

helping children thrive



## Student Nutrition Programming in First Nations Communities

**Cheyenne Mary**  
New Brunswick Program Coordinator  
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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

# New Brunswick's First Nations/Premières Nations du Nouveau-Brunswick



# 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](http://www.canadianfeedthechildren.ca)

