



## STUDENT NUTRITION PROGRAM GUIDELINES

**Food for Learning (FFL)** provides funding for healthy food to schools and community organization which operate, or plan to implement healthy breakfast, snack and/or lunch programs for Renfrew county children and youth.

### 1. Program Organization

- ✎ Volunteers maintain daily operation and may include parents, students, teachers/school staff and other community members.
- ✎ Site coordinator plays a central role, ie training & organizing volunteers, managing budgets & record keeping, and acting as contact person.
- ✎ A local program committee composed of parents, teachers, school staff, students and other interested community members may be established to plan and administer the program.

### 2. Parental and Community Contributions

- FFL fosters parental and community involvement in nourishment programs.
- ✎ Parents should be informed about the program and be provided with opportunities to contribute financially, in-kind donations or by volunteering.
  - ✎ Community partnerships, other funding sources, monetary or in-kind donations from a variety of sources (e.g. businesses, service clubs, church groups) should be included to ensure sustainability of your program.

### 3. Universality

FFL is a universal program available to all students regardless of socio-economic status and/or ability to contribute. This ensures that programs are non-stigmatizing and that children feel welcomed, safe and comfortable.

### 4. Nutritious, safe food

- ✎ Food choices must be planned using MCYS guidelines (attached)
- ✎ Food choices should reflect the cultural diversity of students.
- ✎ Breakfast and lunch programs must include at least 3 of 4 food groups, including a fruit or vegetable and a grain product.
- ✎ Snacks offer 2 food groups, including fruit or vegetable.

### 5. Nutrition Education Component

Nutrition education support within program sites that will promote life long healthy eating habits for children and youth are encouraged.

### 6. Record Keeping

- ✎ On line monthly reports are required.
- ✎ Receipts and Expense Summary Sheet are required at the end of December, 2010 and June, 2011