



2022.23 IMPACT REPORT

Victorian Order of Nurses
Ontario Student Nutrition Program



Foreword

With the support of community, our valued donors, and a collaborative network across the Southwest Region, we work to ensure students have the fuel they need to succeed at school and beyond.

The 2022.23 school year was both an exciting and a challenging one. With implications from COVID (and subsequent previous school closures) still being felt, Student Nutrition Programs worked hard to rebuild one of the most rewarding aspects of the program; a sense of community and belonging for students. Once again children and youth had the chance to eat with their peers, and programs were able to foster feelings of togetherness, connection and celebration with food.

However, at the same time, programs were also faced with steep and rapid rises in food inflation and a significant turnover in volunteers. With the re-opening of schools, easing of public health measures, and added strains on family budgets, the number of students accessing programs increased to an additional 10,000 across the Southwest Region. A wait list for new programs to be onboarded also grew to the largest in recent years.

Our mission is now more relevant than ever.

By fostering collaboration, engaging with policy-makers and addressing barriers, we are promising programs and students a brighter future. We continue to work with our community partners to identify urgent and emergent challenges, solutions and opportunities to strengthen support for Student Nutrition Programs and the school food movement. With the help and limitless generosity of individuals and organizations who have shared their time, expertise and ideas we continue to influence transformative change.

We want to take this opportunity to thank our staff, volunteers, generous donors and community partners. With your support, we can continue to make a meaningful impact and positive contribution to the well-being of children and youth!

Ontario Student Nutrition Program (OSNP) Southwest Region

MISSION

To ensure students have access to nutritious and fulfilling food at school so that they have the fuel they need to succeed.

VISION

We envision every student having access to fulfilling and nutritious food at school, helping them reach their full potential and optimal well being.



Our Structure



**MINISTRY OF CHILDREN,
COMMUNITY & SOCIAL
SERVICES**

- Distributes funding to lead agencies
- Establishes provincial policy standards and guidelines
- Helps build the capacity of lead agencies to support effective program delivery



STUDENT NUTRITION ONTARIO

- Supports lead agencies build communities across their networks
- Streamlines the distribution of funding and resources to all parties delivering Student Nutrition Programs on behalf of national and provincial partnerships



**LEAD AGENCY
VICTORIAN ORDER
OF NURSES**

- Administer funding to schools for programs
- Deliver fresh and affordable food to programs via the School Food Delivery Program
- Invest in evidence-based research on health and academic outcomes associated with programs
- Provide ongoing support for programs and assist with the start up of new programs

OSNP's Southwest Region

2022.23 SCHOOL YEAR TOTALS

18,676,173

Meals/Snacks served in 2022.23

120,272

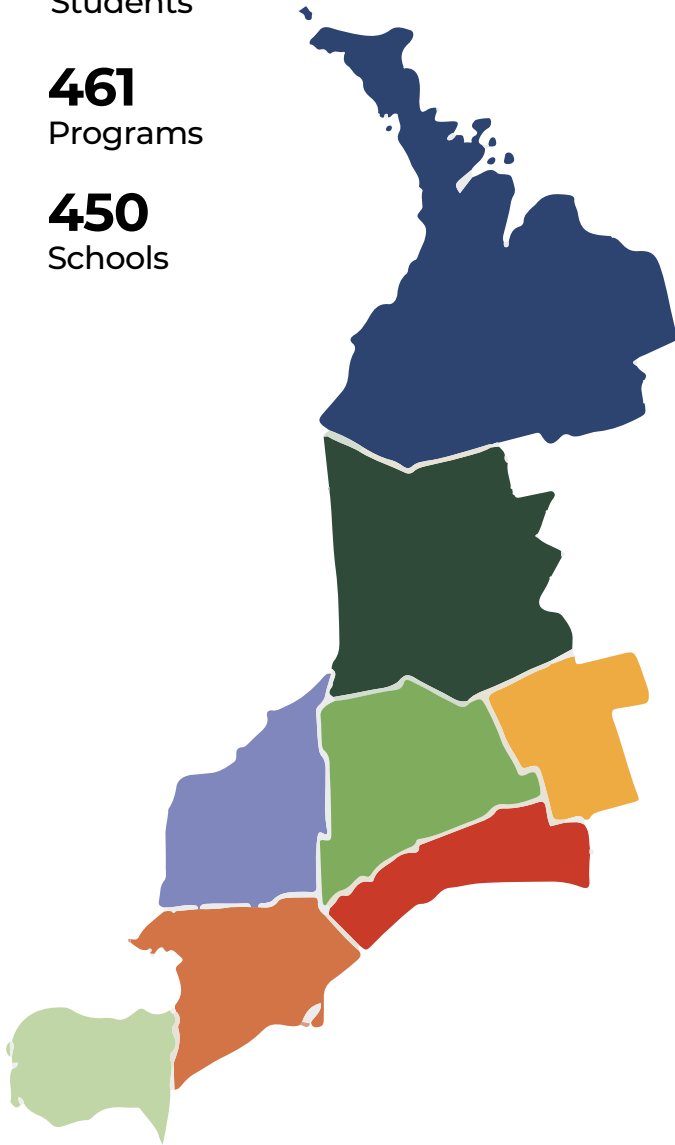
Students

461

Programs

450

Schools



GREY-BRUCE

61 Schools

18,408 Students

3,160,668 Snacks/meals served in 2022.23

HURON-PERTH

60 Schools

10,862 Students

1,667,305 Snacks/meals served in 2022.23

LONDON-MIDDLESEX

89 Schools

23,150 Students

3,596,769 Snacks/meals served in 2022.23

OXFORD

38 Schools

11,394 Students

1,456,111 Snacks/meals served in 2022.23

SARNIA-LAMBTON

43 Schools

9,683 Students

1,606,695 Snacks/meals served in 2022.23

ELGIN

30 Schools

8,047 Students

1,240,780 Snacks/meals served in 2022.23

CHATHAM-KENT

36 Schools

9,799 Students

1,733,775 Snacks/meals served in 2022.23

WINDSOR-ESSEX

93 Schools

28,929 Students

4,214,090 Snacks/meals served in 2022.23

Our Programs

Student nutrition programs serve thousands of children across the Southwest Region, providing additional nourishment and positive spaces at school. We believe in a universal program, meaning one open to all students as there are many reasons why children and youth arrive at school without eating breakfast other than household food insecurity. Other reasons students may access Student Nutrition Programs include:

- Early morning extracurricular activities
- A lack of time in the morning
- A lack of appetite upon rising
- Long bus rides to school
- Getting ready on their own in the morning
- Preferring to eat breakfast with their peers
- They're growing and just hungry ... again

Regional Partnerships

A special thank you to our regional and provincial partners, Breakfast Club of Canada and The Grocery Foundation, for their unwavering and valued support of Student Nutrition Programs.



Donor Spotlight



NOELLE'S GIFT

Noelle's Gift was established in January 2013 in honour of Noelle Paquette, a passionate and dedicated teacher and community volunteer. Noelle was always aware of others in need. She believed every child deserved an equal opportunity to become a "Smash Hit", a term she often used with her students.

The charity, committed to improving the lives of children, took another big step to fulfill their mission by providing the Ontario Student Nutrition Program (OSNP) with a \$90,000 grant. The allocation provided healthy snacks and meals, including weekly deliveries of fresh vegetables and fruit to elementary and secondary schools. Additionally, OSNP Sarnia-Lambton was able to onboard four schools from the waitlist.

Since 2014, the organization has been a dedicated steward of the Student Nutrition Program. From 2014-2023 they have provided Lambton SNP \$350,000 in support of snack and breakfast programs in Sarnia Lambton schools.. OSNP is grateful for Noelle's Gift and their enduring commitment to the health and well being of students.

"Through the support of our community and our fundraising volunteers we are thrilled Noelle's Gift can help with this amazing program."

-Lynn Paquette, Chair of Noelle's Gift.

Donor Spotlight



TIM HORTONS

During the 2022.23 school year, OSNP was a proud recipient of the Tim Hortons Smile Cookie Campaign. Four of OSNP's seven communities in the Southwest Region were selected as campaign designates in their respective areas; Windsor-Essex, Chatham-Kent, Huron-Perth and Grey-Bruce.

During Smile Cookie week in May, 100% of the proceeds from Tim Hortons' special Smile Cookies purchased are provided to local charities in each of the selected communities. Tim Hortons' store owners and community members in Windsor-Essex, Chatham-Kent, Huron-Perth and Grey-Bruce came together to show an outstanding level of support that resulted in OSNP receiving a total of **\$361,201 for school food programs**.

The highest gratitude is in order to Tim Hortons' generous store owners and customers, as well as to our community partners and our OSNP team who worked collaboratively to ensure that the campaign was a huge success.

The Tim Horton's Smile Cookie funds will provide approximately 240,801 healthy snacks across the region during the 2023.24 school year.

Equity, Inclusion, & Diversity

Serving foods representative of the diverse cultures of students in Ontario encourages appreciation for different beliefs and traditions and creates supportive and comfortable environments. Seeking participation of all students in programs, particularly those who have been historically under represented, OSNP London/Middlesex launched a pilot project in partnership with Growing Chefs to develop recipes and resources for schools that celebrate diverse foods and backgrounds.

The recipes, which met the MCCSS Nutrition Guidelines, were created with chefs and knowledge keepers from the respective communities and also provided insight around respectful and traditional preparing and serving practices of each

dish. Food literacy resources developed by Growing Chefs were provided to teachers in two schools within Thames Valley District School Board to help introduce the food items to students and acknowledge their cultural significance. From daakwa celebrating the African Diaspora, bazarek honouring Eid and strawberry and wild rice muffins during Indigenous History Month, the feedback from educators and students was positive and the first stage of the pilot an overall success. We look forward to an expansion of the project during the 2023.24 school year.

“There is a family of seven children who come to the breakfast club every day. They came to Canada as refugees, four years ago, after their home was invaded by a brutal militant group. They lost family members and most of their belongings and had to escape for their lives. What is truly remarkable about this family is how incredibly resilient they are. Despite losing her husband, mom brings her kids to breakfast club, well dressed, well rested (I’m sure she is not) and ready for their day. The kids are enthusiastic and polite and tell me when there is something that they like to eat. The family is comfortable and relaxed at the breakfast club. Mom seems happy to have her kids there and is so thankful. She always wants to help with the clean-up and maybe I should accept, but I tell her that she should take the moment to sit because as soon as the bell rings, she heads to her ESL classes.”
-Tom Lutterman, White Oaks Public School TVDSB

Student Engagement

OSNP continues to work with schools and boards to enhance program outcomes by illustrating the use of school food as a tool for connection and leadership. Involving children and youth in program planning gives a voice to those with lived experience and helps to shape programs based on the unique needs of those they aim to serve. Based on the 'nothing about us without us' principle, we developed a toolkit for secondary students to showcase how they can use their voices to:

- Be the strongest champions of school food programs
- Articulate the importance of school food programs
- Lead social media campaigns
- Choose the food they want to eat in school food programs
- Design the best programs ensuring no stigma
- Help build the movement for school food
- Ensure students feel reflected in programming and that their faiths and cultures are respected
- Lend support through fundraising initiatives at school
- Help to create safe and welcoming spaces
- Plan and dream the best school food programs possible

The "Nothing About Us Without Us" principle is now leading the Coalition for Healthy School Food to create a National Student Working Group to mobilize youth voices.

Community Building

A partnership with the Huron County Food Bank Distribution Center helped OSNP assist priority populations and secure additional grant funds as we work together toward common goals. By having the distribution centre portion cereals and other non-perishables into individual sizes offsite, staff and volunteer labour demands decreased at schools and there was a noted reduction in waste. Equipped with a large warehouse, cold storage and refrigerated trucks, the Center was able to store and then deliver additional food items straight to their door. Bulk volumes were purchased at preferential pricing through working with Mealsource, a not-for-profit food procurement program, stretching grant dollars further and securing more food for students.

"Just when I looked in the cupboard and thought we were getting down on some of our staples, the van would arrive! This program helped to supplement our nutrition program in the morning, especially since we are finding that we have to set more food out at our second nutrition break as well. Many families in our community are struggling and having extra food to supplement lunches is very much a need now."

-Elementary School Principal

"Having nutritious food delivered to our school, often pre-packaged and ready to distribute to our students, was extremely helpful and was a welcome addition to our snack program. It seems we can never have enough food."

-Elementary School Principal

Sharing Our Expertise

GOVERNMENT OF CANADA

December 2022

Roundtable: Connecting Schools with Local Food Systems

STUDENT NUTRITION ONTARIO PROVINCIAL CONFERENCE

February 2023

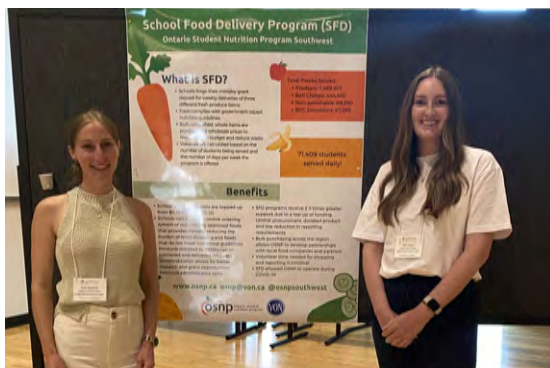
Presentation - Student Engagement Strategies



FARM TO SCHOOL BC CONFERENCE

May 2023

Presentations – OSNP's School Food Delivery Program and Student Engagement Strategies



MP IREK KUSMIERCZYK

March 2023

Roundtable: School Food Collaborative/National School Food Program

MINISTRY OF CHILDREN, COMMUNITY AND SOCIAL SERVICES (ONTARIO)

July 2023

Roundtable: Collaborative Discussion with Minister Michael Parsa, 'Student Nutrition Programs in Ontario'



COALITION FOR HEALTHY SCHOOL FOOD

Ongoing

Steering Committee, National and Ontario Coalitions

INFORMATION WEBINARS

September 2022 – June 2023

16 Webinars and Workshops provided to participating schools by OSNP Community Development Coordinators focusing on MCCSS Nutrition Guidelines, Best Practices, Administration of School Food Delivery and Integration of Food Literacy (in partnership with Public Health)

Community and Stakeholder Engagement

MP Marilyn Gladu, Sarnia-Lambton
Queen Elizabeth Public School
Lambton Kent District School Board
April 5, 2023



MPP Anthony Leardi, Essex
Stella Maris Catholic Elementary
Windsor Essex Catholic District
School Board
May 4, 2023

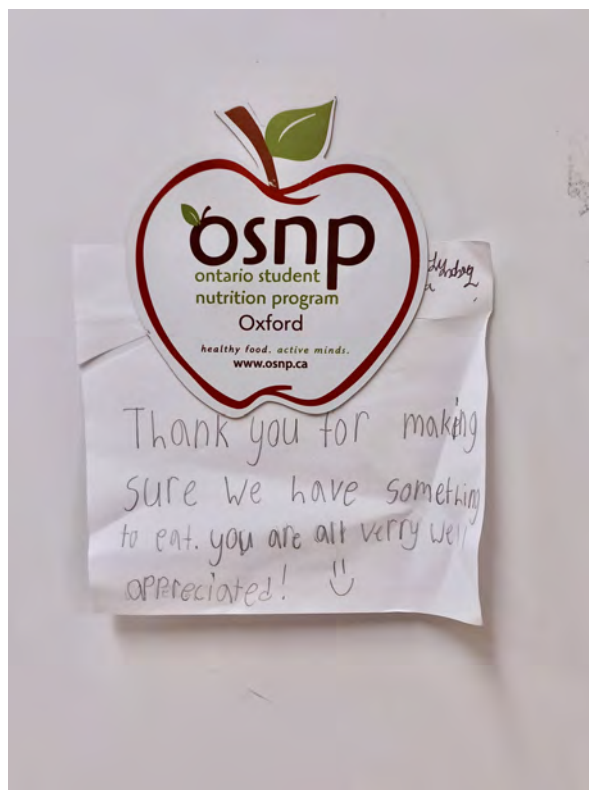


COMMUNITY PARTNERSHIP COMMITTEES

As programs continued to adapt and evolve during a challenging landscape, OSNP's seven Community Partnership Committees garnered broader

community support to bolster innovation and collaboration. In each of the eight communities the committee is comprised of local stakeholders (e.g., businesses, public health personnel, School Boards, school staff, volunteers, parents or caregivers, and other interested community members) that provide advice to Lead Agencies and local Program Coordinators that supports effective program delivery.

Thank you, our Community Partnership Committee members, for your immense support of Student Nutrition Programs and the school food movement!



Food and Logistics

LOCAL FOOD

Ontario's Local Food Act has three main pillars:

- Improve local food literacy
- Increase use of local food by institutions
- Increase access to healthy local foods.

OSNP contributes to all three of these pillars, providing local produce as part of our School Food Delivery Program and linking food literacy resources for elementary and secondary students.

The bulk buying power of our School Food Delivery Program helps to leverage cost savings and the provision of local food (when possible) while also supporting local growers and distributors.

As a driver of local economic development, the School Food Delivery Program was able to purchase cucumbers, carrot sticks, apples and grape tomatoes from Ontario farmers in Ruthven, Bradford, Aylmer, Leamington, Dorchester, Thorndale, Otterville, Simcoe and Norfolk County.

OSNP Southwest served 152,411 kg (336,008.738 lbs) of local produce in the 2022.23 school year!

SCHOOL FOOD DELIVERY PROGRAM

From September to June the School Food Delivery Program supported 71,409 students daily and served:

- 7,469,927 pieces of produce
- 444,480 Bel Cheese portions
- 69,290 non-perishable items
- 87,936 BCC donated items (yogurt, eggs, applesauce)

The program has reduced the amount of retail shopping required by busy school staff and volunteers and streamlined reporting requirements, mitigating challenges for schools due to a lack of volunteers or workload capacity challenges with staff.

*Some schools choose to not participate in the School Food Delivery Program and instead continue to receive traditional grant funding, as they have established close working relationships with unique vendors and/or have a keen volunteer base that actively shop for food using tools like price matching apps or coupons. These schools are presented with the option to still purchase produce and other food items at competitive pricing via an online ordering system.

"The School Food Delivery Program has been a blessing. The students love the variety and look forward to the weekly deliveries. The quality and quantity of produce is something we wouldn't be able to afford at retail prices. It has lessened stress levels for our staff by reducing our shopping and reporting requirements while at times also mitigating student behaviours and improving concentration."

-Principal, Windsor Elementary School

REQUEST FOR PROPOSAL

SFD initially launched as an emergency response and support to schools during COVID. With its great success, SFD has expanded and become a staple program of OSNP. As growth occurred, VON/OSNP underwent a competitive RFP Process to outline preferred scope and price, ensure transparency and accountability and encouraging fairness in the vendor selection process.

OSNP partnered with Produce Express, located in Woodstock Ontario, to supply our SFD program with fresh vegetables and fruit, as well as offer many other OSNP approved snack items at competitive pricing to our schools.

GREAT BIG CRUNCH

The Great Big Crunch is a fun day devoted to nutrition education and an opportunity to raise awareness about the importance of Student Nutrition Programs. OSNP Southwest hosts our annual Great Big Crunch in October to

celebrate the local harvest and support regional growers.

OSNP also participates in the National Crunch, hosted in March during Nutrition Month. Since 2008, Canadians from coast to coast have participated in the Great Big Crunch, an original initiative of FoodShare Toronto. We are thrilled that in March 2023, the Honourable Karina Gould, former Minister of Families, Children and Social Development and current Leader of the Government in the House of Commons, was able to attend the 2023 virtual crunch!



"The Program has been an incredible asset to our French immersion instruction program here. We spend a lot of time teaching students real life use of the French language, which includes ordering their breakfast in French every morning, learning the new vocabulary for fruits and vegetables and the products we offer, and even different ways of expressing their wants and needs.

It has also been an amazing change for my Vice Principal and myself to connect with the students. We are able to have that one-on-one with students in the morning; engage with them ask them how their weekend or night was, and to address them by name. That has been a huge connection for us when it comes to building our school community and relationships with our students."

-Windsor Elementary School Principal

Help Us Make A Difference!

Your support ensures we can keep up with increased demand. To make a donation or to inquire about individual or corporate volunteering opportunities, please contact us.

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