

## Feeding Futures – Nechako Lakes: April Update

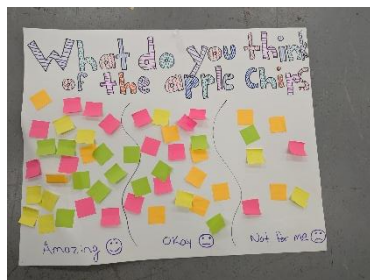
Dear Parent/Guardian,

February and March have been busy months for the *Feeding Futures* – Nechako Lakes school food program. There are several projects underway to enhance the school food program, engage students and to celebrate school food programs.

Current projects underway include a library book refresh. It was noticed that the food and body related books in the school libraries were outdated. It was agreed, with the librarians, that the books needed to be updated. With the help of an *Imagine Grant* from Northern Health, 27 new books have been ordered so far. Each school across the district will be receiving a variety of new books related to food and body.

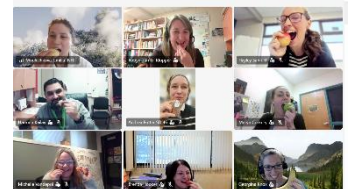


Other projects include continuing to source and try new foods, particularly foods that are from the region and/or province. A new product, [apple chips, orange chips and kiwi chips](#),



which are made in BC, were tasted by students at recent school science fairs. Students were given the chance to taste the new food item, and to provide feedback. The results showed the students enjoyed the apple chips and kiwi chips. So, soon this item may be seen at schools.

Every March, during Nutrition Month, the [Great Big Crunch](#) takes place. This annual event invites students, teachers, parents, community organizations and partners of school food programs throughout the country for a joyful moment in celebrating healthy food at school. This year, the Great Big Crunch has been bigger than ever, with growing excitement over the value and need for school food programs. Over 31000 crunches have been registered, and a few came from a group of BC school district food program managers and coordinators that gathered to celebrate.



This spring is bringing even more exciting developments for school food with the first National School Food Forum, and a regional event Connecting Food in the North.

Kind regards,

Robyn Turner-Klopper, dietitian

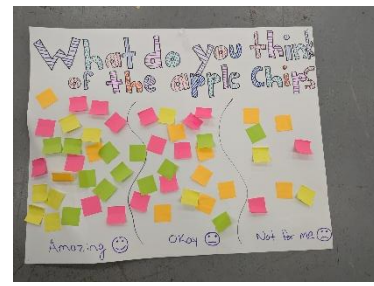
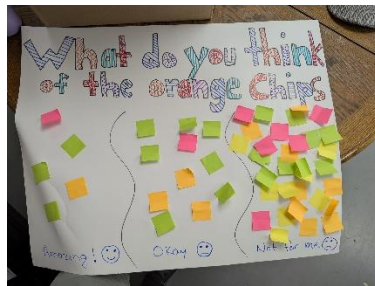
Food Programs Manager, School District 91 – Nechako Lakes

## In Focus - Feeding Futures Guiding Principle

*Feeding Futures* has five guiding principles. Each newsletter will focus on one. The focus this time is:

*“Programs centre and includes families, First Nation rightsholders, Indigenous partners and community members in decision-making and program delivery”.*

- This past year the fresh fruits and vegetables delivered each 5-day school week from the [Fresh for Kids](#) program was selected by students. Last year, a survey went out to schools to invite classrooms to engage with students and get their input. Schools across the district participated, and the votes were used to choose the items.
- Menu ideas are regularly heard from students, and are incorporated into the menu. For instance, at NVSS and FLESS in the coming month poutine is being offered. Enjoy!
- The student votes from the apple chips, orange chips and kiwi chips were as follows:



- Student voices in school food programs are a priority, and there are activities underway to enhance them. An [example is linked here](#).
- The school district is building relationships with regional food producers and processors. The upcoming Connecting Food in the North event will focus on this budding relationship, and help shape the next steps to enhance regional food in schools.

## Other items

Schools are always looking for new recipes and meal ideas. If you have one, please share. Recipes of interest include: salmon recipes, pasta dishes, stir-fries, and vegetarian options.