

# Student Nutrition Program



Student Nutrition Programs provide a healthy nutritional environment in schools, support efforts to improve the eating habits of children and youth, and work to better prepare kids for a full day of learning. Feeding young minds!

- Adapted from the Ontario Student Nutrition Program (OSNP)

## Vision Statement

To ensure all children attending school in Lambton County are well nourished and ready to learn.

## Mission Statement

The Lambton County Student Nutrition Program, with the support of the Ontario Student Nutrition Program, Breakfast for Learning, Educators, Parents and Community Partners, will promote, educate and provide the resources needed to implement and maintain a successful Student Nutrition Program in every school in Lambton County.



COMMUNITY HEALTH SERVICES DEPARTMENT  
Health Promotion & Program Support  
150 N. Christina Street, 2nd Floor  
Sarnia, ON N7T 8H3  
Telephone: 519 344-2062 ext. 2011  
Toll Free: 1-800-387-2882 ext. 2011  
[www.lambtonhealth.on.ca](http://www.lambtonhealth.on.ca)

## What is a Student Nutrition Program?

A Student Nutrition Program offers children and youth healthy food on days they attend school. Operated primarily by volunteers during scheduled class breaks or before school starts.

To ensure the success of a Student Nutrition Program, each participating school must have the support of its principal, as well as a small group of volunteers determined to see Lambton County's children and youth succeed.

A school may have one of two types of Student Nutrition Programs: a snack program or a meal program.

### ● Healthy Snack Program

A healthy snack contains at least one serving from a minimum of two out of the four food groups of Canada's Food Guide with at least one serving from the Vegetables and Fruit food group. Nutritional value of a snack is improved by offering choices from three of the four food groups.

An example of a portion each student may receive in a snack program is an apple and 10 whole grain crackers.

The snack and meal programs can operate in several ways. Students may deliver snacks to each classroom or a scheduled time can be set up for students to drop in.

### ● Meal Program

A meal contains at least one serving from a minimum of three out of the four food groups of Canada's Food Guide with at least one serving from the Vegetables and Fruit food group and at least one serving from the Milk and Alternatives food group.

An example of what each student may receive in a meal program is one banana, one cup of milk and half of a bagel with jam.

## Why do Lambton County schools have Student Nutrition Programs?

All 64 schools in Lambton County have the option to run a Student Nutrition Program, to benefit students, schools, parents and volunteers.

### ● Benefits for students

- Improve attendance
- Increase attention span
- Attend class ready to learn

### ● Benefits for schools

- Students are more alert
- Teachers can focus on educating
- Positive social behaviours

### ● Benefits for parents

- Inclusive of all children
- Know their children are eating healthy food
- Role modelling nutritious snacking

### ● Benefits for volunteers

- Give back to their community
- Contribute to growing future generations
- More interactive with child's school



“OUR grades are getting healthier TOO.”

– Megan and Dean

## How to start a Student Nutrition Program

If you are interested in starting a program at your school, the County of Lambton's Student Nutrition Coordinator can set up an information meeting for prospective coordinators, volunteers, school councils or community groups.

### ● Coordinate

As coordinator, you will help build a strong and healthy future for Lambton County's students. Some of the tasks you and your volunteers may be asked to do are: creating healthy menus, recruiting volunteers, grocery shopping, planning exciting fundraisers or socializing with children and youth.

Help is available from our Registered Dietitians and Public Health Inspectors to support and assist with nutrition and safe food handling.

For more specifics on becoming your school's coordinator, call the County of Lambton's Student Nutrition Coordinator at 519 344-2062 ext. 2011.



## Other ways to help a Student Nutrition Program

If you would like to contribute to a Student Nutrition Program in other ways, you can volunteer, fundraise or make a financial donation to support the school of your choice.

To find out which school would be the best for you, and to learn more helpful ideas, call the County of Lambton's Student Nutrition Coordinator at 519 344-2062 ext. 2011.

### ● Fundraise

If you don't have a few minutes every day to help at a school, you can fundraise on your own or with a group of like-minded individuals. Pick an activity, organize a few volunteers, gather supplies, and have fun!

### ● Financial Donation

You can make a financial donation directly to a specific school with a Student Nutrition Program or to the Lambton Breakfast Snack Network which provides emergency funds for schools to purchase food, or appliances.

### ● Volunteer

Every pair of hands makes a big difference! This extremely rewarding activity will have you work with your school's Program Coordinator to accomplish a wide variety of activities: prepare meals, cleanup after meals, and do quick trips to your local grocery store.



**“I'm proud to be making  
a big difference at this school.”**

- Lisa Williams, mom

# Learn more about the Student Nutrition Program and the importance of eating healthy today!



[www.osnp.ca](http://www.osnp.ca)



[www.lambtonhealth.on.ca/nutrition/LBSN.asp](http://www.lambtonhealth.on.ca/nutrition/LBSN.asp)



[www.breakfastforlearning.ca](http://www.breakfastforlearning.ca)



- For more information about Student Nutrition Programs, contact the program coordinator at 519 344-2062 ext. 2011.

*“Focused, alert, eager...  
Anyone who thinks that eating healthy  
has no benefit should visit our school.”*

- Steve DeGurse, Principal

## County of Lambton - Student Nutrition Programs 2010-2011

| Program/School Name                               | City           | Program | # of Days |
|---|----------------|---------|-----------|
| <b>Lambton Kent District School Board</b>         |                |         |           |
| Aberarder Central Elementary School               | Camlachie      | Snack   | 4         |
| Alexander Mackenzie Secondary School              | Sarnia         | Meal    | 5         |
| Bosanquet Central Elementary School               | Thedford       | Snack   | 5         |
| Brooke Central Elementary School                  | Alvinston      | Snack   | 5         |
| Dawn Euphemia Elementary School                   | Dresden        | Snack   | 5         |
| East Lambton Elementary School                    | Watford        | Snack   | 3         |
| Hanna Memorial Elementary School                  | Sarnia         | Meal    | 5         |
| High Park Elementary School                       | Sarnia         | Snack   | 5         |
| Hillcrest Elementary School                       | Petrolia       | Snack   | 5         |
| King George VI Elementary School                  | Sarnia         | Blended | 3         |
| Kinnwood Central Elementary School                | Forest         | Snack   | 5         |
| PE McGibbon School                                | Sarnia         | Meal    | 5         |
| Lansdowne Elementary School                       | Sarnia         | Snack   | 5         |
| London Road Elementary School                     | Sarnia         | Meal    | 5         |
| LCCVI Secondary School                            | Petrolia       | Blended | 5         |
| North Lambton Secondary School                    | Forest         | Meal    | 5         |
| Northern Collegiate Institute & Vocational School | Sarnia         | Snack   | 5         |
| Queen Elizabeth II Elementary School, Petrolia    | Petrolia       | snack   | 5         |
| Queen Elizabeth II Elementary School, Sarnia      | Sarnia         | Snack   | 5         |
| Riverview Central Elementary School               | Sombra         | Snack   | 4         |
| Rosedale Elementary School                        | Sarnia         | Snack   | 5         |
| SCITS Secondary School                            | Sarnia         | Meal    | 5         |
| South Plympton Wyoming Elementary School          | Wyoming        | Snack   | 3         |
| <b>St. Clair District School Board</b>            |                |         |           |
| Holy Trinity Catholic Elementary School           | Sarnia         | Snack   | 5         |
| St. Christopher's Step Forward Program            | Sarnia         | Meal    | 5         |
| St. Matthew's Catholic Elementary School          | Sarnia         | Blended | 5         |
| St. Patrick's High School                         | Sarnia         | Snack   | 5         |
| <b>French Public Schools</b>                      |                |         |           |
| Ecole les Rapides                                 | Sarnia         | Meal    | 5         |
| Franco Juenesse                                   | Sarnia         | Meal    | 5         |
| <b>French Catholic Schools</b>                    |                |         |           |
| St. Thomas D'Aquin                                | Sarnia         | Meal    | 5         |
| St. Francois Xavier                               | Sarnia         | Meal    | 3         |
| <b>Community Programs</b>                         |                |         |           |
| YMCA Resource House by the Side of the Road       | Sarnia         | Meal    | 5         |
| YMCA Resource Friendship House                    | Sarnia         | Meal    | 5         |
| YMCA Resource Our House at Valley View            | Sarnia         | Meal    | 5         |
| Boys and Girls Club of Sarnia Lambton             | Sarnia         | Snack   | 5         |
| <b>First Nation Programs</b>                      |                |         |           |
| Walpole Island Elementary School                  | Walpole Island | Meal    | 5         |
| Hillside School                                   | Kettle Point   | Meal    | 5         |