

TDSB STUDENT NUTRITION

DEPARTMENT NEWSLETTER

SPRING ISSUE 3 | MAY 2022



Support from Exec. Superintendent Sheryl Robinson Petrazzini

TDSB Nutrition programs allow us to place our students' health and well-being at the forefront of everything we do. We have seen firsthand that there are academic benefits, as students learn better with nutritious food in their systems, wellness benefits and equity benefits. Equitable access to nutritious food is an essential right for our students to be healthy and successful.

Further, nutrition programs have enabled students to enjoy snacks from cultures beyond their own, explore healthy nutrition options and foster new learning and respect for all identities.

Our nutrition programs remove barriers of access for families dealing with various societal/economical challenges.

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Parkdale PS Nutrition Co-ordinator

SNP Volunteer Appreciation June 1 or 3

Our second annual Volunteer Appreciation Celebration will be held via ZOOM on Wednesday, June 1 from 6 to 7 p.m. and Friday, June 3 from 11 to 12 noon. Please contact your NLO to receive the invitation link. We will be recognizing the contribution of over 500 volunteers active in nutrition programs in TDSB schools! More about volunteering on the [TDSB Student Nutrition website](#).

Apply for PC Nutrition Grant

Powerful Kids Eat Well grant from the President's Choice Children's Charity is open for applications from May 2 to June 24. All schools are eligible to apply. Contact your NLO for assistance.

FOOD + CULTURE = SNP SUCCESS

With the warmer weather and some cautiously relaxing COVID restrictions, our team is celebrating cultural diversity represented in nutrition programs; students learning about new foods, feeling a sense of belonging and enjoying food together. Funding criteria for student nutrition grants state that “Menus and educational components are inclusive and consider the faiths, cultures and preferences of the children/youth and their families.” Nutrition programs help to create a “safe, welcoming environment”(TDSB Nutrition Foundation). School nutrition programs that reflect cultural diversity increase the impact on student achievement, wellbeing and equity.



Eid at Oakridge JPS grade 3

IMPACT OF SNP PROGRAMS - STUDENT VOICE

For the longest time I would go to school and not have eaten any breakfast due to time and stomach issues but because of the breakfast program I stopped getting super hungry before lunch and was able to focus on my morning classes. The breakfast program has also helped me through eating disorders and let me choose what I really wanted to eat . . . other kids like me can benefit greatly and feel more than welcome to eat and not feel ashamed for taking what we need to excel at school.

- Casey H., Birchmount Park CI



Stephen Leacock CI Culture Days snack

Baked Tortilla Samosa Recipe

By: Mafi Moni Hoque - Makes 12

Saute 1 c. diced onion in 2 T. oil. Add 1 cup each of diced potatoes and diced carrots; cook for 15 minutes. Add 2 T. minced garlic, 1/2 cup frozen peas, 2 tsp curry powder, salt and fresh cilantro. Remove from heat. Cut 12 tortillas into halves and fold one side toward the center. Then fold the other side over the other end, forming a cone. Fill the cone with vegetable filling. Seal the open end with flour and water paste. Place on baking tray, brush with oil and bake at 350 F for 30 minutes.

NLO Highlights

- Support for 2022-23 funding applications; 426 TDSB sites submitted
- Assistance to schools transitioning from COVID restrictions: parent volunteers, student engagement, program changes and curriculum links
- Development of LNPC (Local Nutrition Program Committees) to oversee school programs
- School council and student presentations and discussions.