please contact Anita@childrensfoundation.org to find out more or register for this very cool project!

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.

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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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