



PEI SCHOOL FOOD FACTS

BENEFITS AND OPPORTUNITIES of a universal school food program for PEI

- Provides healthy food to all children in PEI
- Provides a market for local food producers
- Builds community networks around the school
- Decreases work load of busy parents
- Provides opportunity to integrate food and business skills into the curriculum
- Ensures a community based approach to address childhood obesity and disease prevention.
- Stimulates discussion about food systems and social justice
- Encourages economic innovation in food sector
- Provides opportunity for evaluation research around nutrition

96%

of PEI Public School Branch (PSB) schools are offering a lunch program **AT LEAST 1 DAY PER WEEK**

91%

of PEI PSB Schools are offering a breakfast or snack program **AT LEAST 1 DAY PER WEEK**

0%

of PSB school lunch programs assessed* adhered to the PEI School Nutrition Policy**



100%

of PSB schools assessed offer pizza at least **ONCE PER WEEK**

Limited

CULTURALLY DIVERSE menu options in PSB schools on PEI

Cafeteria Menus

are more likely to offer more food choices that are **HIGHER IN FAT, SUGAR, AND SALT** than non-cafeteria menus



Volunteers

are needed to run most school-based food programs which is challenging for program continuity and success

* 29 out of a total of 56 school lunch menus were found or received representing 52% Public School Branch schools. These school lunch menus were assessed based on the current School Nutrition Policy to determine adherence. Menus were assessed based on food lists only.

** The PEI School Nutrition Policy applies to all Public School Branch schools on Prince Edward Island. The PEI Home and School Federation (PEIHSF) has invested in research to determine how school food programs are stacking up with regards to policy adherence in the province.

PEI SCHOOL SUCCESS STORIES

East Wiltshire Intermediate School

Submitted by: Windsor Wight, Principal

East Wiltshire (EWS) breakfast program has been running for a number of years supported by staff, students and community. The breakfast program runs five days a week and supports approximately 100 students per day. The program offers a wide variety of options including fruit, juices, cereals (cold and hot), bagels, grilled cheese, and breakfast sandwiches (some days). The breakfast program has been a highly successful program at EWS. Leftovers from the breakfast program are offered to students as an option for those who need a lunch later in the day.

The EWS snack program was introduced to the school within the past couple of years. This program offers students a healthy snack during their morning break. The Home Economics department staff and student leaders run this program. There are a variety of homemade items that are very popular with both the students and staff.

Now and then, students will make suggestions for different lunch options for the school cafeteria. Recently, some student council representatives suggested trying more diverse international food options to represent the growing diversity in the school. EWS worked with local vendors to offer an international culinary experience, this was a huge success.

Administration continues to work closely with the cafeteria staff and students in trying to provide healthy choices and good food options each day. One example was the recent addition of a slush drink machine in the school that did not fit into the School Nutrition Policy. Administration worked to find a healthier option for the school.

Another healthy eating initiative at EWS is a healthy snack machine that is filled each day by some of the students in the school's Special Needs Program. This machine is accessible to students any time during the day to increase their access to healthier choices.

Kinkora Regional School

Submitted by: Jaime Cole, Principal

Kinkora Regional High School is embracing many student driven initiatives around healthy eating, food security and the local food movement. By using their new Culinary 801 class and utilizing their outdoor classroom and garden, they have been demonstrating the importance of food production and eating healthy. Their school garden was established two years ago along with the building of an outdoor classroom. Hannah Larsen, an Academy Diploma Program in Agriculture & Bioscience student completed her Agriculture Co-op credit this summer by planting and maintaining the school garden. During the summer, the produce was donated to community members and then last fall the new culinary class was able to use the produce in their healthy and locally sourced lunches for students at a reduced cost.

The school boasts a daily breakfast program and offers chicken quesadillas on Mondays, baked potatoes on Tuesdays and a meal from the culinary class on Wednesday or Thursday. Students prepare all meals! The school also provides healthy snacks throughout the term. Taco salads, veggie and fruit trays, and yogurt parfaits are all big hits with students.

This year the Culinary 801 class offered meal service to the staff, students and a number of seniors once a week. Each meal was sourced as locally as possible. Some of the meals featured were homemade spaghetti, lasagna, fresh salads, soups, chowders, stir-fries, shepherd's pie and even a turkey dinner. Their last meal of the semester will be a PEI Roast Beef dinner featuring Island beef, potatoes, turnip, and carrots. This is just the beginning. The school has big plans to increase their own food production and utilize the light tables in the agriscience class next term. They hope to grow micro greens and begin transplants to be used in the garden this spring. They also hope to offer another culinary class next year to continue to build on the skills students have developed this term.

Gulfshore Consolidated School

Submitted by: Mary Jane Ready, Principal

Each year Gulf Shore Consolidated (GSC) staff and students work with the community in support of healthy eating. This includes: a deeper understanding of food and where it comes from; supporting local business; and supporting sustainable communities. This year GSC has *planted some new seeds* in the area of food in the school, both educationally and nutritionally.

The kindergarten class works each year on a project related to food and nutrition. This year, children planted, tended and harvested vegetables as part of the garden project. The students then prepared a healthy hamburger soup and delivered it to the Early Years Center for their lunch. Children from kindergarten and grade one prepared vegetables for mustard pickle preserves to take home and serve at Thanksgiving dinner. Grade one children acted as experts and mentored kindergarten students in harvesting and preparing the food. Kindergarten students also grew potatoes in outdoor planters this year. The children planted, watered, monitored growth, and learned about plant cycles. As a celebration, the students got to eat the potatoes after they were prepared in a variety of ways.

GSC's Home and School parent group has moved school lunch ordering to the hotlunches.net platform. A local catering company operated by Mike and Jennifer Levy provides lunch options. These options are healthy and sourced locally (as much as possible). Parents are pleased with the convenience of ordering online and the nutritional quality of the food while students love the flavour and look forward to the variety of menu options. The village of North Rustico is pleased to have this business running year round.

Not all students come to school with lunches, or have eaten breakfast. With the help of the local Food Market and the Cymbria Lionettes, the school's Food For Thought Program has grown. The Food Committee from GSC's Home and School group stock the shelves with good food, so that students have access to healthy food that is necessary to learning and growing. The owner of the store has provided all of the funding for the food cupboards and the Lionettes have generously donated a full sized refrigerator to keep perishable items and freezer storage. Without the support from the community and the work of the Home and School, this program would not be the success it is.

GSC is always looking at ways to learn about food, sustainability the importance of a healthy local diet. The seeds for this have been planted. They are now nurturing and tending to this work so that it continues to grow and thrive for years to come.