



Student *Nutrition* Handbook

Volunteer Package





Welcome

Dear Volunteer,

Welcome! Your decision to volunteer in our Student Nutrition Program is very important. Each day 150,000 students participate in Breakfast, Morning Meals, Snack and/or Lunch programs. When food is served as part of the regular school day, students too hungry to concentrate are ready and able to learn. Volunteers help in "Feeding our Future". Without you, the success of these programs would not be possible!

You make nutrition programs work!

As one of our trustees stated recently:

"The contribution made by volunteers to the nutrition programs in our Board cannot begin to be measured. In the most basic sense, the success of the education system, the work that the rest of us –teachers, administrators, planners and politicians –the work that we do, begins where your efforts leave off. You are the starting point for student success. You feed their bodies so that we can feed their minds, and on behalf of the whole Board, I want to thank you for your service, your dedication, and the significant difference you are making in the lives of these children, and by extension, on the future of your country."

We hope your experience will be an enjoyable and rewarding one.

**** Please be aware that Provincial Government legislation (Regulation 521/01) requires all volunteers complete a 'Police Reference Check' before working with students in schools.**

Your Nutrition Liaison Team is here to assist you if you have any questions:

Durward Anthony
Nutrition Liaison Officer
(416) 394-7303

Lynne Martens
Nutrition Liaison
Officer (416) 394-7159

Angela Dozzi, Coordinator
Student Nutrition Program
(416) 394-7435

Volunteer Guidelines

School: _____ Phone: _____

Program Co-ordinator: _____ Phone: _____

Thank you for volunteering to help in our nutrition program. We appreciate your interest and commitment to student nutrition. Without you, our volunteer, the programs would not be successful.

The health and safety of the students are the primary concern at all times.

For this reason the following procedures are in place:

1. Ensure you wear your name badge at all times.
2. Sign in the log book at the beginning of your shift.
3. Always maintain two adults in the room when in the supervision of children.

Here are a few guidelines to help make your experience a pleasant one.

1. Do not attend if you are sick. Contact the program co-ordinator, lead volunteer coordinator or the school office as soon as possible.
2. Follow program guidelines, especially regarding confidential information. Any information you may gain about the students or staff should be treated as confidential and should not be discussed outside the school.
3. Ask for instruction from the program co-ordinator in safe food handling and safety practices. You may be asked to attend a Safe Food Handling workshop.
4. Become aware of proper procedures in case of behaviour problems or emergencies such as choking or allergic reaction.
5. Be enthusiastic about all food being served, regardless of personal food preferences.
6. Become aware of cultural differences. Children from different cultures respond differently to various forms of personal contact.
7. Ensure your personal belongings are safe.
8. In the event that you are injured while volunteering in the nutrition program, report the incident immediately to the school office.

Your input and feedback is always welcome.

Benefits of Volunteering

For the volunteer:

- ✓ Share your skills.
- ✓ Learn new skills e.g. languages, cooking.
- ✓ Sense of accomplishment and satisfaction.
- ✓ Fosters sense of pride.
- ✓ Meet new people – network.
- ✓ Support student success and the improved health of children.
- ✓ You can make a difference!



For Students:

- ✓ Allow children to interact with a valuable member of the community.
- ✓ Develop opportunities for children to connect with leaders in the workforce.
- ✓ To make children aware of the benefits of volunteering.
- ✓ Show students the benefits of good citizenship.





Helpful Tips for Volunteers Student Nutrition Programs

Meeting a new person for the first time may be uncomfortable. Students can be very shy and cautious of people they don't know. Here are some helpful tips to help you get started as a volunteer in a student nutrition program

Introduce yourself and let students know which day you will be attending the Breakfast program.

How to get the conversation started.

Ask Students:

- **What grade are they in school?**
- **Were they born in Canada or a different country?**
- **Do they speak another language?**
- **What foods do they like?**
- **What sports are they interested in?**
- **What is their favourite subject in school?**

Or share stories of your career and/or hobbies with students

Here are some activities where your assistance can be very helpful.

- **Help students with homework**
- **Read to a child**
- **Play board games**
- **Assist in preparation of the food**
- **Help to serve the food**
- **Assist with clean up**
- **Help to encourage students to hand wash before sitting down to eat**

As a volunteer, you are giving students a great example of good citizenship!

YOUR SUPPORT IS HELPING TO FEED OUR FUTURE

Handwashing



Always Wash Your Hands

- before and after touching food
- after using the washroom
- after sneezing, coughing or blowing your nose
- after touching pets or handling garbage
- after outdoor activities