



TDSB STUDENT NUTRITION

DEPARTMENT NEWSLETTER

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HAPPY NEW YEAR!

THANK YOU TO OUR VOLUNTEERS

Every day across Toronto, approximately 400 SNP volunteers and staff supporters make a difference in the lives of our TDSB students. Their commitment to feeding students during these very challenging times cannot go unnoticed. With their help, close to 98% of SNP funded schools have been able to start and run nutrition programs. This is TDSB's commitment to student nutrition in action.



Nelson Mandela Park PS
Nutrition Co-ordinator

NEW SNP Funding Application process

Apply for Student Nutrition funding for 2022-23 between January 14 and February 25. Before applying, you must set-up an account on the new online grants system called TGRIP.

Principals received December emails from snp@toronto.ca to initiate this. Anyone involved in this process can contact your NLO for assistance.

Do you have a LOCAL NUTRITION PROGRAM COMMITTEE?

Student Nutrition funding criteria requires schools to have a Local Nutrition Program Committee (LNPC). LNPC's, meeting twice per year, can offer guidance, community consultation and fundraising support. Working together, principals, parents, volunteers, students, teachers, staff and/or community partners make decisions to benefit all students and meet program needs. Our team is available to support the development of your LNPC.

For support, contact your NUTRITION LIAISON OFFICER



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SNP PROGRAMS WITH NO GOVERNMENT FUNDING

Some schools that have not received government funding are finding creative ways to provide nutritious food for students through fundraising, parent contributions and corporate grants. In the words of Katrina Kenny, Keele St. VP: **"Access to nutritious snacks is key to ensuring students are able to focus on learning at school. . . Thanks to a charitable grant and community support, students are able to pick up a healthy snack."**

Call our team to explore supporting learning through nutrition 416-394-7447.

NEW Training - UPDATED Nutrition Guidelines

SNP menus and food choices are based on Canada's Food Guide. Get newly updated information on **Nutrition Guidelines** with 4 training videos (84 minutes total) and an online quiz; covering what and how to serve students in line with the Guidelines.

<https://bit.ly/34b0VbN>

REMINDER: Toronto Public Health Food Safety Training is a requirement for SNP operation. Find this online training at the same web link above.



Lord Dufferin PS
Nutrition Co-ordinator



Grey Owl PS
Holiday pancake breakfast

TDSB VOLUNTEER TRAINING for Student Nutrition - DEC 2

Close to **100 SNP volunteers** participated in our first TDSB volunteer training sessions on December 2, 2021. A range of TDSB policies affecting volunteers were presented. Some feedback from those in attendance: **"...we shared some of our concerns regarding protocols that were happening in our nutrition programs. . . we also learned some valuable information on health and safety (protocols) . . . and who we can turn to for help."**

We continue to look for innovative ways to support our volunteers and serve our most **important clients--our students**. Watch for upcoming training events by our Department.

SNP FEATURE CORNER

Three Sisters Soup (Sisters are corn, beans, squash!)

Shared by:

**Joanna Hyacinthe Simon - Urban Indigenous Food Sovereignty Chef / Instructor
Kapapamahchakwew-Wandering Spirit School**

Makes 75 cups!

Boil 12 cups diced white onion in 30 cups of water for 10 minutes. Add:
14 cups butternut squash, cubed and cored
5-6 cups of sweet corn
3 bags of frozen mixed beans and carrots
Boil until beans and carrots are tender
Thicken with cornstarch slurry mix ($\frac{3}{4}$ - 1 cup cornstarch and 4 cups cool water). Mix, season with salt, pepper and parsley. Bring to boil and serve.