Danielle Findlay
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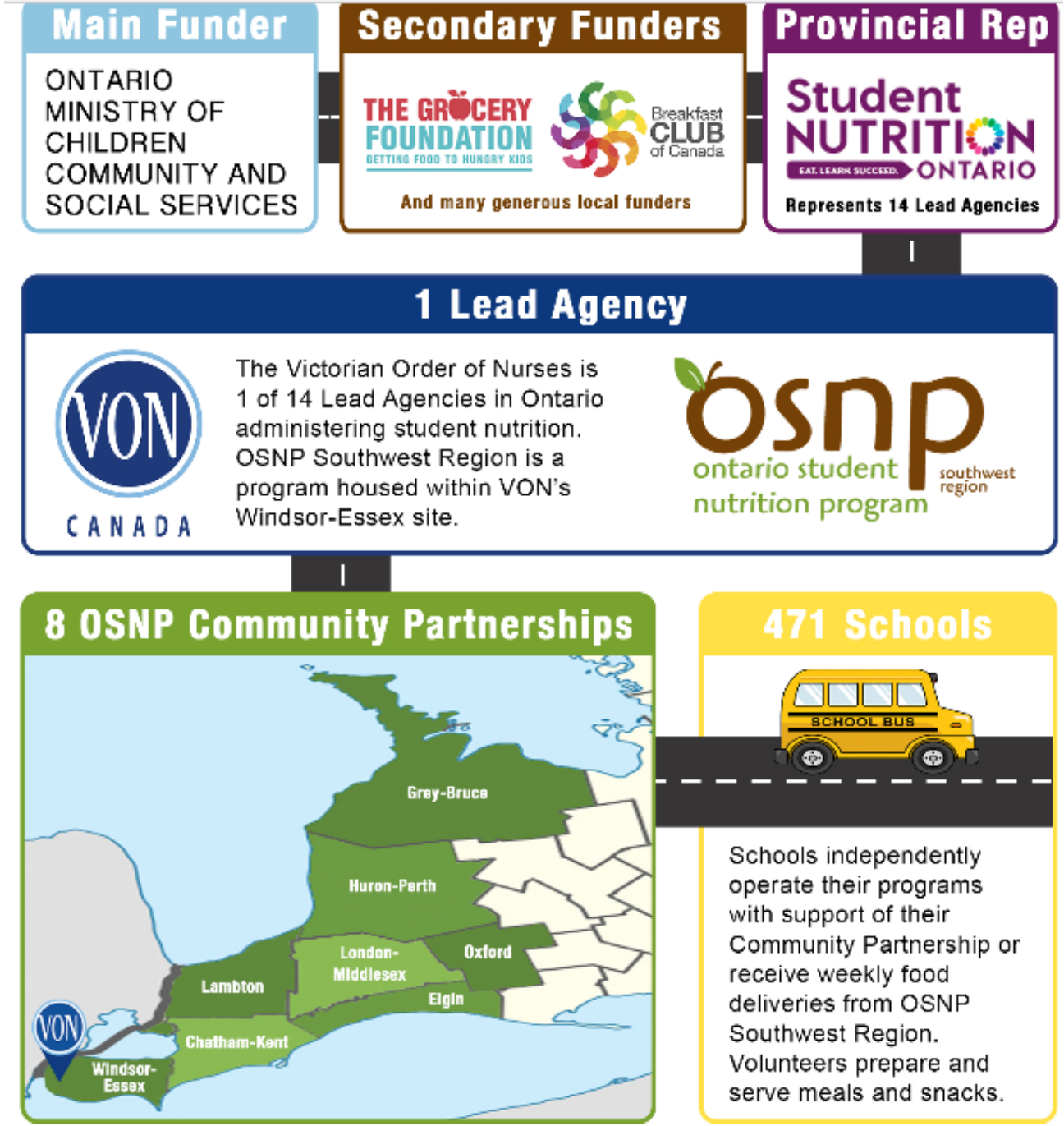
Ontario Student Nutrition Program – Southwest

How We Work


Main Funder
ONTARIO MINISTRY OF CHILDREN COMMUNITY AND SOCIAL SERVICES
Secondary Funders
THE GROCERY FOUNDATION
GETTING FOOD TO HUNGRY KIDS
Breakfast CLUB of Canada
And many generous local funders
Provincial Rep
Student NUTRITION
EAT. LEARN. SUCCEED. ONTARIO
Represents 14 Lead Agencies
1 Lead Agency
VON CANADA
The Victorian Order of Nurses is 1 of 14 Lead Agencies in Ontario administering student nutrition. OSNP Southwest Region is a program housed within VON's Windsor-Essex site.
osnp ontario student nutrition program southwest region
8 OSNP Community Partnerships
Grey-Bruce
Huron-Perth
London-Middlesex
Oxford
Elgin
Lambton
Chatham-Kent
Windsor-Essex
VON
471 Schools
SCHOOL BUS
Schools independently operate their programs with support of their Community Partnership or receive weekly food deliveries from OSNP Southwest Region. Volunteers prepare and serve meals and snacks.

The Food Climate in Canada

-19% of families with children experience food insecurity

-Less than 1/3 of children eat the recommended daily serving of fruit and vegetables

-Over 50 per cent of the total energy intake of children aged 4-18 is from ultra-processed food

-71.8 percent of adults and 76.6 percent of youth report inadequate vegetable and fruit consumption, eating vegetables and fruit fewer than five times a day;

-The total annual economic burden of chronic disease risk factors is estimated to be $5.6 billion for unhealthy eating, including $1.8 billion for inadequate vegetable and fruit consumption.

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Reasons Students are Hungry at School

- There are several reasons why children and youth may be hungry at school:

- participating in early morning extracurricular activities
- not enough time to eat in the morning
- lack of appetite upon waking
- long commute times
- prefer to eat with their peers
- food insecurity

osnp ontario student nutrition program SOUTHWEST REGION

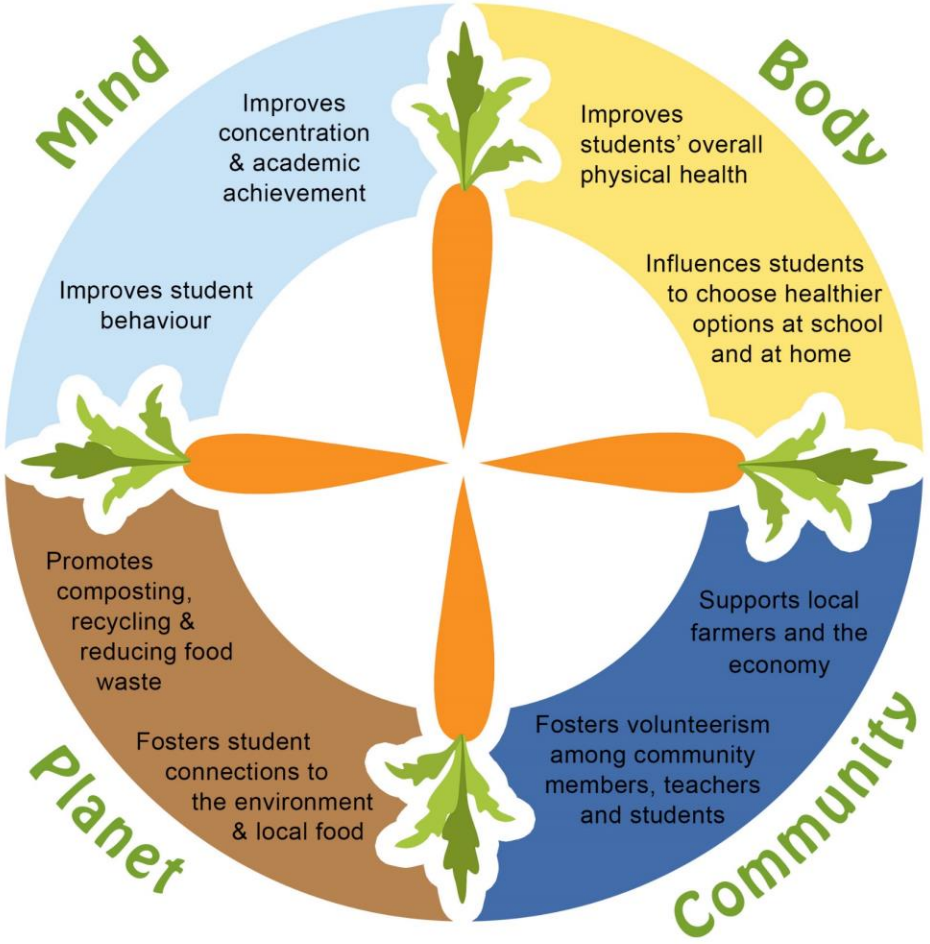
OUR RESPONSE

- Vibrant healthy school food programs provide support to food insecure families and encourage healthy eating habits that extend to the home
- SNPs support a healthy, equitable, and welcoming school environment
- SNPs promote nutrition and healthy lifestyle education
- SNPs can introduce students to new healthy food options
- SNPs help to improve concentration, academic achievement, and behaviour

osnp ontario student nutrition program
SOUTHWEST REGION

Benefits of Student Nutrition Programs

- Student Nutrition Programs provide benefits to the mind, body, planet, and community



The Seven Pillars of Gold Standard SNPs

1) NUTRITION

-A variety of nutritious foods
-Follows the MCCSS Nutrition Guidelines
-Provides 2 to 3 food groups (depending on program model) with the provision of vegetables and fruit
-Offers new and different flavours, textures and colour combinations
-Encourages students to try new items
-Serves seasonal and local food items when possible

2) FOOD SAFETY

-Has clean and adequate kitchen facilities and equipment
-Uses safe food handling practices to prepare food safely.
-Has at least one volunteer who is trained/certified in safe food handling.
-School's anaphylaxis policy is consulted and followed

Gold Standard SNPs continued

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3) PROGRAM PLANNING

-Engages a knowledgeable, well-trained and committed School Program Lead

-Uses environmentally friendly practices whenever possible

-Determines how much time is available for children and youth to eat. Provides At least 20 minutes for meals, when possible.

-Includes program budgeting, monitoring and evaluation on a regular basis. Completes and submits accurate reports on time.

4) PROGRAM SUSTAINABILITY

-Operates as a financially sustainable, cost shared model

-Program receives funding and donations from diverse, safe and reliable sources

-Has strong partnerships between students, parents, school administration, teachers, the OSNP Coordinator, volunteers, local community groups (businesses, religious institutions, etc.), school board level staff, and public health

-Utilizes sufficient volunteers to share the workload to avoid “volunteer burnout”

Gold Standard SNPs continued

5) EQUITY & INCLUSION
-Universal and non-stigmatizing.
-All students are aware of the program.
-Encourages a sense of community is welcoming and inclusive for all
-Offers food choices that are inclusive of the faiths and cultures of the school community.

6) ENGAGEMENT STRATEGIES
-Involves children, youth, parents and volunteers with program planning
-Involves children and youth with food preparation and clean up where possible.
-Provides an eating environment that is positive and encourages pleasant conversation.
-Emphasizes a positive relationship between program supervisors and students.

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7) FOOD LITERACY & HEALTH PROMOTION

-Integrates food and nutrition knowledge into the school program via curriculum links and experiential learning opportunities

-Respects that the appetites of children and youth can change for a variety of reasons.

-Encourages students to listen to their hunger and fullness cues. If a student is full but has not finished their food, they are not pressured to eat more. Likewise, food is not withheld from a student if it's thought they have had enough.

-Avoid offering food as a reward or an incentive

FOOD LITERACY

Now a Part of the Ontario Curriculum

Food Literacy has been added to the updated Ontario Science Curriculum for the 2022/2023 school year

- Learning opportunities available in every grade
- Focusing on:
  - Food decision making, how food impacts physical and mental health, food production, and the scientific process involved in agriculture

Link to Student Nutrition Programs

OSNP has provided vertical **growing tower** units and supplies to schools to engage youth; using the towers to run a school salad bar program and/or other related food literacy opportunities

Expected outcome: Test the feasibility of a salad bar program model where all greens are grown via growing towers. Engage youth in food prep & food literacy.

Learning opportunities for students: Horticulture, Science and Environmental Studies, Food and Nutrition, business planning (if students develop business plan for salad bar), food service skills, general volunteer project.

Student Ambassador Program

PROGRAM SUPPORT

- Stay up to date on your school nutrition program
- Guide and support your Student Council in events and fundraising for your school nutrition program
- Gain volunteer hours for your role

NUTRITION AWARENESS

- Take the lead on disseminating food literacy materials to peers
- Aid in special events (i.e. Nutrition Month, The Great Big Crunch, etc.)

PROGRAM EVALUATION

- Survey peers on food preferences, participation, barriers, cultural inclusiveness, etc.
- Report on program downfalls and participate in solution development

SNP TOOLKITS

- Fundraising guide
- Nutrition guide and snack suggestions
- Promote healthy eating
- Calendar of important dates

Student Advisory Committee

Parent engagement

The majority of parents are unaware of OSNP and/or Student Nutrition Programs that run in their children's schools

To increase awareness, we plan to:

- Develop promotional materials to distribute at kindergarten registration
- Prepare short write-ups to be included in municipal newsletters

Parent engagement will help with:

- Volunteer support
- Volunteer hub
- Passing on food traditions and cultural knowledge

Testimonials

> This program has been very important. I will have a student come to school, I'll ask have you had breakfast, and often the answer is no. I can then point them to the food tray, and know that some of their nutritional needs are supported by the school. This will lead to improved behaviour in my students sometimes, as the communal eating in the classroom during their working period will provide them with a moment to calm and settle into their day in the classroom.

> Students always look forward to their morning snack as it is a chance for them to eat while reading their books. It is a safe space for all to feel included.

> Today a student learned what a pear was called in English and he tried snap peas for the first time. He is an ESL student and a relatively new Canadian. The look of excitement on his face brought me to tears. He said "yes, Miss, I like this!! I can have more please? Where you buy this" the food program provides for student nutrition and learning!

- Anonymous survey, Windsor-Esse

Our Ask to the Federal Government

The Coalition for Healthy School Food recommends that the Government of Canada:

-Allocate $1 billion over five years in Budget 2023 to establish a National School Nutrition Program as a key element of the evolving food policy for Canada with $200 million each of the five years to contribute to provinces and territories to fund their school food programs

-Enter into discussions with indigenous leaders to negotiate agreements for indigenous led programs for indigenous students

-Create a dedicated school food infrastructure fund to enhance food production and so that schools can reliably and efficiently serve healthy food to students

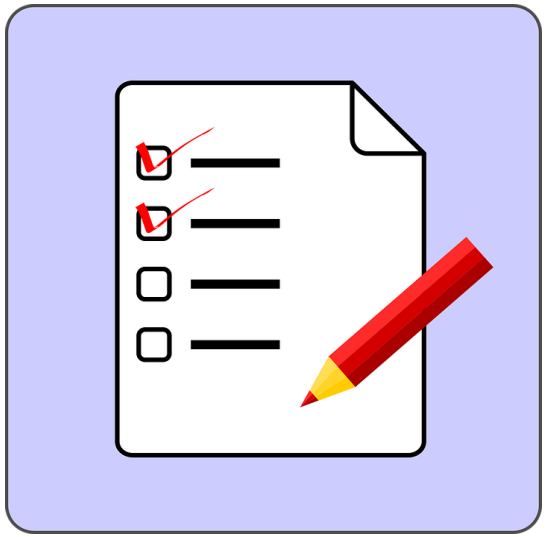
What Can Ontario Healthy Schools Coalition Do to Support School Food?

-If you work with schools, determine whether a school has a Student Nutrition Program and connect with the Principal and staff Coordinator

-Help spread the word about special events and campaigns that highlight nutrition programs eg The Great Big Crunch (October 20th), & Nutrition Month

-Advocate for increased funding to support school food by writing to your MP and MPP

-Become a member or endorser of the Coalition for Healthy School Food



Thank you!

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Ontario Student Nutrition Program-
Southwest Region

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