



Student Nutrition Programming in First Nations Communities

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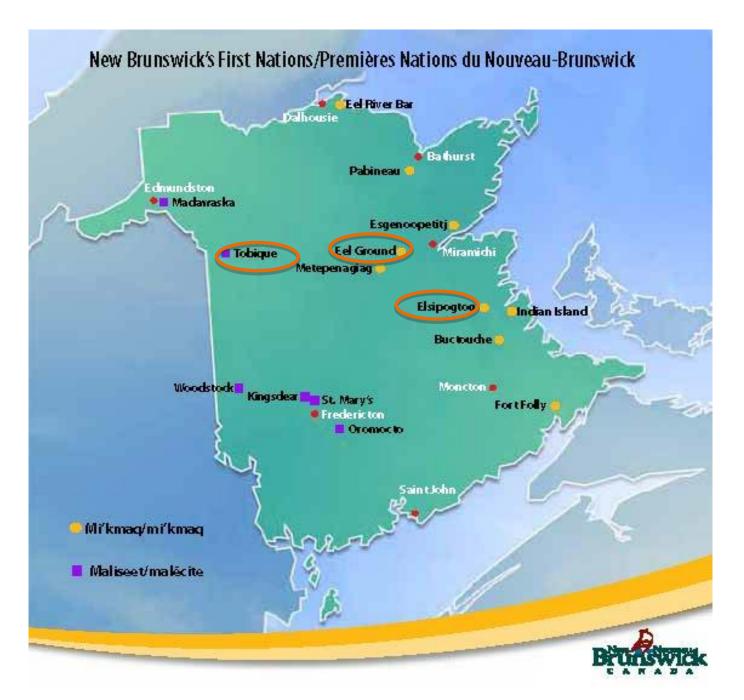
Outline

- Overview of CFTC's work in NB
- School nutrition program components
- Key success factors for school food programming in First Nations communities



CFTC and our work in Canada

- **CFTC's Vision:** A world in which children thrive, free from poverty
- CFTC's Mission: To reduce the impact of poverty on children.
 We work with local partners internationally and in Canada to enhance the well-being of children and the self-sufficiency of their families and communities.
- Canada Program Goal: First Nations children in vibrant, sustainable communities in Canada have the foundations to build a prosperous future



Student Nutrition Program Components

School-Based

- Breakfast/lunch/snack program
- School & community learning garden
- Student chef program
- Student & parent healthy eating champions

Community-Based

- Community food mentors
- Community transportation
- Collective kitchens
- Fresh for Less (fresh produce) box
- Community events (incl. feasts, pow wows, etc.)

Student Nutrition Program Monitoring & Evaluation

- # children receiving healthy meals at school
- # meals on school menu that contain all four food groups
- # classroom sessions dedicated to nutrition education including learning garden education
- # community events incorporating healthy eating practices

Student Nutrition Program Key Success Factors

- Consistent, nutritious, tasty and culturally appropriate meals
- Hands-on learning for students
- Dedicated project/part-time nutrition coordinators
- Food and nutrition learning opportunities for school cooks
- Adequate food preparation facilities
- Nutrition education component for students & families
- Community champions

Student nutrition program as a pathway to addressing community food insecurity

CFTC's Canada Program Model

- Participatory partnership engagement process
- Establish student nutrition programming
- Long-term, community-wide projects to address food insecurity at the community and household levels



WELA'LIOK. MERCI. THANK YOU.

www.canadianfeedthechildren.ca

