



Feeding Futures – Nechako Lakes: February Update

Dear Parent/Guardian,

The *Feeding Futures* – Nechako Lakes food program continues to grow and improve. At present, about 11,000 lunches are prepared and served over an entire month! The number is increasing each month as more students engage more frequently in the food program available at each school. Students are seeing the positive changes, commenting the breakfast and lunch program at their school has improved over the last few years!

The food programs happen with much thanks to the hard work of each school meal worker. In addition, the support of the entire school community. From PACs to local businesses, teachers, parents, caregivers, Indigenous partners and principals, thank you for being part of the daily effort it takes to get nourishing meals to the students.



That said, there are challenges. Food costs are continuing to rise, and there are supply chain challenges. Products from programs like *Fresh for Kids* have been shorted due to weather challenges. Where possible, alternative options are being purchased to continue to have food available at school. Grants, like Adopt-A-School and Farm Credit Canada, have contributed additional funds to help purchase snack items for all schools.

In January, there was a K-12 focused food show for school food coordinators and managers. This event featured various food vendors that are producing food in the province of British Columbia. There are some products of interest such as dried fruit chips, pasta sauce and a yummy butter chicken sauce. Work is underway to explore options of accessing these items to add into the school district food program.

Kind regards,

Robyn Turner-Klopper, RD

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:

“Students have access to nutritious and culturally preferred foods to support healthy development and learning.”

- Each school has a breakfast program, some offer plates of food in the classroom, others have breakfast carts or breakfast rooms. Items include cereal, toasted waffles or bagels, boiled eggs, smoothies, muffins, yogurt, pumpkin seed



or bagels, boiled eggs, smoothies, muffins, yogurt, pumpkin seed packs, and cut-up fruit.

- Snacks are offered in bowls, central fridges, classrooms, it varies from school-to-school. Commonly a selection of fruit, vegetables, yogurt, packs of a seed-based trail mix and cheese strings may be found.



- Lunch programs:
 - 9 schools have pre-plated lunch programs
 - Meals can vary from salmon wraps to chicken chow mein to butter chicken, mac and cheese and the favourite tomato soup with grilled cheese sandwiches. Sides may be offered and include a salad, cut-up fruit and/or vegetables, a homemade biscuit, or rice.
 - 1 school offers a salad bar lunch daily
 - 5 schools offer food to students on need basis
 - For example, students may sign up in the morning if they need a lunch that day.
 - Items served may include a sandwich or wrap, granola bar, cut-up fruit and vegetables, yogurt and/or cheese string

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.