



Ontario Student Nutrition Program

STUDENT INTRODUCTION PACKAGE

2023/2024



WELCOME!

OSNP is excited to be working with students who are energetic and passionate about health and wellbeing! Students can play an active leadership role, raising awareness in their school and community about the benefits and importance of school food programs. You are the strong student voice, linking the needs of your peers and OSNP programs.

A little bit about OSNP...

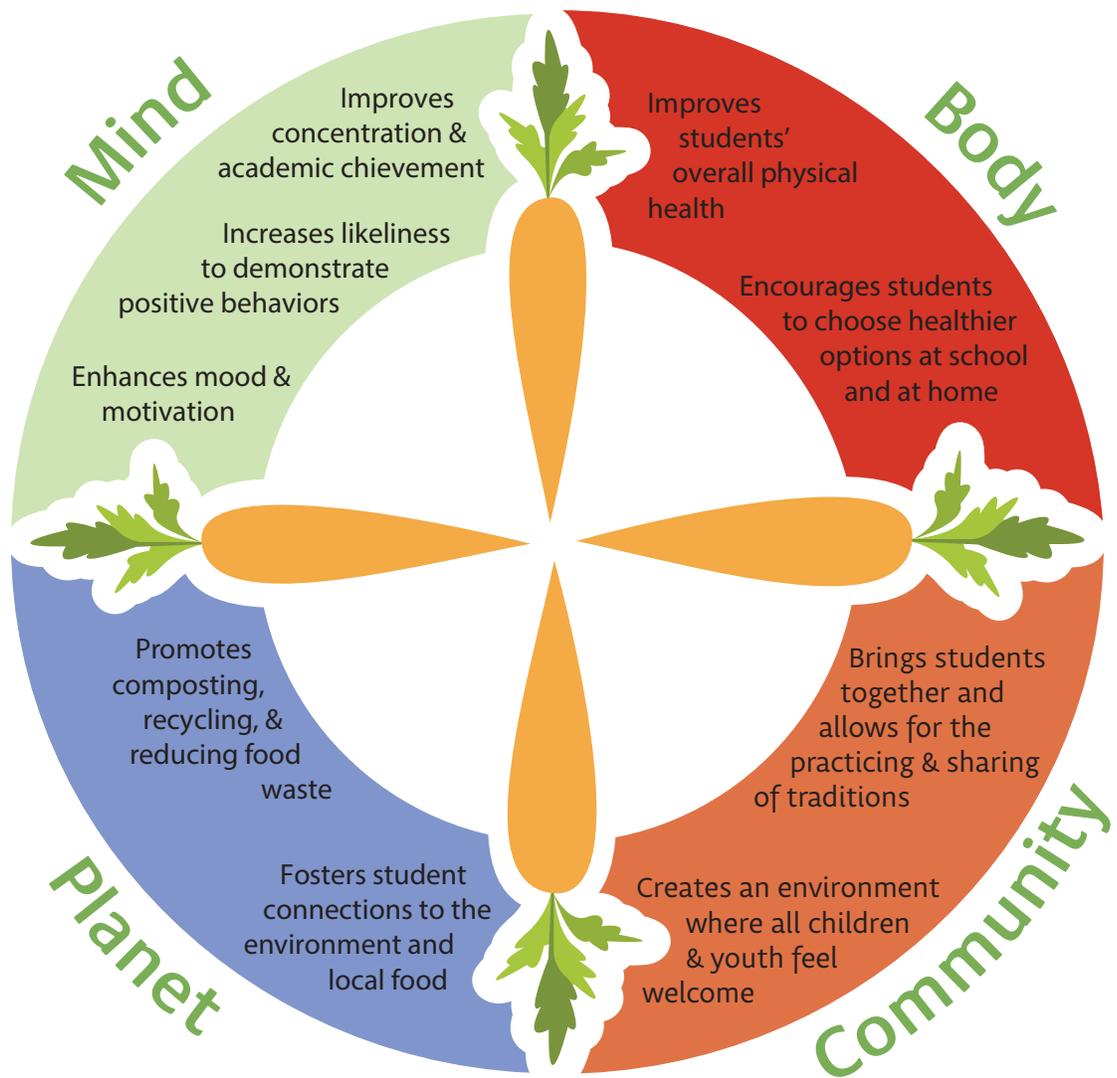
The Ontario Student Nutrition Program (OSNP) provides funding and support to schools in Southwestern Ontario so that they can provide their students with fulfilling breakfasts, snacks, and sometimes lunch.

Student nutrition programs serve THOUSANDS of local students to ensure that they attend school well-nourished and ready to learn. You may remember receiving healthy snacks or meals at your elementary school; if so, it was very likely a program supported by OSNP!

OSNP believes in a universal program, meaning one that is open to all students for any reason. There are many reasons why children and youth arrive at school needing additional nourishment. Examples are:

- Early morning extracurricular activities,
- Lack of time in the morning,
- Lack of appetite upon rising,
- Long commutes to school,
- Getting ready on their own in the morning,
- A preference to eat breakfast with peers,
- Growing and just hungry... again!

Children and youth spend more than half of their waking hours in school, so it is important that the student nutrition program is nourishing, fulfilling, and an overall positive contributor to the day.



WHAT WE DO AT OSNP

- Provide funding to schools for student nutrition programs.
- Deliver fresh (local when possible) food to schools via OSNP's School Food Delivery Program.
- Work with research partners to evaluate the outcomes of student nutrition programs.
- Provide ongoing support for programs and assist with the start-up of new programs.
- Coordinate with school boards, public health units, and other communities
- Support local farmers, producers, and distributors.

SO, HOW CAN YOU HELP?

- Raise awareness of the student nutrition program at your school (examples of ideas including designing and hanging posters, announcements during Nutrition Month in March, talk to your student council, starting a SNAC; Student Nutrition Action Club, lead a social media campaign).
- Use these resources and talk to school staff about the connection between nutrition and wellbeing.
- Find ways to make sure every student feels welcome and included in your Student Nutrition Program (everyone can access food easily)
- Encourage food choices that represent the faiths and cultures of the school community.
- Talk to your peers to help us understand their needs (speak with your principal first).
- Encourage students to get involved with growing, preparing, and cooking the food when possible
- Develop a connection with your principal, vice principal, or other staff coordinator that oversees your student nutrition program to share your ideas.
- Plan and dream the best school food programs possible

WHAT'S IN IT FOR YOU?

Being a champion for a healthy school environment in partnership with OSNP offers you the opportunity to:

- Gain leadership experience and confidence
- Build skills in teamwork and communication.
- Contribute to an important cause with a chance to make a difference.
- Make new connections

The skills you learn and enhance can be applied to other initiatives in the community and future employment!

THROUGHOUT YOUR TIME AS A STUDENT LEADER

- Share ideas with your school's student nutrition program coordinator
- Make sure you receive approval from your principal for any task
- Keep track of hours dedicated to the program for volunteer hours

WHAT'S IN YOUR TOOLKIT?

The toolkit is full of ideas and materials to help you get started. You can choose to use some or all of these materials depending on your needs and how much time you have to invest in the program.

- Calendar of Important Dates
- Fundraising Ideas and Resources
- Health Promotion Resources
- Gathering Feedback: Tips on what questions to ask to improve your program.
- Resources to Learn More About the Benefits of Student Nutrition Programs

*Remember to talk to your principal before starting activities

We can't wait to work with you!

