



Food  Share

Rethinking School Food: Cultivating a Healthy School Food System

Vancouver School Board April 20, 2015

Debbie Field, Executive Director FoodShare Toronto



Food Strengthens an Ecosystem Approach



- Vancouver and BC historic Canada leaders on student nutrition funding and farm to school programming
 - 1990 first provincial funding in BC
 - Farm to School, Farm to Cafeteria
- Food helps complex ecological systems like a school, form a more functional whole in nature because food has a logic of sustainability
- Growing, cooking, composting, keeping bees and chickens as symbolic of a new system in harmony
- By focusing on food, a school can build a more holistic integrated community space in which all partners and stakeholders are mobilized for a common good

Building on individual programs to
System wide government policies.....





How can we build healthy school food systems?

1.Access - Children cannot learn or be healthy if they do not have adequate access to healthy food while at school

2.Hands on food education- learning how to cook and grow food, be food self-sufficient and food literate

- Choice
- Taste Testing
- Student Engagement
- Skill building
- Leadership
- Mentorship
- Fun

3.Investment and integration - student nutrition, food literacy and school food system strategy

It is not children's tastes that are the barrier to healthy eating and a new food system...





The evolution of FoodShare's School Food Program:

- Charity-based breakfast programs (1988)
 - Universally available snack programs (1992)
 - Fresh Produce Bulk Program for Schools (1994)
 - School Community Gardening (1996)
 - Toronto Partners for Student Nutrition (1998)
 - Salad Bar Program (2003)
 - Field to Table Schools (2005)
 - Great Big Crunch (2007)
 - Footprint Garden (2008)
 - Recipe for Change– Curriculum (2009)
 - Soil Power, Eat in Ontario, Harvest of the Month (2010)
 - Good Food Café, School Grown (2012)
 - Meals: breakfast, lunch, snack
 - Growing: gardening, composting, bees, markets
 - Physical Activity: gardening, composting, cooking,
 - Curriculum: food literacy, politics, math, etc
- OPPORTUNITY TO ACTIVATE AND TRANSFORM THE WHOLE SCHOOL AROUND FOOD**

Access: FoodShare and Student Nutrition Toronto facilitate 720 Student Nutrition programs at 502 schools in which 174,000 kids eat healthy snacks and meals daily.



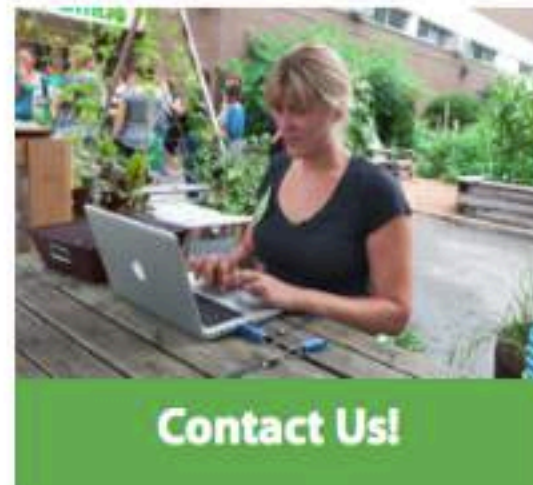
Good Food Café now in all 4 school boards



Le réseau des cafétérias communautaires Inc.
Rachel Allain and Rachel Schofield in New Brunswick



Literacy: Bring home economics back for boys and girls, change the grade 12 diploma so no one can graduate high school without food literacy, knowing how to cook, grow food, recognize local food...



School Grown rooftop at Eastdale Collegiate





Employment Opportunities

Miss C's Green Smoothie

1 very ripe banana
1 handful of frozen berries
1 handful of spinach or
other green, leafy
vegetable
1 date
Water to cover

Directions:

Blend all ingredients
together in a blender, on
high.

Enjoy!

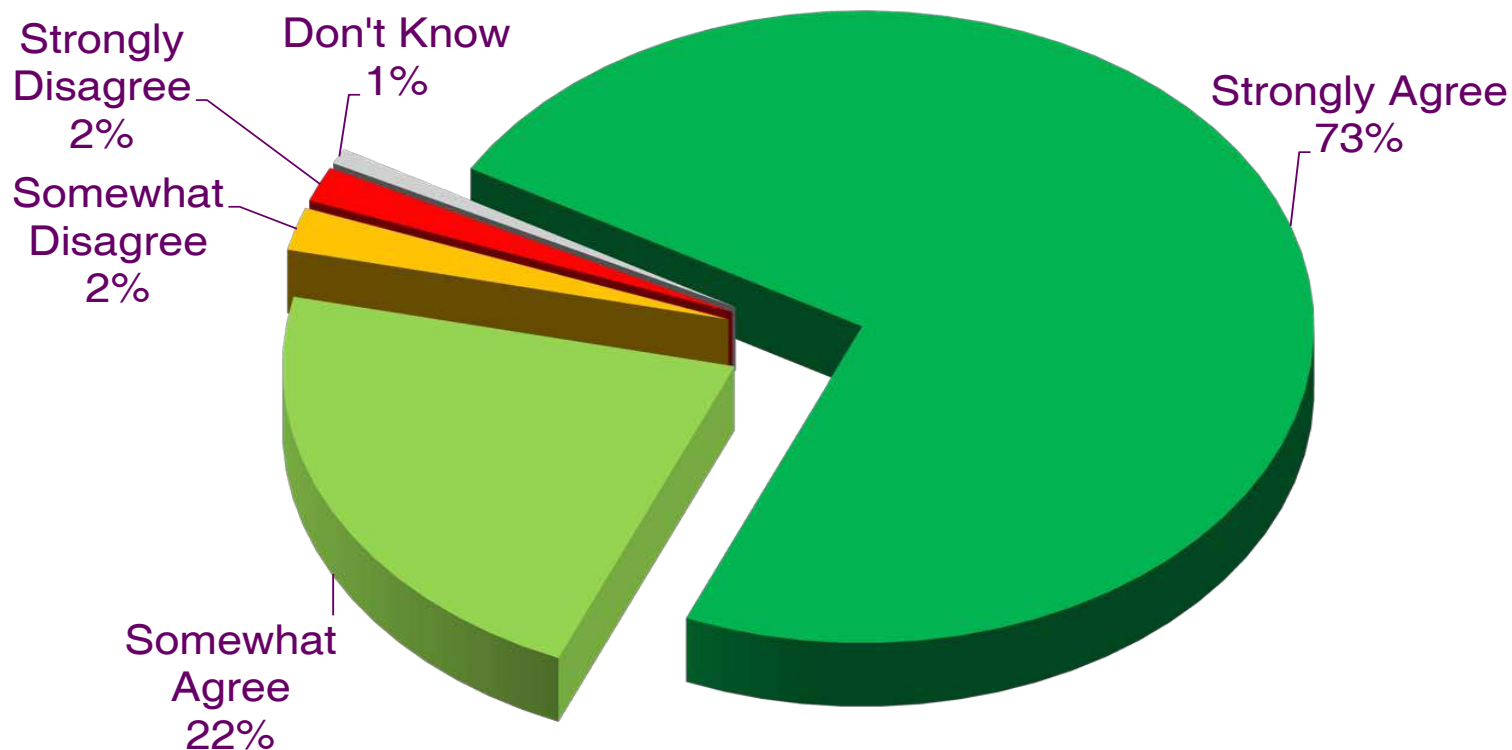




Research is helping build the case for school food:

- 86% of respondents supported a provincial plan to “support farmers who grow food to be delivered to school cafeterias and student nutrition programs.”
- 85% supported the statement: “The federal government should work with the provinces to provide universal access to healthy snacks and lunches for all school aged children across Canada”.
- 82% endorsed food literacy programming in schools.
- 71% endorsed the idea of local food purchasing policies for public institutions.
- 70% supported mandatory cafeterias and kitchens in new schools.

Do you agree or disagree that children should be learning about food and healthy eating in school as a way to combat obesity and diabetes?



STRATCOM
STRATEGIC COMMUNICATIONS

Student Nutrition Program Funding Model

(Fully Implemented Program)



Contributions

- New Federal
- Local (Parents, Fundraising, community)
- Municipal
- Provincial
- New Private Sector Partner

City of Toronto. (7 Sept 2012) *Student Nutrition Program 2012 Operating Budget Request and Proposed Five Year Plan.*



Universal Student Nutrition Program:

A strategy for healthy kids and a sustainable local food system

Canada is one of the only countries in the world that does not have a federal student nutrition program that would ensure that children have access to healthy food at schools.

A national student nutrition program, cost shared by the provinces, parents and community supporters could not only help to address childhood health issues but also link local Canadian family farmers with a stable market for locally produced foods creating the basis for a sustainable local food system.

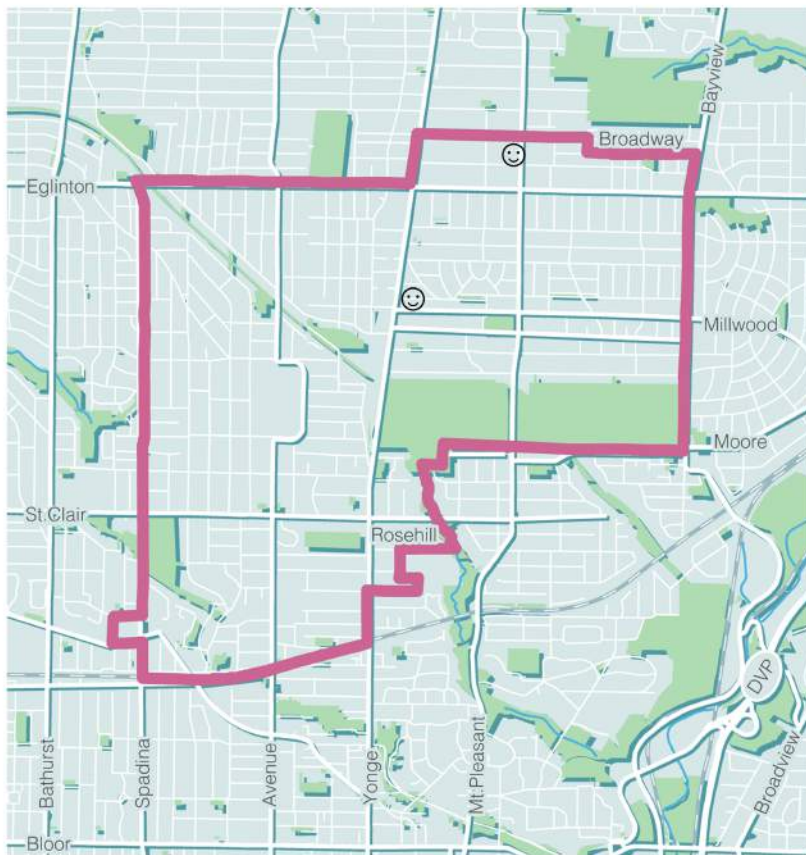




Can we...

- expand food programs in times of government restraint?
- lead with a health message that has broad appeal of all parents;
- create wins for farmers and school children, particularly in low-income communities?
- build stronger consensus through youth engagement and positive messages?
- succeed in building a movement strong enough that it grows local and provincial school food initiatives while also convincing the federal government to support student nutrition delivered in partnership with the provinces?

Ward 22 St. Paul's Councillor Josh Matlow



☺ Metro School for the Deaf/Davisville PS

☺ Northern SS

264 meals benefit children and youth participating in nutrition programs in your ward each school day.

FoodShare

May 2011

Dear Councillor Matlow,

Every school day, 2 student nutrition programs in Ward 22 serve 264 nutritious meals and snacks at schools or community sites. These student nutrition programs benefit children, youth, families and neighbourhoods in your ward. They:

- Improve school attendance and performance
- Promote good health, nutrition, and healthy eating habits
- Enhance skill development of youth and community volunteers, helping to increase employability

Ward 22 constituents place great value on their student nutrition programs and the grant provided by the City of Toronto, which is critical for program stability. It would be difficult for them to provide this needed service otherwise. In fact, children and youth in all Toronto wards participate in over 685 student nutrition programs serving 132,246 healthy meals to Toronto children and youth each school day. These programs depend greatly on funds received from the City of Toronto, which helps pay for the cost of nutritious food. They also receive a provincial grant used towards program and food costs.

The investment that the City makes to student nutrition programs provides crucial funding for programs. Based on 2010 food costs, the total daily cost of providing a breakfast to one elementary and one youth student is \$1.41 and \$2.22, respectively. Programs receive a municipal subsidy of \$0.14 per elementary student and \$0.22 per youth student, representing 10% of the total food costs. An additional 11% subsidy (\$0.15 and \$0.23 per elementary and per youth student, respectively) is provided by the province. The remaining 79% of the total daily food costs for breakfast per student are paid for by parent contributions and local fundraising efforts.

For example, municipal and provincial grants together provide enough money for programs to offer one full serving from the Vegetables & Fruit food group to each elementary participant each school day. However, as all programs are community driven, the bulk of the funds (almost 80%) and support needed comes from within the community through parental and/or youth financial contributions, private donors, connections made with local businesses, fundraising efforts, food service providers, and volunteers. The financial contribution made by the City of Toronto signals endorsement by the City and gives donors more confidence to give financial and in-kind support.

In each neighbourhood, student nutrition programs are supported by the Toronto Partners for Student Nutrition, a community partnership comprised of Toronto Public Health, the Toronto District School Board, the Toronto Catholic District School Board, the Toronto Foundation for Student Success, the Angel Foundation for Learning, community organizations and FoodShare Toronto.

We invite you to join us and serve a breakfast or mid-morning snack at any program in your ward to see firsthand the benefits of student nutrition programs to the families in your community. Please feel free to contact Fiona Bowser (416-553-7745) or Ulla Knowles (416-476-4078), Student Nutrition Community Development Managers for more information or to arrange a visit.

Thank you for your interest and support for student nutrition programs in Ward 22 and across the City of Toronto.

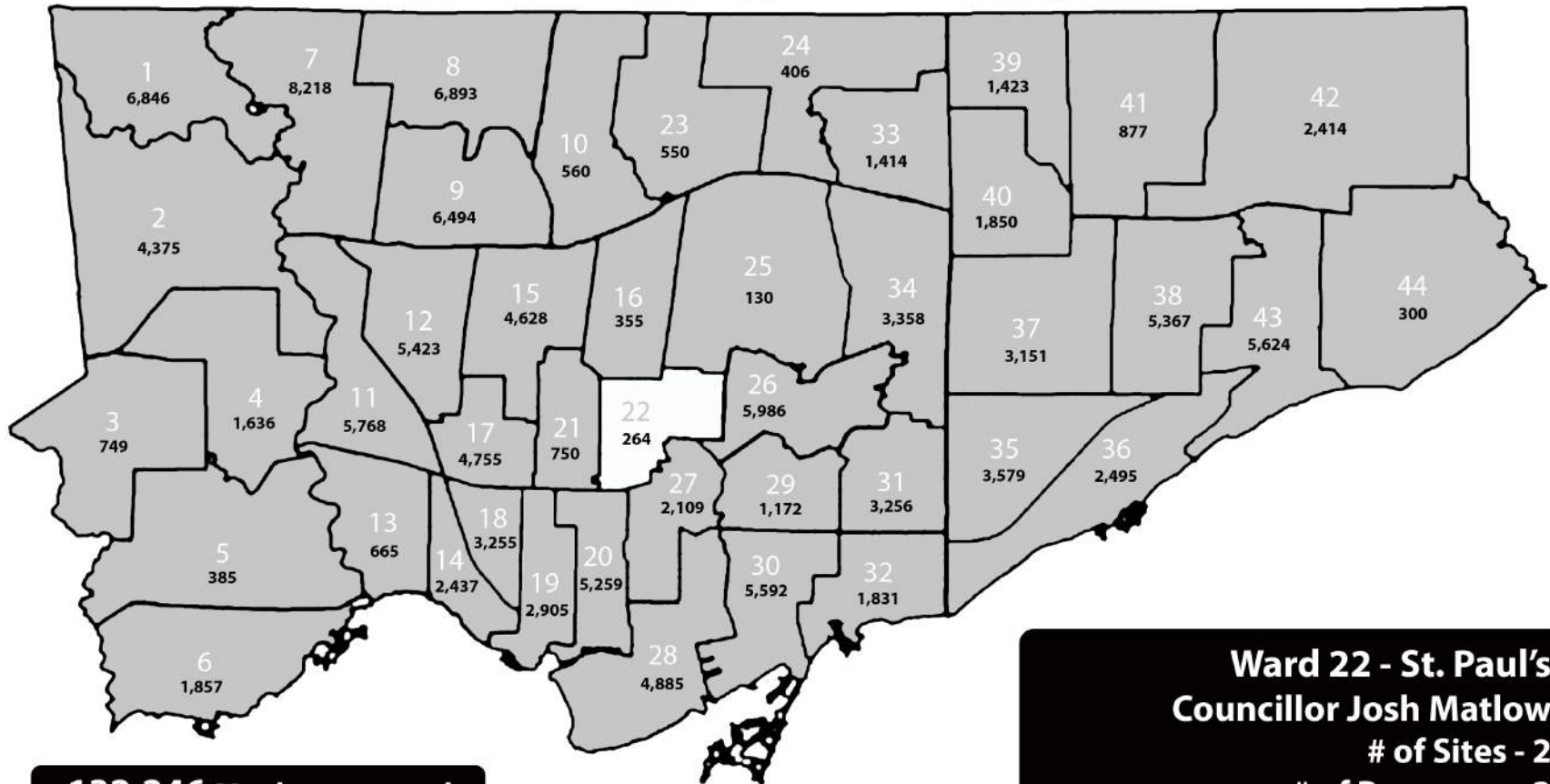
Sincerely,

Debbie Field
Executive Director, FoodShare Toronto

90 Croatia Street, Toronto ON M6H 1K9 - t: (416) 363.6441 - f: (416) 363.6474 - e: info@foodshare.net - www.foodshare.net
Charitable Registration: 10739 2359 RR0001

Student Nutrition Programs 2010/11

that receive municipal support from the City of Toronto



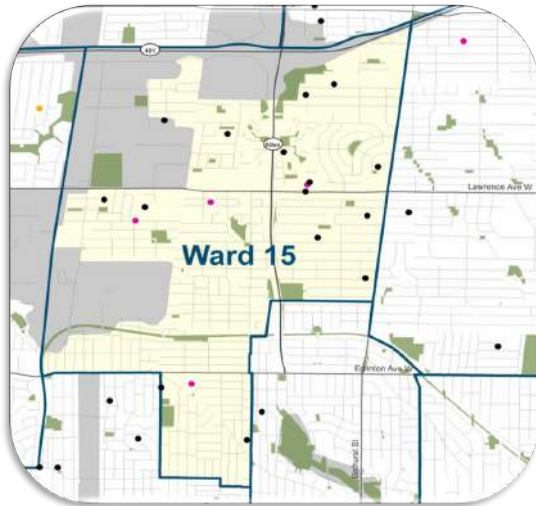
132,246 Meals are served every day to children & youth across the City of Toronto

* meals are noted ward-by-ward in the map above *

Ward 22 - St. Paul's
Councillor Josh Matlow
of Sites - 2
of Programs - 2
of Meals Served per Day - 264

Student Nutrition Programs in Toronto

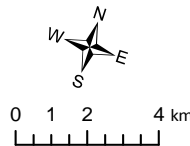
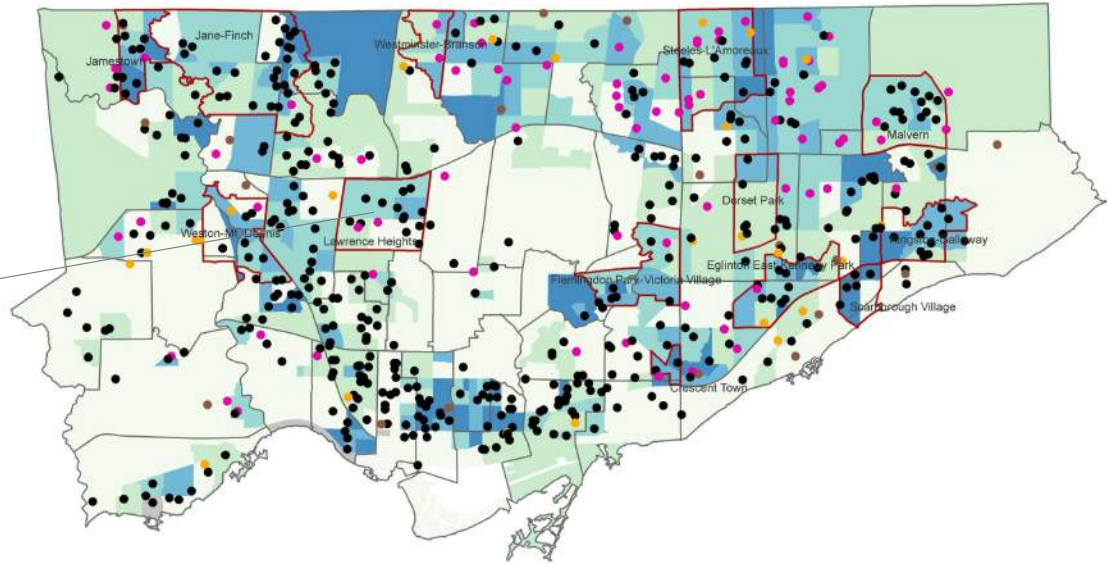
Ward 15 Eglinton-Lawrence, 2013



Ward Profile: Student Nutrition Programs

- 2012 Programs
- 2013 Approved Expansion
- 2014 Proposed Expansion
- 2015-17 Proposed Expansion
- Ward Boundaries
- Primarily Non-Residential Areas**
- Green Space
- Highways
- Major Streets
- Local Roads

Existing Programs and Proposed Expansion, 2013-2017



City-wide Profile: Student Nutrition Programs

- 2012 Programs
- 2013 Approved Expansion
- 2014 Proposed Expansion
- 2015-17 Proposed Expansion
- Priority Areas
- Ward Boundaries

Low Income Measure (LIM) Quintiles*, 2010

- Q1 - Highest Density
- Q2
- Q3
- Q4
- Q5 - Lowest Density
- Data Unavailable

Note: In the maps, there may be fewer symbols than the reported count. This occurs when two or more services are located at the same address or when addresses are very close together.

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Sources: Toronto Public Health (Student Nutrition Program) 2013,
Statistics Canada T1 Family File 2010, Census of Canada 2006,
Toronto City Planning, Research and Information 2011,
City of Toronto (Geospatial Competency Centre) 2010 - 2013

*LIM Quintiles: There are five groups, each containing approximately 20% of the low income population, based on the percent of residents living below the Statistics Canada after-tax Low Income Measure (LIM). Quintile 1 includes the census tracts with the highest percent of people living below the LIM (Highest Density quintile). Quintile 5 includes the census tracts with the lowest percent of people living below the LIM (Lowest Density quintile). LIM is an income level set at 50% of the median family income in Canada in a given year, adjusted for household size.

**Primarily Non-Residential Areas: For visualization purposes only. These areas are not the official zoning areas and therefore may not be precise at this scale.

416.338.7600
toronto.ca/health

TORONTO
Public Health

A grass roots non-partisan educational outreach campaign that visits each MP, MLA, MPP, City Councilor, School Trustee in all parts of Canada to expand cost shared model.

Does this provide a framework for increased city, provincial, federal support here in BC?

Would a Task Force on School Food be helpful?

Food Secure Canada
Coalition for Healthy School Food
Kitchen Table Meetings

Ward Profile: Student Nutrition Programs in Toronto Ward 15, Eglinton-Lawrence Councillor Josh Colle

Student nutrition programs ensure that children and youth at risk for poor nutritional intake have access to safe, adequate, and nutritious food at schools and other community sites.

2013

Total Government Grants:

Municipal:	\$5,336,508
Provincial:	<u>\$5,380,800</u>
	\$10,717,308

City Wide Reach:

number of locations:	479
number of programs:	693
number of students:	149,049

Programs currently funded in this ward:

Name of School or Site	Total Number of Students Participating/Day
Alternative Caring & Safe School - John Polanyi	16
Alternative Caring & Safe School - John Polanyi (Itinerant)	16
Alternative School - STAR Alternative Program	40
Bais Yaakov Elementary School	1,000
Baycrest PS	150
Dante Alighieri SS	500
Dante Alighieri SS - Ameer Campus	280
Eitz Chaim Viewmount Campus	195
Fairbank PS	300
Flemington PS	700
Glen Park PS	562
John Polanyi CI	300
Joyce PS	276
Lawrence Heights Middle School	210
Our Lady of the Assumption CS	130
Vaughan Rd. Academy	50
Yorkdale Adult Learning Centre and Secondary School	270

As of June 2013

4,995

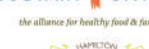
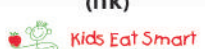
2014 Municipal Budget Proposal (Year Two of Five-Year Plan)

Year two includes increasing the municipal investment to achieve a 14% municipal contribution rate to help stabilize existing programs, including a cost of food increase, and adding 27 new student nutrition programs. There are no additional programs proposed for this Ward in year-two of the five-year plan. Program locations are prioritized based on need and site readiness.

For a Universal Healthy School Food Program



Presented by the Members and Collaborators of
the Coalition for Healthy School Food



School food programs contribute to improved productivity due to the health benefits and increased scholastic success attributed to such programs.

- 78% of students in Grade 10 at a Toronto District School Board school who ate breakfast most days were on track for graduation compared to 61% of those who did not have breakfast.²³
- It is estimated that each 1% increase in graduation rates could result in a \$7.7 billion savings per year in Canada²⁴ since high-school graduates earn higher salaries, pay more taxes, have lower healthcare costs, are less likely to encounter the justice system, and are less dependent on social assistance.
- Supporting a Universal School Food Program reduces the financial burden on our healthcare system by reducing the risk of diet-related chronic disease and mental illness, which are some of the most costly and long-term health problems to treat.²⁵

School food programs have the potential to support national and local economies by increasing jobs and the domestic market for fresh local food.

- A Universal School Food Program in Canada has the potential create thousands of new jobs in communities across Canada.
- When local food is served, the local multiplier of the increased local food purchases will impact regional food production, household and business earnings, long-term gross domestic product, and part-time jobs created or sustained.²⁶

A Healthy Way Forward

School food programs are increasingly seen as vital contributors to students' physical and mental health. Growing research demonstrates the potential of school food programs to improve food choices and support academic success for all students. Our schools can become places that model healthy living. Eating healthy meals together is an important, hands-on experience through which children can learn healthy habits that will last a lifetime.

Many leaders and experts have called for a universal school food program, including the United Nations Special Rapporteur on the Right to Food, the Ontario Healthy Kids Panel and Dr. David Butler-Jones, former Chief Public Health Officer for Canada.



For more information: <http://foodsecurecanada.org/CHSF>



Universal Student Nutrition Programs
School Food Literacy and Healthy Food
Schools: a strategy for healthy kids.



**Make schools a hub of food activity
where it is easy for all to access
good food and participate in a new
culture of food literacy and
engagement.**



PUT FOOD FIRST!



SHARE IT **Government** **Action**

- Income redistribution and Social Safety Net
- Federal, Provincial, City support for Student Nutrition
- Minister of Food Security – provincial support of ALUS



GROW IT **Community** **Mobilization**

- Know where your food comes from – box, markets
- Get involved in community and school food programs
- Don't truck it in or out – compost



EAT IT **Individual** **Action**

- Eat 10 servings of vegetables and fruits a day
- Eat local, organic and fair trade food
- Share sit-down home cooked meals