STUDENT NUTRITION PROGRAMS
Volunteers FAQ

Volunteers make Student Nutrition programs successful. We welcome you to get involved!

Volunteers can be: **parents, guardians, grandparents, students, community and corporate partners.** Depending on the school and your interests, there are a variety of volunteer roles to support your Student Nutrition Program. Your contribution can make a real difference to the student nutrition program at your school.

1. What will I need to do before I can volunteer in a program?

The first step is to contact the school and arrange a visit with the principal to discuss volunteer opportunities. In order to provide a positive experience for you as a volunteer and to ensure that we maintain safety requirements for our students, it is best to understand the particular student nutrition program and school environment.

Before you begin to volunteer, the principal will ask you to complete a police reference check. This is a requirement for all adult volunteers who have contact with students.

2. What will be my duties as a volunteer?

As a volunteer with the student nutrition program, you could be helping to prepare food, ordering, receiving deliveries, serving food, helping with clean up or organization. Other possible duties could be: collecting parent contributions, bookkeeping and fundraising activities. You may want to be part of a Local Student Nutrition Program Committee at your school. We will work with you to match your skills and experience with the needs of the nutrition program.

3. Do I have to volunteer for the nutrition program at school every day?

No, as a volunteer you determine how often you can volunteer. Communication and consistency create the best volunteer environment, but volunteers set the number of hours and days they can commit to the program. Any amount of time is valuable and appreciated, e.g. every Tuesday to chop vegetables, 2 hours per week to help with bookkeeping, etc.

4. What kind of training and support for volunteers is available?

Volunteers who prepare and serve food for the nutrition program are encouraged to attend a Student Nutrition and Food Safety workshop, offered at no cost, by Toronto Public Health. This training will help you to be knowledgeable about safe food storage and handling, as well as Student Nutrition

guidelines for menu planning. For more information on training and support, contact one of our Nutrition Liaison Officers.

5. Can high school students volunteer?

Yes, we welcome high school volunteers. Hours given to the nutrition program contribute to the 40 hours of community service required to obtain a secondary school diploma. Most high school students volunteer in the nutrition program running at their home school. If their school doesn't have one, they can be matched up with an elementary school nearby. Contact the Principal of your nearby school or one of the Nutrition Liaison Officers.

6. Are there any special requirements for high school volunteers?

TDSB staff are required to supervise high school volunteers. The Toronto District School Board does not require a police reference check for persons under the age of 18 as long as they are registered in school.

Student volunteers can complete a two- hour Student Nutrition and Food Safety workshop offered by the Public Health department, at no cost. Contact one of our Nutrition Liaison Officers for more information.

Without the dedication and commitment of thousands of volunteers, student nutrition programs would not be possible. Thank you for being part of student success and well-being.

Our Student Nutrition Program office is always a good place for additional information.

Find the Nutrition Liaison Officer for your School: Click HERE

For general inquiries: studentnutrition@tdsb.on.ca