

A young boy in a red shirt is smiling and holding a sandwich. In the background, other children are eating at a table. There are various fruits and vegetables on the table, including grapes, carrots, and an apple.

School Community Based Nutrition Programs

PIAC

Tuesday, May 21, 2019

Toronto Foundation for Student Success

Who We Are

Founded in 1998, the Toronto Foundation for Student Success (TFSS) is an independent, registered charitable organization dedicated to supporting Toronto District School Board (TDSB) children and helping remove barriers to their education.

The TFSS acts as an advocate for students, identifying and initiating programs to deal with the hunger, poverty and violence experienced by students and our programs have expanded over the years as the need has escalated.

TDSB Student Nutrition Program Office

Who We Are

- Support to school administration to start up and maintain nutrition programs:
 - Parent Advisory Committee
 - Parental Contribution
 - Local Capacity Building
 - Program Coordinators
 - Support for Operational Issues
 - Policy Development

Benefits to Students

Impact:

Research has shown that students participating in nutrition Programs:

- Are able to concentrate better
- Retain and apply information more effectively
- More likely to demonstrate positive behaviours and relationships with peers
- Able to appreciate and enjoy a variety of foods
- Develop good nutrition habits that will last a lifetime



Feeding Our Future Research and Evaluation Project conducted a two-year pilot in 7 TDSB schools starting in 2008.

The research showed that students that eat the morning meal on most days in school week achieved better grades, felt better about their overall health and were on-track to graduate.

Toronto District School Board 2018 - 2019

580 Nutrition Programs in 424 Schools/Sites

✓ Breakfast	136
✓ Morning Meal	333
✓ Snack AM or PM	36
✓ Lunch	75



Student Nutrition Program Criteria

Student Nutrition Programs reflect the uniqueness of each individual school. Program criteria includes:

- ✓ Local Nutrition Program Advisory Committee
- ✓ Collection of parental contributions
- ✓ A universal program open to all students regardless of their ability to pay
- ✓ Nutritious, safe food, offered daily
- ✓ Ethno-cultural sensitivity
- ✓ Financial accountability and liability

Local Program Committee



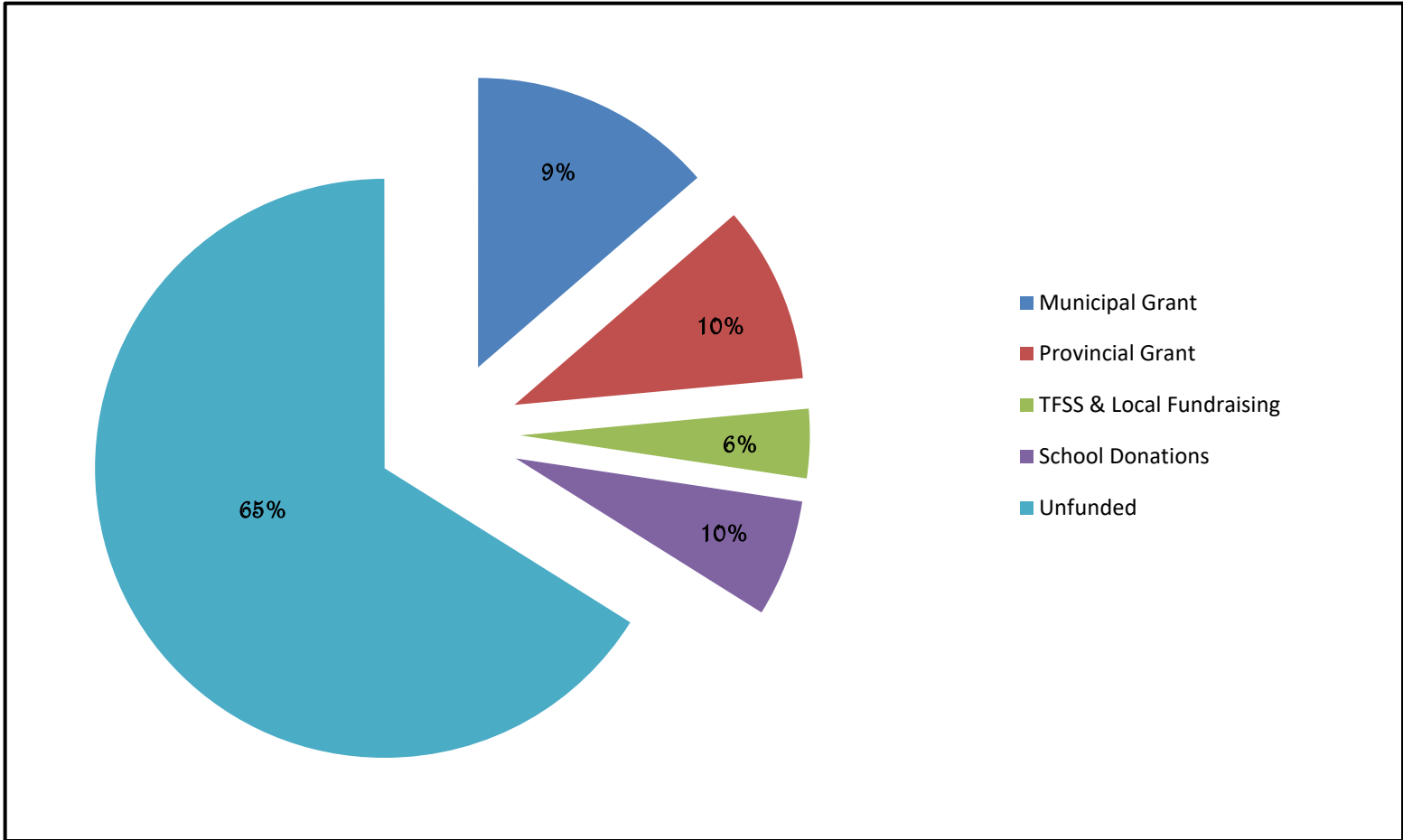
Role of Committee

- ✓ Oversee operation of nutrition program.
- ✓ Recruit program coordinator and volunteers.
- ✓ Support the nutrition program coordinator in running of the program.
- ✓ Assist Principal in application for funding.
- ✓ Implement method of collecting parent contribution– when, how much.
- ✓ Local fundraising to support the nutrition program.
- ✓ Communicate to parents regarding contributions, menu, food allergies.
- ✓ Ensure nutrition program is financially stable.

Who can participate

- School staff, administration
- Parents and volunteers
- Students

Funding Model



Meal cost (\$1.69) as per Toronto Public Health Good Food Basket

Partnerships



- Toronto Public Health (TPH)
- Toronto District School Board (TDSB)
- Toronto Foundation for Student Success (TFSS)
- Toronto Catholic District School Board (TCDSB)
- Angel Foundation for Learning (AFL)
- FoodShare Toronto
- Second Harvest
- Thorncliffe Park Women's Committee