

# TDSB STUDENT NUTRITION

DEPARTMENT NEWSLETTER

WINTER ISSUE 5 • March 2023

## WAY TO GO! Students at SATEC@W.A.PORTER CI take over the Breakfast Program

The students at SATEC @ W.A Porter Collegiate Institute, along with staff, have changed their breakfast program delivery model from a third party, to having students volunteering along with 7 staff members. Their new model is saving them an estimated \$3000/month! As some volunteer students have indicated, the new model offers them healthier food choices and life skills, nutrition education and opportunities for social interaction and cooperation. Most of the volunteers are grade 9 students. Offering a variety of healthy foods widens student experiences and future choices and volunteering with the program supports them in receiving their community hours.



Student Volunteers SATEC @W.A.Porter C.I

## TDSB support for new National School Food Program

On Feb. 1, the TDSB Board passed a motion to write federal and provincial ministries highlighting the immediate need for support for student nutrition and calling on the federal government to follow through with funding for a national school food program. The Motion states that “the pandemic and inflation have deepened economic disparities and food insecurity.” TDSB is part of growing advocacy for school nutrition programs as essential for students and families at this time. In December, Senior Manager, Chris Ferris, attended the Roundtable on a National School Food Policy hosted by Karina Gould, Minister of Families, Children and Social Development, and Marie-Claude Bibeau, Minister of Agriculture and Agri-Food. Our letter with specific recommendations and support for a funded national school food program was sent from TDSB Associate Director, Stacey Zucker, asserting that SNPs are more critical than ever.

## Support is just a phone call away.

Nutrition Liaison Officers (NLO's) are TDSB staff that are the lead contacts for Principals, staff, Trustees and volunteers, to support student nutrition. They work collaboratively with staff from Toronto Foundation for Student Success and Toronto Public Health.



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Visit our webpages at: [TDSB Student Nutrition](#)

## Great Opportunity - Don't Miss Out !

**PCCC Grant Application open**  
**April 1 to May 31, 2023**

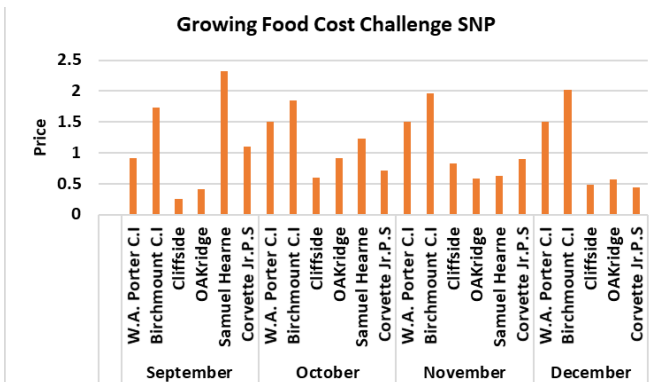
**Power Full Kids | Eat Well** : intended to cover program expenses for food and consumable supplies.

**Power Full Kids Equipment Fund** - schools can receive up to \$2,000 for the purchase of SNP equipment.

**Power Full Kids Grow & Cook**: to cover the cost of tools or classroom equipment to help educators incorporate food-based education into their lessons. Many of our schools have received these grants and enhanced their funded and non funded SNP programs. Please contact your NLO to assist you.

## School meal programs struggle to serve growing number of students in need as food prices climb

As we are all aware, the price of food has increased dramatically in the past few months. Many schools are struggling to meet the requirement of 3 food groups for an increasing number of students. At some schools, dedicated volunteers are clipping coupons to save a buck, using gift cards and shopping in person. Other cost reduction strategies include reducing portion sizes, prepping food on site, seeking alternative sources of food, seeking donations from local businesses, pursuing grant opportunities, accessing donations from Second Harvest, and collaborating with in-house culinary/hospitality programs.

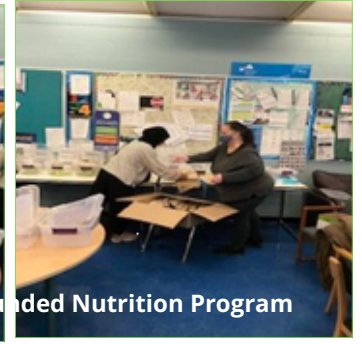


[Click here to share how your SNP is dealing with high food costs](#)

### Taylor Creek P.S cooking event - Cooking with Chef Nagma

Most families do not eat together because of our busy schedules. Taylor Creek PS decided that a cooking class with parents and students was one way to get everyone involved. The ingredients were donated by the Muslim Welfare Canada Food Hamper program and other items were bought or donated. Students, along with their parents, chopped and sliced while Chef Nagma demonstrated her culinary skills in baking bread, vegetable lentil soup and other delicious dishes. At the end everyone broke bread and had a heartwarming meal. This community event would not have been a success without the support of the administrative team of Ms. Haines and Mr. Tsiurus and the Community Support Worker, Steve Salfarlie, and most importantly parents and students! Plans are already underway for the next event.

## Non-funded SNP



Albion Heights Non Funded Nutrition Program

Congratulations to the students and families of Albion Heights for starting their very first non funded Nutrition Program. The need for the Nutrition Program was identified by the Principal, who contacted the LC1 Nutrition Liaison Officer to work collaboratively to get the ball rolling. Albion Heights is an inner-city school, with approximately 460 students. The first order of business was to develop a nutrition committee. The nutrition committee worked with the School Council and Principal to plan, seek donations, develop program structure, fundraise and implement the nutrition program on January 31, 2023. A student survey was used to assist with creating the menu. Food is ordered and packed twice a week by parents, grand-parents, and community volunteers. All volunteers completed TDSB required PRC & documentation, received day-to-day operation training, and met all the Toronto Public Health regulations. Students are served three food groups to meet the Student Nutrition Guidelines. Albion Heights also received the PCCC grant. Along with parents and caregivers, the committee aims to grow the program to 5 days a week

### Upcoming Events (click links)

- [Nutrition Month - March 2023](#)
- [Parent Conference May 6, 2023](#)
- [Volunteer Appreciation June 2023 - TBA](#)

### SNP Resources (click links)

- [Student Nutrition Program Guidelines](#)
- [Snack Sample Menu](#)
- [Morning Meal: Sample Menu](#)

### 2023-2024 Funding Application

To date, 415 Student Nutrition Program applications were submitted from TDSB schools. The application website, called TGRIP, holds contact information that should be updated with staffing changes (especially principal changes). This is important to access TGRIP generally but especially important to access SNP funding decision letters in June 2023. Instruction to update TGRIP contacts are available on [TPH website](#) or contact your NLO for assistance.