



BUILDING A HEALTHY COMMUNITY

A school resource for food programming



The *Building a healthy community: A school resource for food programming* was completed in 2014 by Food Matters Manitoba with support from Canada Summer Jobs and the Public Health Agency of Canada.

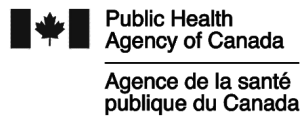


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What is this resource guide about?

Across Winnipeg there is a growing interest in food issues. Many members of our community face challenges accessing and preparing healthy foods, increasing numbers of people are dealing with chronic diseases such as diabetes, and there is a growing awareness of the role of the importance of cultural food traditions.

Schools can be key partners in not only educating the young leaders of tomorrow but can also be part of strengthening the surrounding neighbourhood. This resource guide is an opportunity to learn about ways schools can take action to support their students and their community through food programs.

Food programming in schools can:

- Address curriculum outcomes by learning about plant growth, nutrition, culture, the environment, and food decomposition.
- Increase student class performance and participation as well-nourished children can perform better in school.
- Build community, bridge divides, and honour cultural traditions.
- Help students learn new life skills that will contribute to lifelong healthy living.
- Address the needs of students and families for healthy food.

These are just a few of the opportunities that exist for healthy food work in schools. This work can take time and effort, but this guide lays out some simple steps to get started as you develop food programs.

Eight Ways to Take Action

There are lots of ways that you can incorporate food programming into your school. This guide highlights eight ways that you can take action in your school.

- 1) Start a school garden**
- 2) Become a Winnipeg FoodShare Co-op good food box depot**
- 3) Start a community kitchen**
- 4) Compost**
- 5) Incorporate healthy, culturally appropriate and traditional food into programming**
- 6) Build nutrition capacity with the Winnipeg Regional Health Authority and Dairy Farmers of Manitoba**
- 7) Practice meal planning and budgeting**
- 8) Conduct community mapping and planning**

Schools Taking Action

Winnipeg School Division (WSD) is already home to schools that are doing food-related programs. Many schools, for example, offer healthy breakfasts and lunches to their students. For many students, these programs provide much needed food and are a key service that schools can provide. Schools often have parent rooms, meals and events to bring their school community together, or incorporate growing activities into science classes.

The three schools that are highlighted here have developed some innovative food programs that are building connections between the schools and the surrounding community and are providing opportunities for student learning inside and outside the classroom about food skills and sustainability.

Dufferin School

Vision

Dufferin School is home to beautiful gardens used by students and the surrounding community. Created in hopes of being a learning space for the students at Dufferin, the gardens provide a connection to nature, food and health. In addition to the students' education, the gardens provide space and opportunity for the newcomer population within the community. Nearby newcomer families are able to use gardens plots to grow food and are given the opportunity to share and connect with the community over this food.



Key Activities

Dufferin uses raised garden beds to grow nutritious foods such as squash, peas, beans, cucumber, lettuce and much more. Planting and maintenance in spring and early summer is done by students, staff and families.

Growing food once school is out for the summer is often a challenge for schools with gardens. To address this, the school partners with the Boys and Girls Club and neighbourhood families to care for the garden in summer months.

The harvest is carried out in late August and early September. When school reopens in fall the nutrition coordinator uses the produce from the garden in cooking and baking activities in which students and families can enjoy the delicious bounty of their hard work. The food is also distributed to families along with information about

healthy eating, through the nutrition programming in the school's parent room. Nutrition education and nutrition bingo are two ways Dufferin School is spreading the word about healthy eating.



Challenges

Running a garden requires hours of work, vision and coordination. Finding someone who has enough time to devote to overseeing the garden in addition to having aspirations for growth and change has been challenging for Dufferin School. They currently receive great support from community volunteers but are in need of more help to keep the garden growing and organized in the future.

Sisler High School

Vision

Sisler High School is an inspirational example of a school engaging students in many types of food programming, from cooking to growing to composting. The Sisler Sustainability Circle not only helps students learn where food comes from, but also helps them learn the practical skills needed to grow and prepare healthy food.



Key Activities

Programming is delivered through Home Economics classes and an after-school Sustainability Circle. The combination of both has cultivated enough interest to have students offering to help outside of school hours in addition to the after-school clubs.

Activities include:

- Farm visits to learn about how food is grown and to meet and learn from farmers.
- Trying to purchase organic, local, and fair trade products to ensure money supports sustainable producers.
- After school cooking classes available to students where

they learn how to cook healthy food.

- Lessons on preserving foods like canned tomatoes, pickles, and salsa.
- Students participate in growing a garden at the school. In the summer, students come to the school to help care for the garden once a week. The school is also home to several fruit trees.
- The food produced in the garden is used by the cooking class to prepare for a Fall Feast that is open to the surrounding community.
- The Sustainability Circle collects compost from around the school and uses the compost to support the garden.



Challenges

The biggest challenge that the Sisler Sustainability Circle faces is time. Running such a diversity of programs takes a lot of time and effort from staff and students.

Hugh John A. Macdonald School

Vision

Hugh John Macdonald School has a strong vision for their students and community. A big part of this vision is food, and how it brings community together and also encompasses the diverse cultures represented at the school. Part of their vision is to share food not only for the nourishment and health of their students but also to educate, empower, celebrate and reach out to their community.

One of the school's goals is ensuring that the neighbourhood's large newcomer population has opportunities to get involved in the school's food programming.



Key Activities

With the partnership and help of Canadian Education Development Association (CEDA), Hugh John Macdonald has been able to develop a beautiful collection of raised bed gardens. Students are growing beans, peas, tomatoes, garlic, potatoes and much more!

A second component to the garden is the Village Kitchen. With recent upgrades, the kitchen is now certified as a learning commercial kitchen. Hugh John shares the space at no cost to community members who have started small catering businesses to support local economic development. In addition, the space serves a complimentary breakfast to the students, subsidized lunches, and an after school snack during certain programming.

Cooking lessons are also available to students through partnerships with the University of Manitoba's Human Nutritional Sciences department and Mary Jane's Cooking School. In addition to cooking classes students have been taught how to can and pickle the vegetables from their garden with help from the same outside partners.



Challenges

Funding is required to operate the kitchen and garden. The school has been able to largely overcome this challenge by making several partnerships and connections in the community that provide funding, supplies and expertise. The school mentioned these partnerships as a very important aspect of ensuring the success of their food programming initiatives.

Eight Ways to Take Action at Your School

1) Gardening

A garden can be a rewarding way to teach students about plants and food production, beautify school grounds, engage community members, and produce healthy food for school programs.

2) Become a Good Food Box depot

Connecting with the Winnipeg FoodShare Co-op makes it easy to increase access to healthy affordable food for your school community.

3) Community Kitchen

Opening up your school kitchen to the community could be easier than you think. It is a great way to offer healthy eating programming and share skills with students and the community.

4) Composting

Composting is a great tool to teach students about the full cycle of their food, right up to decomposition. It will also

help your school reduce food waste and can provide fertilizer for your growing activities.

5) Incorporating healthy, culturally appropriate and traditional foods

This is a great way to celebrate diversity and history in your school, while allowing students to explore and enjoy a variety of healthy food options.

6) Build Nutrition Capacity

The Winnipeg Regional Health Authority is a great connection for your school to have. They are well trained and have resources for nutrition focused education. The Dairy Farmers of Manitoba provide hands-on nutrition workshops for educators and comprehensive curriculum resources.

7) Meal planning and budgeting

Get some tips and templates for meal planning and budgeting to pass these onto students and families.

8) Conduct Community Food Mapping

Not sure where to start? Community food mapping is one way that you can connect with your community to identify what services already exist and what gaps your school could fill.



Gardening

Why garden?

There are lots of reasons to start a garden at your school. Here are some of them:

- Allows students to learn practical gardening skills;
- Creates opportunities for science lessons about plants and food;
- Helps students understand where their food comes from;
- Creates connections with families or community agencies who may also want to garden;
- Gardening can be a therapeutic activity, especially for children who struggle in a classroom setting;
- Produce can be used in school programs or events.

Getting Started

1) Develop your vision

Think about where you want to put the garden? What is the purpose of the garden? Will you incorporate it into classes or after school activities? Will you partner with another community organization or school families to run the garden in summer?

2) Get permission

Before you plant, make sure everyone is on board. You will also want to source help from the community or parents for summer months.

3) Find a site

This is an important decision. Think about water access, sunlight and soil health when choosing your space.

4) Build your garden

Clear the space, till the soil or build the boxes. This could be a great chance to get students or volunteers involved.

5) Plant your garden!

Check out all the resources and tips below on how to have a successful garden.

Resources

The North End Community Renewal Corporation has created a guide with lots of great tips for growing your garden.

Link:
www.gov.mb.ca/ana/pdf/community_gardener_guidebook.pdf



Urban Eatin' has a collection of resources and provides workshops and services to help you create your garden. While there is a cost to this service they sometimes have grants and bursaries to get you started.

Link:
www.urbaneatin.com/



You don't need to only plant food in your garden. Maybe you want to try growing flowers that attract butterflies or birds. Prairie Originals has information on Manitoba's beautiful natural species and everything you need to know to grow them successfully.

Link:
www.prairieoriginals.com/

Gardening Tips

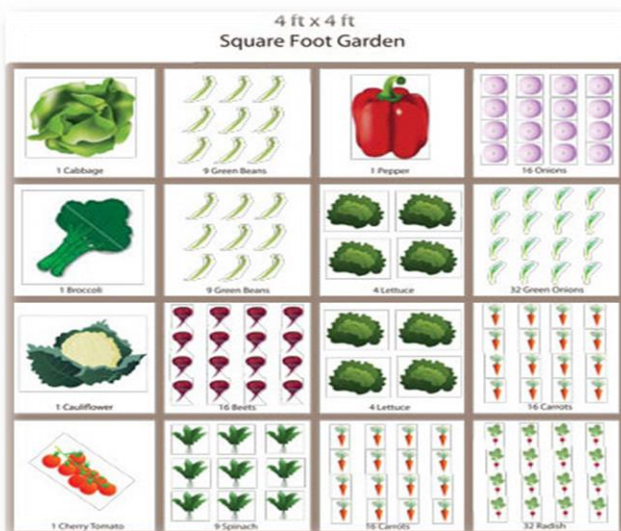
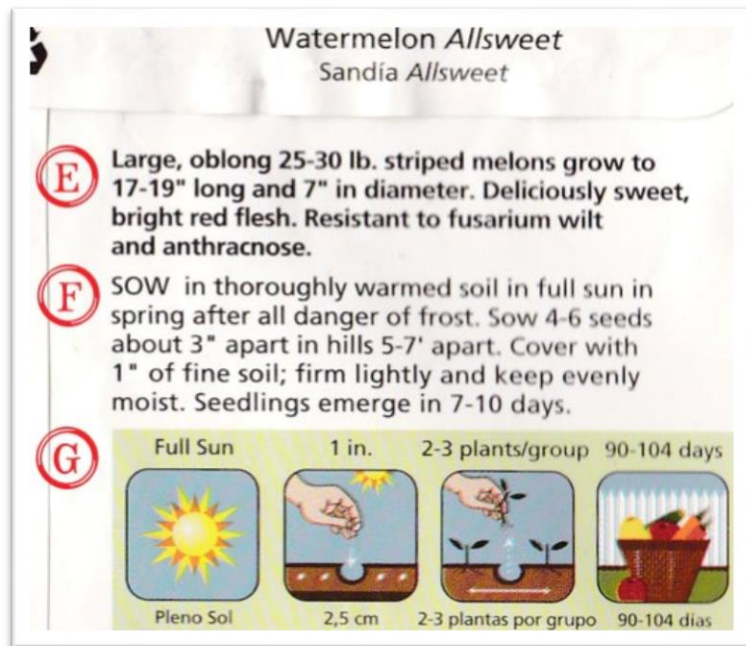
Garden Planning

Before you start your garden have your students plan what they want to plant. Ask them for their favourite vegetables or possibly which ones pair together well. A garden can also be planned around a meal or theme. For example, the 'pizza garden' contains everything you would find on a pizza and in the sauce like tomatoes, basil, onions, and green peppers.

One fun way to envision a garden is to provide students with a blank paper in which they section off squares with four horizontal lines and four vertical lines to make a 4X4 grid. Get them to dream up what they would grow in their garden! Challenge the older students to read the seed boxes to find out what types of vegetables will grow well together.

Reading Seed Packets

Everything you need to know about how to grow a particular vegetable is on the seed packet. The packet will explain what variety of vegetable you are growing and all the details you need to grow it; how much sun it will need, how deep and how far apart to plant the seeds, what conditions its favours, if it requires pruning and how long it will take until harvest.



Starting your vegetables indoors as seedlings is a great way to give your plants a head start and is also a chance to beat seasonal woes by getting your hands in some dirt and growing food before the snow melts.

Becoming a Good Food Box depot

Why become a depot?

Access to healthy food is a challenge for many Winnipeggers. Inner city grocery stores have been closing, prices are rising and not everyone is as able to make the long expensive trips required to get affordable, quality food.

The Winnipeg FoodShare Co-op (WFC) has responded to this by delivering good food boxes to community depots (or pick-up locations) on a bi-weekly basis. The goal is to make fresh, healthy food more available to people living in Winnipeg's inner city.

The boxes are full of fresh fruit and vegetables at an affordable price. By becoming a depot site, schools can help bridge the access gap for their families and community members.

Getting Started

In order to become a depot you must first generate interest. You will need at least 10 people interested in buying Good Food Boxes to become a depot site. WFC staff can bring sample boxes to your school and present about the benefits and details of becoming a depot, as well as provide material to help you promote your depot.

Being a depot is an ongoing responsibility, and requires collecting and submitting orders and payment and being available when people come to pick up their food.

If you think becoming a depot would make a good fit in your school or community, contact the coordinator at WFC (see contact information below).

You can learn more about WFC on their website: www.winnipegfoodsharecoop.org.

Sample medium box \$15

- 3 large navel oranges
- 2 lemon
- 3 kiwi
- 1 kale
- 1 grapefruit
- 1 cucumber (local)
- 1 head of lettuce
- 2 pounds of cooking onions (local)
- 4 pounds of red potatoes (local)
- 1 pound of carrots (local)

Winnipeg FoodShare Co-op provides three box sizes: small (roughly 1 person), medium (2 people) or large (4 people)



Contact Information

1095 Winnipeg Ave
Winnipeg, MB, R3E 0S2
PH: 204.414.2667
coordinator@foodsharecoop.com



Start a Community Kitchen

Why start a community kitchen?

Community kitchens make fantastic outlets for healthy

*Try a **Cook n' Share** at your community kitchen! Everyone brings one ingredient or you can harvest from your community garden to collectively cook a meal that can be divided and shared to take home.*

food programming, skills training, and general community building.

Many schools have kitchen facilities which hold great potential for families and students in their community. Whether it is cooking classes that introduce easy to make, low-cost healthy meals or opening up the kitchen to rentals for community members to make and potentially sell their own healthy food, a community kitchen can become a hub of food programming.



Getting Started

The Winnipeg Regional Health Authority handbooks listed below have all the information and support needed to help you open your community kitchen.

The WRHA Handbook to the Community Kitchen is a great resource with information on starting and running your community kitchen. The guide comes equipped with several templates for shopping lists, inventory, and much more. This is a comprehensive guide that every community kitchen should have.

Link:
<http://www.wrha.mb.ca/extranet/nutrition/files/WinnipegCooksHandbookforCommunityKitchens.pdf>

This WHRA guide is a shorter more condensed version of the longer handbook but is a great resource for people focused on opening a community kitchen. The guide comes with an explanation of the rules and regulations as well as some helpful organizing tips.

Link:
<http://www.wrha.mb.ca/Community/seniors/files/Nutrition-09.pdf>

The Knox Community Kitchen is a great example of a community kitchen in the downtown area. Whether it is catering community events or renting out the space to new businesses, the Knox Community Kitchen utilizes their space to the fullest.

Link:
<http://www.knoxkitchen.ca/>



Community Kitchen Tips

Try circulating a poster about the community kitchen to raise interest.

If you are lost for recipe ideas you can find ones like these and many more in the community kitchen guide provided above.

Community Kitchen Meeting

Form A

If you would like to:

- Save money on food
- Take home tasty meals for your family
- Meet new friends
- Share recipes

Please come to the information and planning meeting.

Refreshments will be served.

Where _____

When _____

Time _____

Or call _____ for information



Lentil Spaghetti Sauce

Serves 12

This sauce can also be used in lasagna, on pizza or with meatballs.

2 large	onions chopped	2 large
3 stalks	celery, chopped	3 stalks
5	garlic cloves, chopped	5
2-1/2 tbsp	oil	37 ml
2-1/2 cups	red lentils, washed	625 ml
1-2/3 cups	water	400 ml
2 cans (19 oz)	tomatoes	
3 cans (5-1/2 oz)	tomato paste	
2-1/2 tbsp	parsley, chopped	
1-1/4 tsp	dried oregano	
1-1/4 tsp	salt	
pinch	cayenne pepper	
garnish	grated Parmesan cheese	

In a large saucepan on medium high heat, cook onion and garlic in hot oil for about 5 minutes, or until

soft. Add lentils and water. Add tomatoes, tomato paste and seasonings. Cook covered for about 15 minutes, until lentils are soft and mushy.

Serve over cooked spaghetti. Sprinkle with Parmesan cheese.

Reprinted with permission from *Community Kitchens Shopping Guide*, Laura Kalina, Kamloops Foodshare, 2011. Recommended by: St. Matthews Maryland Community Kitchen

Mediterranean Chicken

Serves 12

3 (2-1/2 to 3lb)	whole chickens	3 (1-1.5 kg)
2 tbsp	olive oil	30 ml
2 cups	finely chopped onions	500 ml
4	minced garlic cloves	4
1 can (19 oz)	diced tomatoes	1 can (540 ml)
7 cups	canned tomato sauce	1.75 L
3/4 cup	dry red wine or apple juice	175 ml
2 tbsp	balsamic or wine vinegar	30 ml
1/4 tsp	salt	1 ml
1/2 tsp	pepper	2 ml
1/4 tsp	allspice	1 ml
1/4 tsp	paprika	1 ml
6	garlic cloves	6
5	bay leaves	5
2 lb	rotini pasta	1 kg
1/2 cup	grated Parmesan cheese	125 ml
1/4 cup	chopped black olives	50 ml

Remove the skin from the chickens. Cut each chicken into 8 pieces. Heat half of the oil and sauté the pieces of chicken (approximately five minutes on each side) at medium temperature. Set aside.

Prepare the sauce: heat the rest of the oil and brown the onions and garlic. Add the next eight ingredients. Wrap the cloves and bay leaves in cheesecloth and add to the sauce. Bring sauce to a boil then add the pieces of chicken. Let simmer uncovered for approximately 45 minutes. Remove the chicken pieces, and coat them with a little sauce. Keep warm.

Cook the pasta for 2 minutes in boiling water and strain. Finish cooking the pasta in the sauce, for approximately 8 to 10 minutes. Remove the cloves and bay leaves wrapped in cheesecloth. Serve 2 pieces of chicken with 1 cup (250 ml) of pasta. Garnish with Parmesan cheese and chopped black olives.

Recipe provided by: Winnipeg Technical College, Commercial Cooking Program

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Pumpkin Pie Cake

Makes 9 x 13 inch (23 x 33 cm) pan

BASE

1	white cake mix (reserve 1 cup for topping)	1
1/2 cup	margarine (softened)	125 ml
1	egg	1

Mix and press into a 9 X 13 inch (23 x 33 cm) pan.

FILLING

28 oz	pure pumpkin	796 ml
3	eggs	3
1/2 cup	brown sugar	125 ml
1/4 cup	white sugar	50 ml
2/3 cup	evaporated milk	150 ml
2 tsp	ginger	10 ml
2 tsp	cinnamon	10 ml
1/4 tsp	nutmeg	1 ml
1 tsp	mace	5 ml

Beat together and pour over base.

TOPPING

1 cup	reserved cake mix	250 ml
1/2 cup	brown sugar	125 ml
1/4 cup	margarine (softened)	50 ml

Mix into crumbs and sprinkle over filling. Bake at 350°F (180°C) for 1 hour. Cool and serve with whipped cream.

Recommended by: Victor Mager Community Kitchen

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Composting

Why compost?

When food is thrown out and put in the landfill it creates methane, a greenhouse gas that contributes to climate change. But when food is composted it doesn't produce methane – and instead turns that food into resource-rich compost that you can use in your garden.

Composting can be done on a small or large scale, inside or outside, and can be incorporated into classroom lessons or school sustainability activities.

Through composting, students will have the chance to learn about recycling organic waste and the natural cycle of decomposition, all while preparing the fertile soil needed to start your gardening projects.

Getting Started

1) Make a plan

Who will be involved in the compost project – the whole school, a grade, or one class? It might be a

good idea to start small to try it and grow over time.

2) Get permission

Ask your administration for permission and other staff for support.

3) Choose your style

There are a variety of types of composting you could do. Will you try vermicomposting right in your classroom or have a compost bin outside the school?

4) Educate the school

Advertise your efforts to gain support and be sure to let participants know what can be composted and what cannot. Composting will be new for many staff and students so education is important. Make sure to incorporate the science of composting and the many

environmental and garden benefits it offers.

5) Start composting!

Purchase your bins, set them up, and collect your food waste.

Links and resources



Check out Green Action Centre for a host of sustainable ideas and information. Under their “Do More” tab you will find information about composting and vermicomposting (composting using worms). They also offer workshops (for a suggested honorarium) that can be done right at your school with students. Learn first-hand from the professionals and invite an inspiring role model into the school for the students to learn how to begin your composting project.

Link:

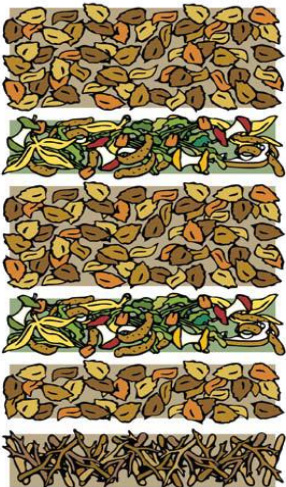
<http://greenactioncentre.ca/>



Composting

Tips

Remember to have a balance of both green material (food waste or wet organic material) and brown material (dead leaves or grass, wood chips, straw). Mixing in generous amounts of brown material will allow for more air and speedier decomposition that helps you avoid odour and unwanted pests.



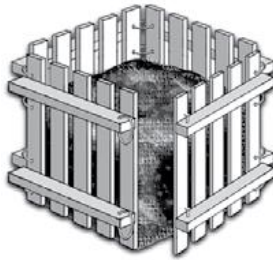
Different outdoor styles to choose from:



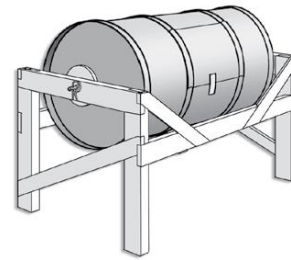
The commercial bin



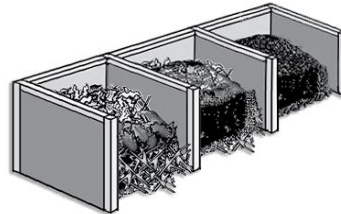
The chicken wire compost



The pallet compost



The rolling barrel compost



The three-bin system

What goes in and what stays out?

GOES IN

Vegetable and fruit scrap
Fresh grass clippings
Garden waste
Fresh weeds (no seeds)
Coffee grounds/filter and tea leaves/bag

STAYS OUT

Meat or bones
Dairy
Fish
Animal manure
Oily food

Try and maintain a 50% green and 50% brown balance in your compost. Measure green and brown material by weight not volume. Because brown material is often lighter, you will be adding what looks like more of it to your compost.

Incorporating Healthy, Culturally Appropriate and Traditional Food

Why incorporate traditional and cultural food into your school?

Many schools are very diverse places with students and staff from different cultures and backgrounds. Food is one way for students and families to share about their culture. Everyone enjoys food! Focusing on cultural foods can:

- Be part of food skills programming to teach students new skills.
- Get parents involved as volunteers and facilitators.
- Increase cultural awareness amongst students, staff, and the school community.
- Build cultural identity and pride.
- Be part of school celebrations and events.

Getting Started

1) Collaborate with existing programs

Many schools run cooking classes or snack programs where traditional food can be easily incorporated.

2) Ensure inclusion

Take into consideration dietary restrictions such as halal, kosher, and vegetarian food.

3) Get support

Find out what resources exist within your school community. Get parents involved by inviting them to help facilitate classes with foods from their traditions.

4) Acquire ingredients

Some ingredients may be difficult to find. A resource is listed below to help with finding traditional Aboriginal foods. Foods from other parts of the world are often available in specialty stores – or there may be more common local ingredients that can be substituted to reduce costs.

5) Enjoy and share

Make sure to share the experience with as many families and students as possible. Celebrate your wonderful diversity!

Links and Resources

Traditional First Nations foods can be hard to find. Luckily there are several options for purchasing and trying traditional foods. Food Matters Manitoba has compiled this guide for finding traditional First Nations foods in Winnipeg stores.

Link:

<http://www.foodmattersmanitoba.ca/2014/04/traditional-food-guide-winnipeg/>

The link below, also from Food Matters Manitoba, identifies curriculum connections with Aboriginal food skills programs.

Link:

<http://www.foodmattersmanitoba.ca/traditional-foods-schools/>

Manitoba Government School Nutrition Information Line:

1-888-547-0535

Link:

<http://www.gov.mb.ca/healthyschool>

Organize Nutrition Training from the WRHA

Why organize nutrition training?

The nutrition support provided by the WRHA and Dairy Farmers of Manitoba is meant to reach educators and community volunteers to complement their food knowledge with technical and leadership skills. In addition, the skills taught are provided with the intent that they will be transferred to other community members and students, spreading the benefit of their expertise. Make nutrition a priority for your next SAG day with a Dairy Farmers workshop. Their programming could be the added support needed to help make your food programming as successful as possible.



Winnipeg Regional Health Authority

Office régional de la santé de Winnipeg

*Caring for Health
À l'écoute de notre santé*

Link:

<http://www.wrha.mb.ca/prog/nutrition/>

Getting Started

Public Health Dietitian

Each neighbourhood has access to a Public Health Dietitian. Their role in schools is to provide nutrition support and build nutrition related capacity. Contact your local public health office to connect with your neighbourhood dietitian (see phone numbers below).

Community Nutrition Educator (CNE)

The CNE program is a new initiative from the WRHA. A CNE is a trained volunteer with up to date, unbiased information on healthy eating and food safety. Contact your Public Health Dietitian to discuss potential use of a CNE volunteer at your school.

Dial-a-Dietitian

Dial-a-Dietitian is available to answer questions regarding nutrition and food.

(204) 788 8248

Toll free - 1 877 830 2892

These numbers will connect you with the Public Health Dietitian in your area. Phone

them today and together you can decide on the best course of action for your school's food programming.

**Downtown
(204) 791-6484**

**Fort Garry
(204) 940-2325**

**Point Douglas
(204) 770-3190**

**River East/St. Vital
(204) 612-1351**

**River Heights
(204) 938-5129**

**Seven Oaks/Inkster
(204) 470-9231**

**St. Boniface
(204) 612-1349**

**Transcona
(204) 803-8776**

**Assiniboine/St. James
(204) 940-1725**



(204) 488-6455

Link:

<http://www.milk.mb.ca/teachers/>

Meal Planning and Budgeting

Why teach meal planning and budgeting?

Planning your meals and budgeting for healthy food takes work. But with the right support and education the task can become much easier. Planning and budgeting are especially useful tools for families and individuals that may have to stretch their resources further than others. Students can also be involved in meal planning and budgeting, which can make these activities easier to incorporate into the home.

Try these easy tips for budget cooking from the Dietitians of Canada:

- Marinating inexpensive cuts of meat, such as pork shoulder, lamb shanks, or beef brisket adds flavour while it tenderizes.

- Save your cents with soup! It's cheap, easy, and comes in endless healthy varieties.

- Add plant-based proteins to your meals to make your dollar go further. Lentils, chickpeas, and black beans are delicious and very versatile.

- Spaghetti sauce is a classic favourite that can be made from scratch at a low cost!

The image shows a meal planning template from 'DIG INTO FRESH, LOCAL FOOD.' It features seven numbered boxes (1-7) for daily meals, each with sections for breakfast, lunch, and dinner. To the right is a shopping list with categories: produce, dairy, meat, bakery, and other.

Getting Started

Through the Dig-in Challenge, Food Matters Manitoba offers a simple meal planner combined with a shopping list. Challenge children to go home and plan meals with their families or have them do a trial run in the classroom. How much do your weekly meals cost? Is your week balanced with nutritious foods? Explore the website and consider one of the workshops to further the knowledge you can pass onto students and families. This meal planner can also be used in snack or meal programs run out of your school.

Link:

<http://www.diginmanitoba.ca/workshops/workshoptopics/buyingworkshops/dig-in-manitoba-blank-menu-plan-orange/>

For a wide array of different styles of meal planners check Tip Junkie at the link below. They also have tons of great recipes in case your students or families are lost for ideas.

Link:

<http://www.tipjunkie.com/post/meal-planner/>

Recipe ideas:

Link:

<http://www.tipjunkie.com/category/dinner/>

Mapping out the Community

Why do community mapping?

If you are not sure what the best way to get started is, consider consulting your community about what they want to see at your school.

One way to do this is community mapping. This technique is used to better understand and display issues faced by community members. As community members map out food in their community they will identify what exists, what they like, what they don't like, and what's missing.

Once you know where the gaps are in the community, you will have a better idea of how your school can help to address them.

Getting Started

Food Matters Manitoba has compiled a toolkit for conducting community mapping workshops. Check out the link below and remember this activity can be done with students, parents, or any other interested community members.



Sample Questions You Could Ask

- Where do you get your food?
- Which stores do you go to most?
- How do you get to these stores?
- Where are the community gardens, meal programs, and food banks?
- If you could have your community any way you like it what would you add, change, and/or take away?

Remember...

While professional maps would include all stores and spaces, community maps are meant to focus on places important to the community or participants engaged in the exercise.

LINK:

<http://www.foodmattersmanitoba.ca/food-mapping/>

Community Organizations in Downtown Winnipeg

Agape Table - 175 Colony Street – <http://www.agapetable.ca>

- Community Nutrition Centre
- Emergency Meals (free)
- Emergency Food Bank
- Low-cost Meals
- Low-cost Groceries
- Bag Lunches
- Kids Nutrition Program
- Adult Nutrition Program

Anishinabe Fellowship Centre - 287 Laura Street - <http://www.wicm.ca/fellowship.html>

- Wiggle, Giggle, Munch Program

Broadway Neighbourhood Centre - 185 Young Street - <http://www.thebnc.ca>

- Kids Cooking (cooking class)
- Community Harvest Host Site

Calvary Temple - 440 Hargrave Street - <http://www.ctwinnipeg.com/>

- Homeless Meals Program
- Sick and Needy Ministry
- Food Bank (by appointment)

Canadian Muslim Women's Institute - 416 McDermot Ave - <http://www.cmwi.ca/>

- Halal Community Pantry
- Nutrition Planning & Programs

Freight house Recreational Centre Door #1 - 200 Isabel Street

- Healthy Start for Mom & Me

Dairy Farmers of Manitoba - 4055 Portage - <http://www.milk.mb.ca/>

- School nutrition resources
- Nutrition curriculum tools
- School Milk program

Helping Hands Resource Centre for Immigrants- 126-400 Edmonton Street-<http://helpingimmigrants.org/>

- Newcomers Nutrition & Grocery Shopping Education

Immigrant Centre Manitoba Inc. - 100 Adelaide Street - <http://icmanitoba.com/>

- Newcomers Cooking & Nutrition Classes

IRCOM - 95 Ellen Street- <http://www.ircom.ca/>

- After-School Healthy Snack
- Wiggle, Giggle, Munch Program

Knox United Church - 400 Edmonton Street - <http://www.knoxkitchen.ca/>

- Knox Community Kitchen
- Healthy Start for Mom & Me
- Central Park Women's Resource Centre
- Rainbow Community Garden

Lighthouse Mission - 669 Main Street - <http://lighthousemission.ca/>

- Hot lunch on Wednesdays
- Food Bank on Fridays

Magnus Eliason Recreational Centre - 430 Langside Street - <http://www.spenceneighbourhood.org/>

- Healthy Start for Mom & Me
- Newcomers Employment and Education Development Services

(N.E.E.D.S.) Inc. - 251-A Notre Dame Avenue - <http://www.needsinc.ca/>

- Youth After-School Program – Cooking Club
- Introduction to Canadian Education – Health & Nutrition Unit

Pregnancy & Family Services Inc. - 555 Spence Street - <http://www.pfsswinnipeg.com/>

- Cooking & Nutrition Classes for Women

Union Gospel Mission - 320 Princess Street - <http://www.gospelmission.ca/>

- Food Distribution
- Lunch & Dinner 5 Days/Week
- Food Bank

West Broadway Community Ministry - 222 Furby Street - <http://www.westbroadwaycm.org/>

- Lunch 4 Days/Week
- Emergency Food Packages
- Cooking Classes

West Broadway Community Organization - 608 Broadway - <http://www.westbroadway.mb.ca/>

- Compost Bin Program
- Good Food Box Program
- Good Food Club
- Indoor Mini-Market
- Community Gardens

Wolseley Family Place - 691 Wolseley Ave - <http://www.wolseleyfamilyplace.com/>

- Prenatal Classes
- Healthy Start for Mom & Me
- Cooking Classes
- Nutrition Education
- Breakfast Club

