



**Children's
FOUNDATION**
OF GUELPH AND WELLINGTON

Food & Friends Program
DUFFERIN • WELLINGTON • GUELPH



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FOOD & FRIENDS PROGRAM DUFFERIN • WELLINGTON • GUELPH

As the clocks fall back and the days get darker, the report cards go out. This makes me think about all the work that goes into making sure that students have well-nourished minds to achieve their best selves (and marks).

Thank you to all of you who do so much to bring healthy food to hungry minds!

This time of year also brings to mind those who gave their lives for our freedom and how we continue to demonstrate our appreciation by commemorating them on Remembrance Day.



Important Dates

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

- Dec 1 - Trees for Tots registration opens
- Dec 7 - Monthly report due
- Dec 8 - 2nd Installment of funds goes out
- Dec 12 - Adopt A Family closes

Dec 13 - Food Safety training - Orangeville Public Health

Dec 15 - Food & Friends Newsletter

Dec 15 - Budget due (if you require additional funds)

Dec 18 - **Live Free registration opens**
Dec 23 - 27 - Happy Holidays!
Dec 29 - Trees For Tots registration closes

Thanks to Our Supporters

Victoria Terrace Public School and St. Joseph Catholic School in Fergus were gifted with enough funding to provide almost 5,900 meals through their student nutrition programs from **Williams and McDaniel Property Management**.



Jennark Homes donated the equivalent of 13 students' meals for the entire school year to James McQueen Public School.

BDO Canada LLP provided meals to 930 high school students through their fund raising efforts at their Guelph branch.

Over 160 team members of **Skyline** are volunteering in our programs through their "days of caring" in November! Thanks also to their financial support from the proceeds of their golf tournament. Over 8,600 meals will be served to hungry students from this donation.



*Announcement lunch with
Madeline, Samantha, Blair,
Debra and Lidia*

We are pleased to announce that **Hendrix Genetics** through their Community giving workplace campaign raised \$30,000 for Food & Friends!

The Community Giving Team attended 22 locations and did presentations for all the employees of the organization. This was no small feat as they had to do decontamination protocol for most of those sites and demonstrated passion for our programs.

We are grateful to this fantastic organization for their commitment to bring healthy food to hungry minds!



Thank you for participating in the 2017 Great Big Crunch on October 26th. We had 171 programs in three regions in Central West Ontario taking part and a total of 91,725 crunchers!

There were so many great events happening and we'd love to hear your stories. We'd also like to hear from you on the various aspects of this event so that we can improve the experience for the next GBC!

We'd appreciate if you could take a few minutes of your time to complete the [Great Big Crunch Survey](#) and provide us with your feedback. Survey will stay open until Sunday, November 26th.

This event would not have been possible without the support of our community partners, sponsors and supporters. A special thank you to **Energize Guelph** for providing funding!

The following link [is a collage of tweets from the region](#). Thanks to those of you who tweeted! Keep the pictures coming.

We provided Food Share with our total numbers to add to their annual event. We'll share that announcement after March 1st so we can see what an impact we made on the total crunchers across the country.

Nutrition and Mental Health

Good nutrition is important for mental health. It can boost your brain power and reduce symptoms of depression, anxiety and other mental health disorders. Carolyn Ross' article in psychologytoday.com, lists 5 foods that can improve mental health.

Whole Grains

Because complex carbohydrates release glucose slowly, they provide a steady source of fuel for the brain. Healthy sources include whole-wheat products, bulgur, oats, wild rice, barley, beans and soy.

Lean Protein

Serotonin is an important chemical in the brain that gets its building blocks from protein. Eating lean protein, such as nuts, cheese, fish, eggs and beans can prevent low serotonin levels that can result in anxiety or depression.

Fatty Fish

Omega3 fats not only boost learning and memory, but they can reduce symptoms of depression and ADHD, especially those that are from wild, cold water fish, like salmon, herring, sardines and mackerel.

Leafy Greens

Leafy greens, such as spinach, romaine, and broccoli, are high in B vitamins that can help minimize depression, fatigue and insomnia.

Probiotics

Fermented foods, like yogurt, kefir and kimchi, contain probiotics which can reduce hormones that cause anxiety and stress.

Although nutrition is important for mental health, it isn't necessarily a replacement for treatment prescribed by therapists or physicians for mental health disorders.

More information is available at <https://www.psychologytoday.com/blog/real-healing/201301/healthy-gut-healthy-mind-5-foods-improve-mental-health>



Welcome to John Black Public School!

John Black Public School is located on a 2 acre parcel of land overlooking the

Grand River in Fergus. The school, located on the outskirts of Fergus, has a rural character.

Their snack program will involve bins going to each classroom, five days per week. The coordinator is hoping to get the 'We Day' students involved in assisting with the program.

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 on this newsletter sign up](#) to subscribe to the monthly newsletter, the Beacon.

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

Bringing Healthy FOOD to Hungry Minds



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