



Appetite for Change: Understanding Community Meal Programs in BC Schools

Eric Schofield
Nov. 20th 2013
Vij's Kitchen

Learning Community Series
Centre for Community Engaged Learning

it's our
time

TO BE
HEARD!

NATIONAL CHILD DAY 2013

NOVEMBER 20, 2013

(UDHR) (U.N. 1948), Article 25, which states,
“Everyone has the right to a standard of
living adequate for the health and well-being
of himself and his family, including food.”

NAME: Natalie Logan

Lunch Box Supplement Note

Today your child's lunch was supplemented with:

Ritz Crackers

Meals that are provided to children (by either the center or parent) are required to have:

1 milk, 1 meat, 1 grain, and 2 fruits/vegetables.

According to licensing guidelines, the center is required to supplement lunches that contain anything less than this.

Today you were missing: Grain - 1

HAD:

*meat, potatoes, milk, carrots, orange

Your account will be charged: \$10.00

DATE: December 10/2012

Motion:

Parents will be charged \$5.00 per child, per item missing, if the child's lunch is not a balanced meal according to the Canadian Food Guide effective April 17/12. Carried.

PARENT COPY



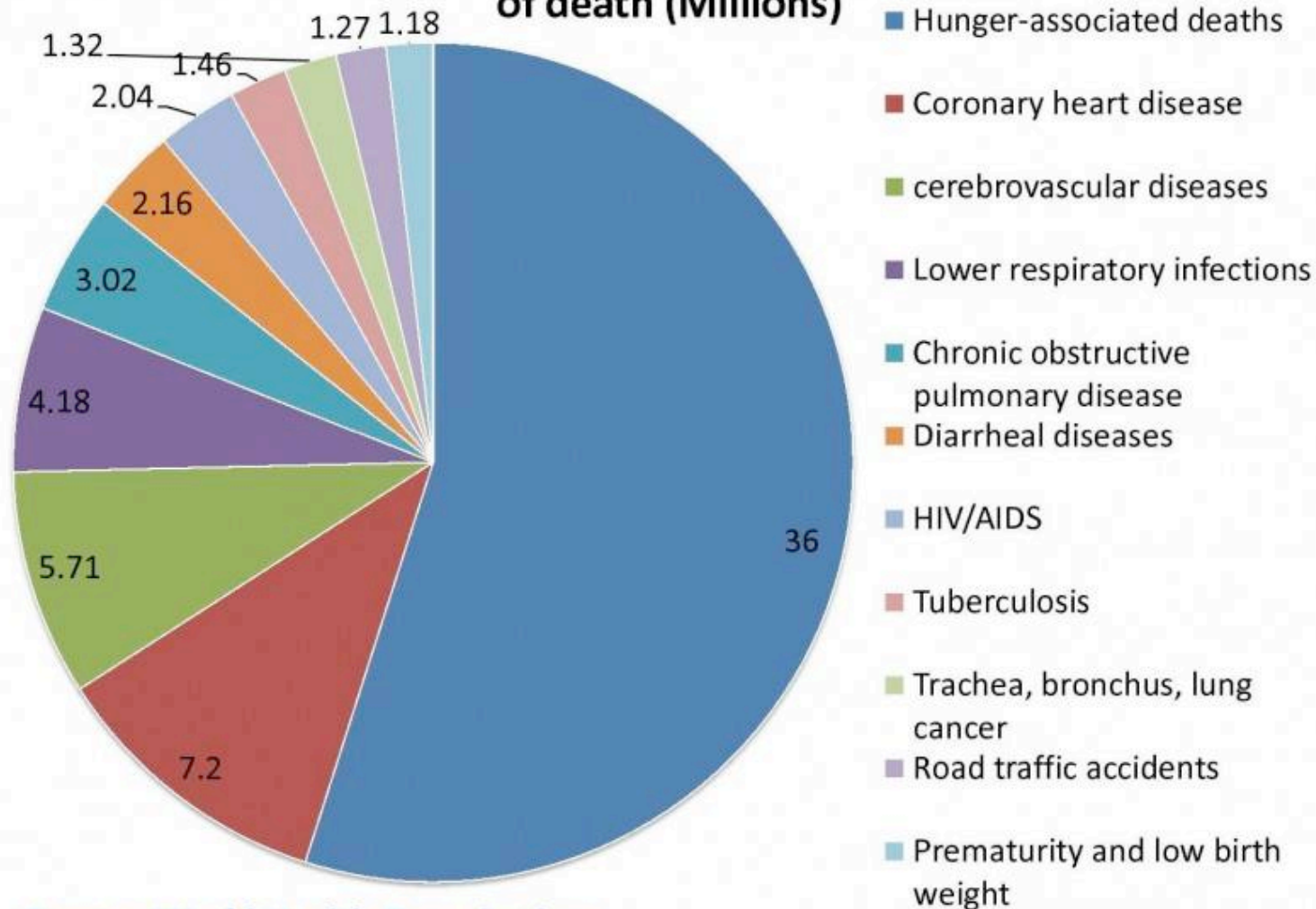
What Did You Eat in School?

Share with the person next to you ...

... your high school cafeteria / lunch experience

Health Crisis ...

Hunger-associated fatality compared to 10 leading causes of death (Millions)



Source: World Health Organization

MICHAEL POLLAN

Author of THE OMNIVORE'S DILEMMA



COOKED

A NATURAL HISTORY *of* TRANSFORMATION

Can You Cook?

...let's look at the...
as a...
Martin attacked Mulroney's obsession with
the way you reduce the deficit is
da McQuinn, *The Cult of Incompetence*, Toronto, Viking, 1998.
...Fiscal Ref

Taste



Chop chop: Toronto's Good Food Café aims to get students feeding students, with a handful of pupils cooking in the cafeteria for an hour each week

If you want it done right, cook it yourself

The new thinking in the war on junky cafeteria food: Get students into the kitchen

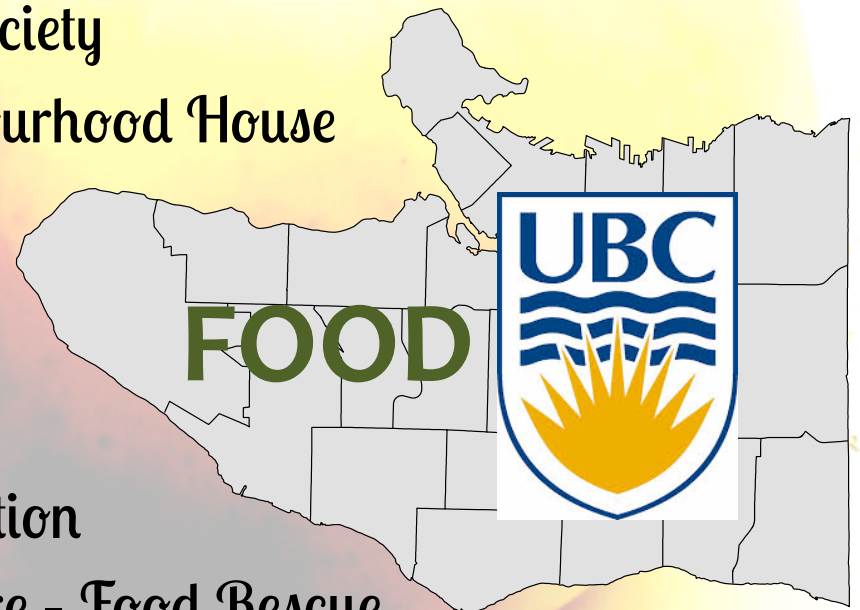
CC&L Food Programs

Grants

- Fresh Roots Urban Farm Society
- Downtown Eastside Neighbourhood House

Trek Placements

- Britannia Homework Club
- Special Olympics BC - Nutrition
- Strathcona Community Centre - Food Rescue



What Brought Me to Food Literacy?





Dish Washer's Duties

1. Bring pans to room
2. Get water in the best pan and tools
3. Wash the plates
4. Wash the dishes
5. Wash the spoons
6. Wash the cups
7. Wash the glasses
8. Wash the teapots
9. Wash the kettles
10. Wash the coffee pots
11. Wash the sugar bowls
12. Wash the creamers
13. Wash the butter tins
14. Wash the salt cellars
15. Wash the pepper boxes
16. Wash the mustard pots
17. Wash the vinegar cruets
18. Wash the oil cruets
19. Wash the wine cruets
20. Wash the lemon juice cruets
21. Wash the orange juice cruets
22. Wash the grape juice cruets
23. Wash the apple juice cruets
24. Wash the cherry juice cruets
25. Wash the strawberry juice cruets
26. Wash the raspberry juice cruets
27. Wash the blueberry juice cruets
28. Wash the blackberry juice cruets
29. Wash the elderberry juice cruets
30. Wash the huckleberry juice cruets
31. Wash the logberry juice cruets
32. Wash the mulberry juice cruets
33. Wash the currant juice cruets
34. Wash the gooseberry juice cruets
35. Wash the raspberry juice cruets
36. Wash the blackberry juice cruets
37. Wash the blueberry juice cruets
38. Wash the blackberry juice cruets
39. Wash the blueberry juice cruets
40. Wash the blackberry juice cruets

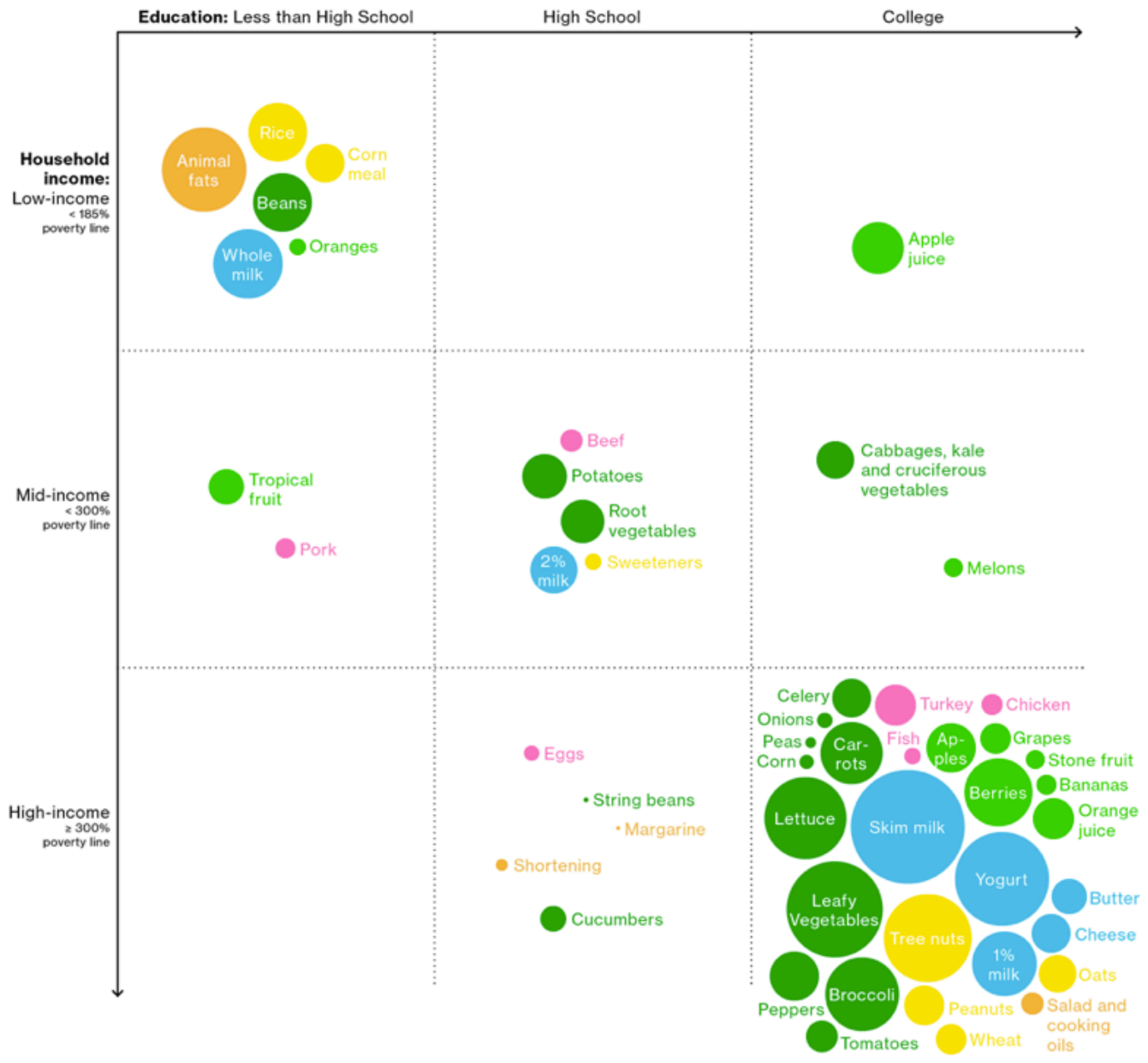
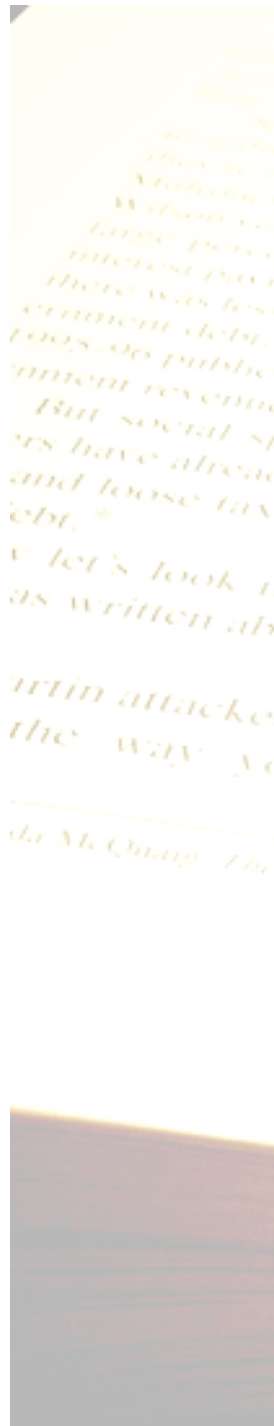
Dish Paper's Duties

1. Scrape and brush the dishes
2. Get hot water in a bucket
3. Dip the dishes in the hot water
4. Wash the dishes with the brush
5. Hold the dishes under the running water
6. Hold the dishes under the hot water

Table Washer's Duties

1. Get a good brush, soap, water in pan and scrub cloth
2. Wash the part of table not occupied by dishes and glass
3. Wash the part of table not occupied by dishes and glass
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29. Wash the part of table not occupied by dishes and glass
30. Wash the part of table not occupied by dishes and glass

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.



● Dairy ● Fruit ● Vegetables ● Meat ● Nuts, grains and sweeteners ● Fats and oils
 Larger circles = larger differences in consumption between those demographics consuming the most and the population as a whole.

GRAPHIC BY BLOOMBERG BUSINESSWEEK; DATA: UNITED STATES DEPARTMENT OF AGRICULTURE



Overcoming the notion that low socioeconomic status is an impermeable barrier to eating nutritious and delicious food.



Approximate Cost Per Serving: \$0.60

sprouts



ASSOCIATION OF NEIGHBOURHOOD HOUSES BC



Greater Vancouver Food Bank Society - Community Kitchen Program



Project CHEF



Cook Healthy Edible Food

QUEST food exchange



SUSTAINABLE OPPORTUNITIES FOR



Fresh Roots Urban Farm



Join the Movement.



VANCOUVER FRUIT TREE PROJECT



**Guidelines for
Food and Beverage Sales
in BC Schools**

**Ministry of Education
&
Ministry of Healthy Living and
Sport**

**Updated
August 2010**



ActNowBC

**SCHOOL MEAL AND SCHOOL NUTRITION
PROGRAM HANDBOOK**



A Resource for Administrators of School Meal and School Nutrition Programs



www.healthyschoolsbc.ca

Healthy Schools BC Resource Guide for Teaching and Learning



HealthyFamiliesBC



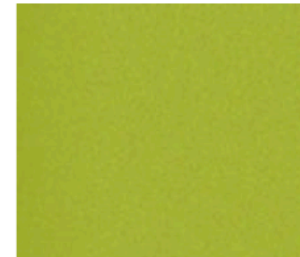
HEALTHY SCHOOLS BC

A Fresh Crunch in School Lunch:

The BC
Farm To School
Guide
2nd Edition

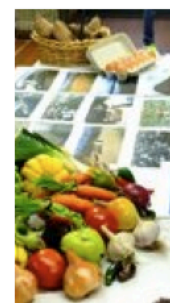


DIG IN!

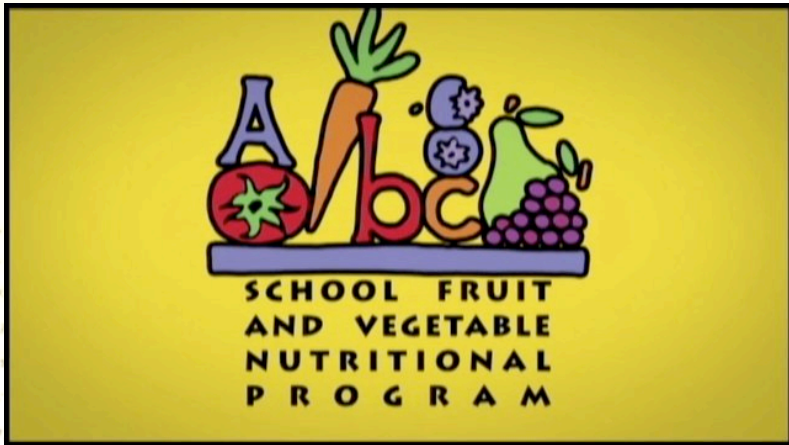


de la ferme
à la Cafétéria
Canada

farm to
Cafeteria
Canada



Local Foods
Canadian schools, campuses, and health care facilities
speak up.
October 2013



“56.2% of Canadians (age 12+) consume fewer than five servings of vegetables and fruit per day” (PHAC, 2009).

THE BC SCHOOL FRUIT AND VEGETABLE NUTRITIONAL PROGRAM





BC
Agriculture
in the Classroom
Foundation



A10 TUESDAY, NOVEMBER 1, 2011 THE TIMES

Abby kid cooks take a bite out of B.C.

Scramble to serve up to 250 people

ROCHELLE BAKER
rbaker@abbotstimes.com

It's a cold, dreary day outside, but the kitchen at Abbotsford Collegiate Secondary is toasty warm and smells like Thanksgiving dinner.

The clatter of pots and the orders of instructor chef Andreas Fopp ricochet off the walls and stainless steel counter tops.

"It makes students aware of what's grown locally and particularly within Abbotsford."

— Andreas Fopp chef

The 15 or so students in the school's cafeteria or professional cook programs bustle around preparing lunch for the teachers' cafe and student cafeteria.

The student cooks will be feeding and serving up to 250 people, and the day's



— ROCHELLE BAKER/TIMES

Student cooks Caessia Muirhead (above, left), Lukas Hendricks and D'arcy Main cut fresh, local vegetables as Chef Andreas Fopp (right) shows Kayla Van Veld how to carve B.C. bred roasted chicken.

menu features items such as roasted Mediterranean chicken with garlic herbs and seasonal vegetables, a Thai chicken and fresh veggie stir fry and a pulled pork sandwich topped with caramelized onions.

Most of the tasty fare the student cooks concoct daily is made from fresh local produce — much of it from Abbotsford — thanks to the

Take a Bite of BC Program.

The program, aided by its other community partners, delivers a range of B.C. grown products such as vegetables, fruit, meat and dairy products to participating school kitchens over a four-month period.

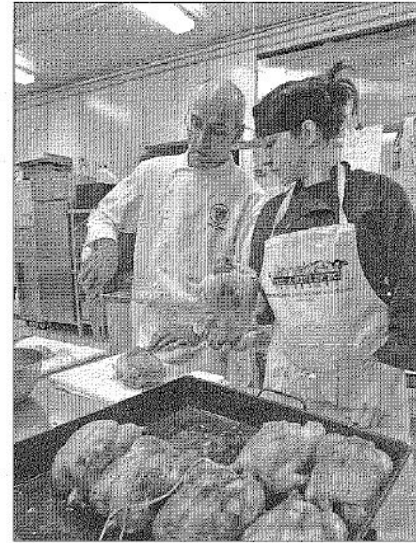
"It's a wonderful thing," said Fopp.

"It makes students aware of what's grown locally and

particularly within Abbotsford."

An awareness of how to incorporate local produce into menus is particularly important with the growing popularity of notions such as the 100-mile diet, said Fopp.

Students also learn to plan and prepare menus using fresh, seasonal ingredients as well as develop an appre-



ciation for farmers in their community, he added.

As Fopp begins to show his students how to carve up a golden brown, freshly roasted chicken, it becomes clear not only the cooks, but also their guests will develop a healthy appreciation for local food.

The Take a Bite of BC program was developed by BC Agriculture in the Classroom Foundation in partnership with the BC Culinary Arts Association, BC agricultural commodity groups and BC producers. For more, visit <http://www.aicc.ca/bc/index.php?page=take-a-bite-of-bc>.

THINK EAT GREEN

44 Schools



ELEMENTARY SCHOOLS

SCHOOL	UBC COURSE	ACTIVITY
Queen Alexandra	LFS 250	School Food Environment Assessment
	FNH 473	Assessing the Breakfast Program
Sir William Van Horne	LFS 250	School Food Environment Assessment
General Brock	LFS 250	Garden Maintenance & Management Plan
Queen Elizabeth	LFS 250	Garden Maintenance & Management Plan; School Food Environment Assessment
Tyee	LFS 250	Curriculum Development
Sir Wilfred Grenfell	LFS 250	Garden Maintenance & Management Plan
David Lloyd George	LFS 250	School Food Environment Assessment
	LFS 350	Enhancing the Sustainability of a Lunch Program
Graham D. Bruce	LFS 350	Farm2School Salad Bar Program
Bayview	LFS 250	Garden Maintenance & Management Plan
Grandview/ᓃuuqinak'uuh	LFS 250	Garden Maintenance & Management Plan School Food Environment Assessment
	FNH 473	Incorporating a Salad Bar into the School Lunch Program
Sir John Franklin	LFS 250	School Food Environment Assessment
	FNH 473	Improving the Nutritional Status of Children through Snack Choice
Simon Fraser	LFS 250	School Food Environment Assessment
Trafalgar	LARC 503	Plan and Design an Outdoor Classroom and Enhanced School Environment
	APBI 402	Soil Testing and Analysis
L'Ecole Bilingue	LFS 250	Garden Maintenance & Management Plan

SECONDARY SCHOOLS

SCHOOL	UBC COURSE	ACTIVITY
Kitsilano	LFS 250	Garden Maintenance & Management Plan
David Thompson	LFS 250	Garden Maintenance & Management Plan; Kitchen and Cafeteria Assessment; Menu Analysis: Food, Sustainability, and Health
	LFS 350	Development of a School Wide Composting Program
	FNH 473	Sustainability Week
Wandermere	SOYL	Student Leadership and Summer Garden Maintenance
	LFS 250	Curriculum Development; Kitchen and Cafeteria Assessment; Menu Analysis: Food, Sustainability, and Health
Vancouver Technical	FNH 473	Enhancement of School Wide Composting Program
	LFS 250	Garden Maintenance & Management Plan
Gladstone	SOYL	Student Leadership and Summer Garden Maintenance
	LFS 250	Garden Maintenance & Management Plan; Curriculum Development; Kitchen and Cafeteria Assessment; Menu Analysis: Food, Sustainability, and Health
Britannia	FNH 473	Garden Fiesta - Increasing Student Interest and Participation in the School Garden
	SOYL	Student Leadership and Summer Garden Maintenance
Sir Winston Churchill	SOYL	Student Leadership and Summer Garden Maintenance
University Hill	LFS 450	Fostering Connections with the UBC Farm

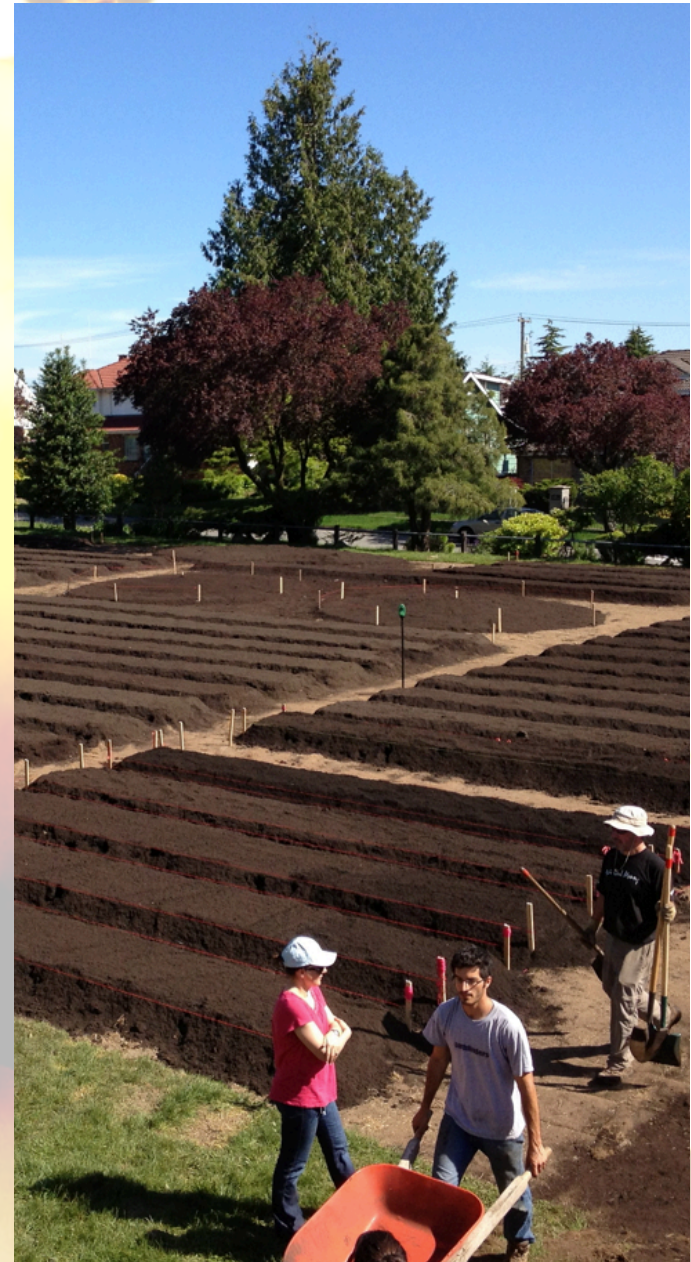
Sustainable Opportunities for Youth Leadership

8 Schools



Fresh Roots Urban Farm Society

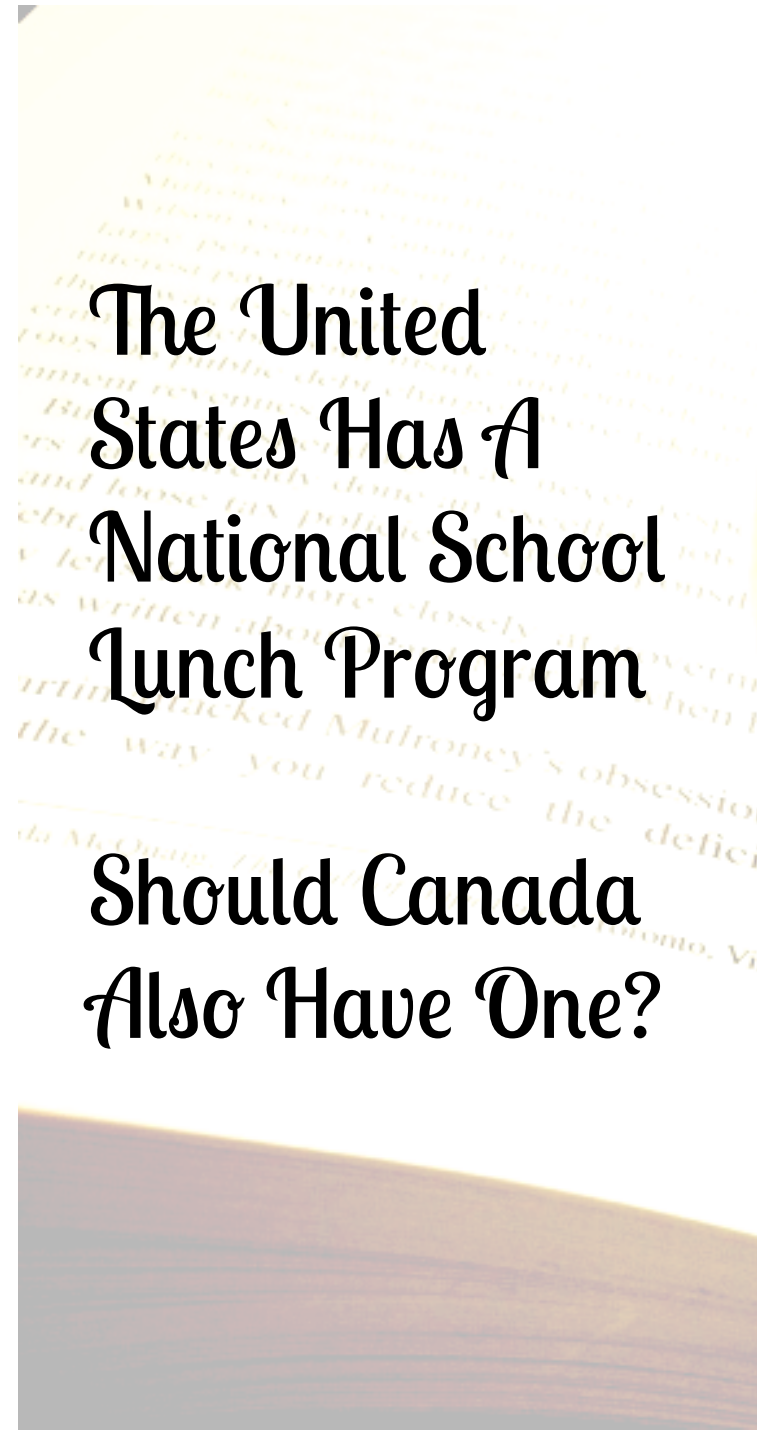
3 Schoolyard Market Gardens



Innovative Projects ...



... Warren's Wall - Strathcona



The United States Has A National School Lunch Program Should Canada Also Have One?

RETHINKING SCHOOL LUNCH

A planning framework from the Center for Ecoliteracy

SECOND EDITION



CENTER FOR ECOLITERACY

So Much To Lose ...

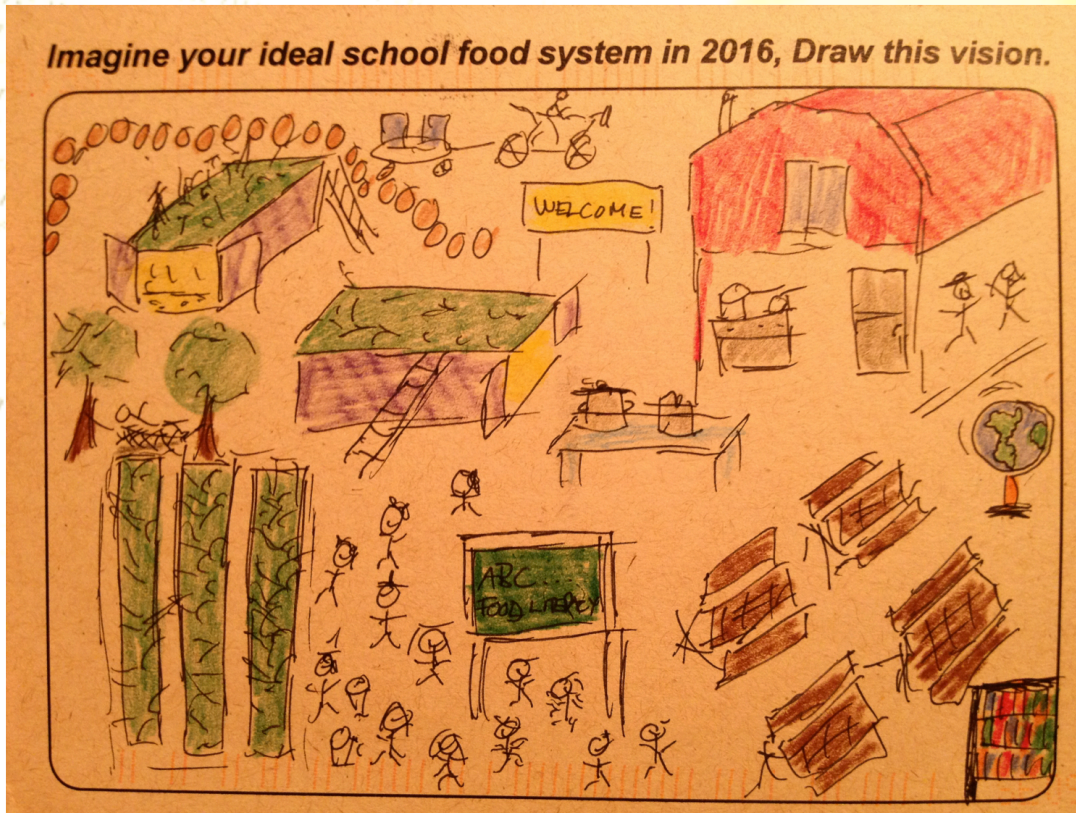
“When children go to school hungry or poorly nourished, their energy levels, memory, problem-solving skills, creativity, concentration and behaviour are all negatively impacted.”

– The Chief Public Health Officer's Report on the State of Public Health in Canada 2008 (Public Health Agency of Canada, 2008)

Yet, So Much To Gain ...

The 2010 provincial report, Guidelines for Food and Beverage Sales in BC Schools, notes that “children with healthy diets have improved brain development and mental abilities, increased self esteem, reduced anxiety, and less depression and hyperactivity.” The report emphasizes that “schools provide the ideal setting to enable children and youth to make healthy eating choices that support the realization of their individual potential.”

My Vision for Schools ...



ecschofield@gmail.com
appetite4change.wordpress.com
www.students.ubc.ca/communitylearning/

Thank you!