

School Resource Binder



Providing links to:

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School Nutrition Funding

Child Nutrition Council of Manitoba



The Child Nutrition Council of Manitoba (CNCM) is a non-profit organization whose mandate is to improve the nutritional health and well-being of Manitoba school children through education, funding and promotion of Best Practices.

Website: <http://childnutritioncouncil.com>

Contact: **Viola Prowse**

Executive Director, Child Nutrition Council of Manitoba

721 South Drive

Winnipeg, MB R3T 0C2

Tel: (204) 453-6060

Fax: (204) 477-9906

info@childnutritioncouncil.com

Breakfast for Learning



**BREAKFAST FOR
LEARNING**™
Manitoba & Nunavut

Breakfast for Learning, the leading national non-profit organization solely dedicated to child nutrition programs in Canada. We know that when a child is well-nourished, they perform better in school and we work to ensure that students receive the healthy breakfasts, lunches and snacks they need to succeed.

NATIONAL OFFICE

164 Eglinton Avenue East, Suite 400
Toronto, Ontario M4P 1G4

Phone: (416) 487.1046

Toll free: 1.800.627.7922

Fax: (416) 487.1837

- For donor services, call 1.800.627.7922
- General inquiries: info@breakfastforlearning.ca
- Media: kcinelli@breakfastforlearning.ca
- Programs & Community Services: programs@breakfastforlearning.ca
- Granting: grants@breakfastforlearning.ca

Breakfast Clubs of Canada



Breakfast Clubs of Canada is a national not-for-profit organization dedicated to providing services and funding to school breakfast programs. We do this with the help of individual and corporate partners, all committed to the cause of feeding our children's future.

Head Office :

135-G de Mortagne Blvd
Boucherville (QC) J4B 6G4

Phone : **450-641-3230**
Phone Toll Free : **1-888-442-1217**
Fax : 450-641-7841

info@breakfastclubcanada.org

One X One



ONEXONE is also working hard to impact the hunger problem in Canada through the **ONEXONE First Nations Breakfast Program**. The program was developed in collaboration with the Assembly of First Nations and PepsiCo Canada with the goal of ensuring the availability of healthy food to all First Nations children in the school setting.

Although information regarding food insecurity in this population is limited, the available data indicates that food insecurity is a major problem in First Nations communities; It is estimated that at least 80% of households experience food insecurity, and that children are at greatest risk.

The **ONEXONE First Nations Breakfast Program** has already seen overwhelmingly positive results since first implemented in October 2008. The healthy meals provide at the start of every school day have tremendous positive impact on learning, creativity, improved test grades, and even attendance.

Website: <http://www.onexone.org>

Healthy Schools Grant



The Healthy Schools Grant advances comprehensive school health by supporting projects that enhance health and wellness among school-aged children and youth to create sustainable healthy school communities. The Healthy Schools Grant enables school communities to infuse wellness into the culture of their schools by focusing on the priority health topics of Healthy Schools:

- healthy eating
- mental health
- physical activity
- safety and injury prevention
- sexual health
- substance abuse and addictions

The Healthy Schools Grant is available for all schools in Manitoba, including public, independent (funded and non-funded), institutional, and First Nations Schools. The funding formula is calculated as:

- Schools (independent, institutional, **First Nations**) - **\$125 base funding plus \$2.06 per student**

First Nations, institutional, and non-funded independent schools receive a cheque with the information package in November.

NOTE: Any school that does not submit the Healthy Schools Grant Report by June 30th **will not** receive funding in the following school year. In order to receive future funding, those schools must complete and submit the Intention Form to Healthy Schools.

Website: <http://www.gov.mb.ca/healthyschools/hsgrant/index.html>

Educational Resources

Healthy Bodies, Healthy Minds

“New” Resource Manual 2012



The Healthy Bodies, Healthy Minds program assists First Nations Schools and communities to foster an environment to support the health, nutrition, and well-being of school-aged children. At the core of the program is a “how-to” manual consisting of both core policies and ideas for action to be implemented in the school and community if they choose to do so, to promote healthy eating and physical activity.

Address: Healthy Bodies, Healthy Minds
First Nation and Inuit Health,
300-391 York Ave
Winnipeg, MB
R3C 4W1

Phone: (204) 984-3092

Fax: (204) 983-6018

The manual has been revised Spring 2012.

If you would like more information on how to have a training session done in your school, please contact (204) 984-3092.

Manitoba Healthy Schools



Healthy Schools is Manitoba's school health initiative designed to promote the physical, emotional and social health of school communities.

Our mission is to create school environments that enhance the healthy development of children and their families by working in partnership with community service providers and resources.

Contact Us:

Healthy Schools

Phone: (204) 788-6394

Email: healthyschools@gov.mb.ca

Dairy Farmers of Manitoba



The website contains a lot of great teaching resource that can be ordered at a minimal cost, some being free, as well as recipes, teacher resources, nutrition information and school milk program information. If you have enough staff that would be able to attend a workshop they will come out and do a workshop with staff in your school.

Contact Us

Address: 4055 Portage Avenue
Winnipeg, Manitoba
R3K 2E8

Phone: (204) 488-6455

Toll free in Manitoba: 1-800-567-1671

Fax: (204) 488-4772

Website: <https://www.milk.mb.ca/>

Email: general@milk.mb.ca

Manitoba Egg Producers



The website contains a lot of great teaching resource that can be ordered at a minimal cost, some being free, as well as recipes, teacher resources, nutrition information and school milk program information.

Contact Us:

Address: 18 - 5 Scurfield Blvd.
Winnipeg, Manitoba
R3Y 1G3

Phone: (204) 488-4888

Fax: (204) 488-3544

Website: <http://www.mbegg.mb.ca/>

Kids in the Kitchen Manual



Offers instruction on how to start and run a cooking club for children ages 6-11. The manual includes planning steps, guidelines for food and kitchen safety, and sample forms and letters. It also contains 21 lesson plans with recipes and nutrition activities for groups of up to 12 children

Subject: Children, School-Aged; Community Kitchens; Activities; Nutrition Education; Recipes; Cooking with Kids

To download a copy of the OLD manual:

http://www.wrha.mb.ca/healthinfo/prohealth/nutrition/files/Nutrition_2...

**If you would like a copy of the new manual (revised 2013)
Call 204-984-3092**

Manitoba *in motion*



To become a **Healthy School *in motion*** all kids must be provided an opportunity to participate in 30 minutes of physical activity five days a week, which can include walking to school, lunch-time activities, physical education, physical activity breaks, physical activity programs, intramurals, and special events. By registering your school, you are making the commitment to work towards this goal. In order to assist schools in meeting this goal **Healthy Schools *in motion*** will send schools upon registering:

Contact

Manitoba *in motion*

Phone: (204) 945-3648

Fax: (204) 948-4748

Toll free: 1-866-788-3648

Email: inmotion@gov.mb.ca

Website: <http://www.manitobainmotion.ca/schools/>

Canadian Diabetes Association



Supports people affected by **diabetes** by providing information, **diabetes** research, education, service, and advocacy. Offers disease information, programs, and resources, and teaching tools in the area of Diabetes.

Contact:

Address: 200-310 Broadway
Winnipeg, Manitoba
R3C 0S6

Phone: 204-925-3800

Fax: 204-949-0266

Website: <http://www.diabetes.ca/>

Andrea Kwasnicki, Regional Director andrea.kwasnicki@diabetes.ca

Kelly Lambkin, Manager, Public Programs & Services kelly.lambkin@diabetes.ca

Laryssa Sawchuk, Coordinator, Public Programs & Services
laryssa.sawchuk@diabetes.ca

Manitoba School Nutrition Handbook



The Manitoba School Nutrition Handbook has been developed to help school communities to:

- promote healthy eating, consistent with what is taught in the school curriculum,
- make the healthy choice the easy choice, and
- support students in establishing healthy eating habits.

The guidelines in this handbook apply to foods that may be sold in, or provided by, schools in Manitoba. They are not intended to evaluate the food students bring into schools, although the nutrition information may be helpful to parents and communities.

Website (to download the handbook):

<http://www.gov.mb.ca/healthyschools/foodinschools/documents/handbook.pdf>

Canadian Physical Activity Guides



To order copies of the Canadian Physical Activity Guidelines go to:

Website: www.csep.ca/guidelines

Youth Suicide Prevention

Program Consultant:

Youth Suicide Prevention for First Nation Communities in the Manitoba

Contact #: (204) 984-8181
(204) 983-2213

The Centre for Suicide Prevention (CSP):

Website: <http://suicideinfo.ca>

Canadian Association for Suicide Prevention:

Website: <http://www.suicideprevention.ca>

School Partners

Manitoba First Nation Education Resource Centre



The MFNERC facilitates a community education process based on First Nations needs, priorities and education plans. The process is First Nations driven and authority remains with the First Nations. The MFNERC is actively involved in promoting community development by providing training and coordinating opportunities for families and other community members. Professional development training is also provided for school board members, administrators, teachers and teaching assistants.

The MFNERC is committed to working with Manitoba First Nations in the development of partnerships to ensure the highest standards of education are achieved in First Nations schools.

Contact:

2-1100 Waverley St.
Winnipeg, MB
R3T 3X9

Phone: 204-594-1290

Fax: 204-942-2490

Winnipeg Toll Free: 1-866-319-4857

Thompson Toll Free: 1-877-506-1568

General inquiries: info@mfnerc.com

National Aboriginal Diabetes Association Inc.



NADA envisions diabetes-free people.

To achieve this vision NADA will be an open, independent, grassroots prominent organization that is the driving force in:

- Raising awareness about diabetes and Aboriginal peoples among Aboriginal and non-Aboriginal peoples in Canada.
- Advocating for programs and services for Aboriginal peoples affected by diabetes.
- Promoting healthy lifestyles to prevent the onset or complications of diabetes for all Aboriginal peoples.

Contact Us:

B1-90 Garry Street
Winnipeg, Manitoba
R3C 4H1
Canada

Telephone: (204) 927-1220

Fax: (204) 927-1222

Toll Free: 1-877-232-NADA (6232)

Email: diabetes@nada.ca

Support

Food Security Manitoba – Food Matters Manitoba



Food Matters Manitoba is a registered charity that engages Manitobans towards healthy, sustainable and fair food for all.

Food Matters Manitoba:

- Cultivates community food skills
- Provides public education
- Builds partnerships and networks
-
- Provides resources

Contact:

Unit 4, 640 Broadway
Winnipeg, Manitoba
R3C 0X3

Phone: (204) 943-0822

Fax: (204) 943-0823

Toll Free: 1-800-731-2638

Contact Us: info@foodmattersmanitoba.ca

Food Safe – Safe Food handling Training

Foodsafe

Manitoba's Safe Foodhandling Training

All food service personnel who are responsible for the receiving, preparing and serving of food.

The 8-hour courses are taught by either Public Health Inspectors or community Environment Health Officers.

To get certified in your community:

- You need at least 10 community members that are interested in taking the course
- Contact your community EHO (Environmental Health Officer) to arrange a date and time that course will be offered in your community.

Province of Manitoba

Northern Healthy Foods Initiative

Mandated by the Healthy Child Committee of Cabinet, the Northern Food Prices Report 2003 recommended ways to reduce the cost of accessing affordable nutritious foods in northern and remote Manitoba communities.



Implementation and Delivery

The Northern Healthy Foods Initiative (NHFI) primary focus is food self sufficiency. Objectives are as follows:

- To support and promote local food self-sufficiency activities in Northern Manitoba (garden initiatives, greenhouse projects, community foods program and food business development);
- To assist Northern Manitobans to make healthier food choices and to make these foods more available;
- To stimulate economic development and diversification that will improve the quality of the Northern Manitoba food system; and
- To demonstrate new approaches to improving food accessibility in Northern Manitoba.

NHFI is administered and managed by Manitoba Aboriginal and Northern Affairs, and receives assistance and guidance with overseeing the initiative from the NHFI Management Committee comprised of representatives from various Manitoba government departments and agencies including Conservation, Health, Healthy Child Manitoba, Healthy Living Youth and Seniors, Agriculture Food and Rural Initiatives and Aboriginal and Northern Affairs.

Service Delivery Model

In addition to special projects, food security projects are being delivered in northern and remote communities by community-based organizations including:

- **Bayline Regional Roundtable** delivers activities along the Hudson Bay Rail line. Phone 204-689-2063.
- **Northern Association of Communities Council** delivers activities in the southern part of the NHFI boundary. Phone 204-947-2227.
- **Four Arrows Regional Health Authority** delivers activities in the Island Lake area. Phone 204-947-2397.
- **Food Matters Manitoba** delivers activities in the northern part of the Province. Phone # 204-772-2914.

NHFI also works closely with **Frontier School Division** (see insert in this publication) to implement a plant, food science and nutrition curriculum – Veggie Adventures and the Northern Grow Program.



Contact Information:

Jennell Majeran

Phone: (204) 677-6677

Website: <http://www.gov.mb.ca/ana/nhfi.html>