



An Apple a Day

A periodic newsletter for supporters of student nutrition programs

ISSUE 02

SPRING / SUMMER 2011



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4th Annual Student Benefit Auction



Secondary students from Prince Edward Collegiate Institute and Centennial Secondary School cater the 4th Annual Student Benefit Auction

In Hastings and Prince Edward counties, Food for Learning programs are in full swing. This year, Food for Learning is offering 150 programs in 80 sites. Volunteers and school staff have been very busy, and by the end of June they will have served 10,000 students over 600,000 meals and snacks this academic year. The local community has embraced these programs and many individuals and businesses have provided generous donations. However, the cost of operating these programs continues to increase therefore, Food for Learning's efforts to fundraise and collect donations from supporters is ongoing.

On May 5th Food for Learning held the 4th Annual Student Benefit Auction at Centennial Secondary School. It was a great success with \$18,000 being raised to support local student nutrition programs. Having students involved in this event is truly what makes it unique. Secondary students were responsible for the catering of the event, the evening's entertainment and an impressive display of photography and artwork.

Thank you to all who supported the 4th Annual Student Benefit Auction.



Food for Learning Chair, Dave Skeaff, thanks HPEDSB Trustee Thelma Goodfellow for many years of service on the Food for Learning Steering Committee

Guests bidding on an impressive selection of auction items



Programs In Action



Breakfast at Bayside Secondary School

Students at Bayside Secondary enjoy healthy grab-and-go options at their breakfast program. Pictured here is a typical breakfast: fresh fruit, cheese, cereal, milk, yogurt, yogurt drinks and muffins.

A Successful Year at Foxboro Public School

Here at Foxboro Public School, it has been a very successful year for our snack bin and lunch program. Many thanks go out to our EAs who volunteer their time to keep these programs up and running, as well as to several students who help fill and deliver our snack bins. Our secretary is dedicated to keeping our finances on track and helping out wherever she can. We are also very lucky and appreciative of a dedicated parent who does all of our shopping for us and who also takes time out of her busy schedule to do fruit trays for the entire school.



Banana Applesauce Muffins

These muffins taste great and meet the MCYS nutrition guidelines. The bananas and applesauce add sweetness without a lot of added sugar or oil. Remember to limit muffins and grain-based bars to one day per week or less.

2 cups	whole wheat flour
1 Tbsp	baking powder
1 tsp	baking soda
½ tsp	salt
3	ripe bananas, mashed
1	large egg, lightly beaten
1 cup	unsweetened applesauce
½ cup	sugar
¼ cup	vegetable oil

1. Preheat oven to 400°F. Fill muffin pan with paper cup liners.
2. In a large bowl, combine flour, baking powder, baking soda and salt.
3. In a medium bowl, combine bananas, egg, applesauce, sugar and oil. Stir into flour mixture until just combined.
4. Divide batter evenly among prepared muffin cups.
5. Bake in preheated oven for 15-20 minutes or until tops are firm to the touch and a tester inserted in the centre of a muffin comes out clean. Let cool in tin for 10 minutes, then remove to a wire rack to cool completely. Makes 12 muffins.

Source: Bake It Up! Tasty treats for healthier school bake sales. Nutrition Resource Centre, 2010.

Things we Love at Trenton High School

Donations!	Smiling Kids	Spaghetti and meat sauce	Working as a team	Buying locally
Egg strata for breakfast	Harvest hastings.ca	The online reporting system	Thank You's	Volunteers

Things we Don't Love at Trenton High School

Caked on egg	Accounting	Processed food	Vegetable Soup	Not being ready as kids line up at the door
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Thank you Breakfast Clubs of Canada

Food for Learning has been awarded a significant grant from Breakfast Clubs of Canada. This grant will benefit ten schools in our region and will make a tremendous impact on their student nutrition programs.

Those schools are: Earl Prentice Public School, Sacred Heart Catholic School (Marmora), Maynooth Public School, Tweed-Hungerford Senior Public School, Prince Charles Public School (Trenton), Holy Rosary Catholic School, Georges Vanier Catholic School, Moira Secondary School, Prince Edward



BREAKFAST
CLUBS
OF CANADA

Collegiate Institute and St. Gregory Catholic School.

Together, these schools will receive a three year total of \$130,210 for food and \$35,000 for equipment from Breakfast Clubs of Canada. Breakfast Clubs of Canada is a national not-for-profit organization dedicated to providing services and funding to school breakfast programs. We thank them for their amazing contribution and look forward to working along side them to ensure that all local children have a healthy start to their day!

Basic Granola Bars

The students at St. Carthagh Catholic School in Tweed love to make and eat these homemade granola bars!

2 cups oats	1 tsp cinnamon
1 cup brown sugar	1 tsp salt
1 cup whole wheat flour	1 tsp vanilla
1/2 tsp baking soda	1/2 cup of honey
1/2 tsp baking powder	1 egg

Mix all ingredients. Will be crumbly when mixed. Grease 11x13 pan. Press dough firmly in pan with bottom of measuring cup (packed it tight) Bake 325F for 20-23 mins until edges are browned. Let cool completely. Loosen edges and flip the whole thing out gently on a cutting board. Cut into strips. Makes approximately 20 bars.

Submitted by: Leslie Beatty, St. Carthagh Catholic School

Thank You!

On behalf of the Food for Learning Committee, a very special thank you to all staff, students and volunteers who devoted many hours this year to help us provide meals and snacks to our students.

We could not do it without you!



Happy volunteers at Bird's Creek Public School

Our Donors Make it Happen!

As another school year draws to a close, we would like to thank our many sponsors, donors, and supporters who have helped us provide healthy breakfasts, lunches and snacks to students over the past ten months. Food for Learning programs provided over 600,000 meals and snacks in schools this academic year and to do that required over \$200,000 worth of food and supplies. Food for Learning receives annual funding from the Ministry of Children & Youth Services that will support up to 15% of our overall program costs. The remainder of the funds and support required comes from our volunteers, school boards, fundraising initiatives (Annual Student Benefit Auction and Feed the Meter) and our

very generous donors. The communities within Hastings and Prince Edward counties have been very generous to us and we are so grateful. Thank you to all of our donors, supporters and sponsors for helping us ensure that all local children can receive healthy food at school so that they have the nourishment they need to maximize their learning potential in the classroom. Many individuals, the business community, food producers and school staff come together in an effort to feed all children who are coming to school hungry and we are succeeding! Whether it is a cash donation, in-kind donation of food or giving time, our donors have made a direct impact on the lives of over 10,000 students this year. THANK YOU!

A very special thank you to the following supporters that have donated a gift to Food for Learning this year valued at \$1,000 or more:



Smyle's Independent Grocer
Dewe's Independent Grocer



Belleville Rotary Club



Hastings and Prince Edward District School Board

