



Excel into September

Each year, Eat Well to Excel welcomes new schools that have united our success in helping ensure that each student is well fed and ready to learn. Currently growing, with 185 schools and programs, Eat Well to Excel also has a growing number of volunteers.

As we all know, our Student Nutrition Programs would not be as successful as they have become without our dedicated volunteers. In the past, Eat Well to Excel has showed our appreciation to all of our volunteers with a boat cruise; Orillia's Island Princess and the Barrie Serendipity.

On June 16th and June 17th, Eat Well to Excel welcomed the volunteers to join us for a cruise around Lake Couchiching and Lake Simcoe. On each cruise, our volunteers were formally introduced to Eat Well to Excel's new Simcoe South Coordinator, Janice Matthews and the new chair Bethany Obermayer. Our volunteers welcomed our new members with open arms and warm hearts.

Volunteers were given nutritious snacks as we enjoyed the cruise. With rains and a brisk breeze on the Serendipity, our volunteers filled the cruise with good spirits and excitement. On each cruise we gave away prizes. Dinner cruises for two were donated by the Island Princess and the Serendipity, Barbeque Tools donated by local businesses and several Simcoe County Monopoly games. As a token of our appreciation, Eat Well to Excel gave each volunteer a pack of four Pink Passion Petunias to plant in their gardens at home. These flowers were a huge hit for our volunteers and showed promise of a summer of growth.

Eat Well to Excel would like to thank all the volunteers who made this event possible and we hope to



Stay tuned for these upcoming events

- EWTE Recipe Contest
- Workshops presented by the Simcoe Muskoka District Health Unit
- Fresh Bagels and Produce
- January Newsletter

YOUR EWTE COORDINATORS

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Our Mission Statement

In consultation and collaboration with community partners, we promote the healthy development of school-age children in Simcoe County. We do so by providing support to student nutrition programs, including assistance with funding, and by encouraging lifelong, healthy eating habits through nutrition-related education in the schools and the community.

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Planning Meals and Snacks

Everyday our volunteers and school coordinators are trying to come up with something new and different to keep their students interested in the foods they are eating. Here are some things you may not have known about each of the four food groups.

Fruits and Vegetables – Fruits and vegetables provide many of the vitamins and minerals kids need for good health and they provide fibre to aid digestion. Variety is important in a child's diet.

Milk Products – This food group is an important source of Vitamin A, Vitamin D, calcium and protein. Vitamin A helps build healthy eyes, skin and hair. Vitamin D helps your child's body absorb calcium for healthy bones and teeth and good muscle and nerve functions.

Grain Products – Grain Products are high in complex carbohydrates, which are the body's favourite fuel. They give children the energy to play, pay attention in school and participate in many other activities. Grains also provide important nutrients such as vitamin B, which helps a child's body use protein needed to build muscle.

Meats & Alternatives – This food group provides your child with; protein, which helps your child's body maintain and repair body tissues and build muscle; iron, zinc and magnesium and vitamin B's, which help build strong bones, teeth and support muscles.

When planning a meal, try to include a least one serving from at least three food groups. Here are a couple of ideas:

Breakfast

- half a whole wheat bagel
- low-fat cream cheese or butter
- 1 cup if 100% pure Orange Juice
- 1/2 cup of cubed melon
- 3/4 cup yogurt

Lunch

- 1 multi-grain roll with lean meat (turkey, chicken, etc.)
- 1/2 cup of carrot or celery sticks
- 1 cup low fat milk
- choice of mayo, mustard, or butter
- choice of fruit

When planning snacks, try to include a least one serving from at least two food groups, here is an idea:

Snack

- 1 small to medium sized banana
- 2 ounces of hard cheese
- 1/2 cup of 100% pure apple juice



Recipe Ideas

Cool Cream Cheese Veggie Pita

- 1/2 cucumber, small
- 1 tomato, small
- 2 tbsp shredded lower fat cheddar cheese
- 2tbsp flavoured lower fat cream cheese (i.e. Onion)
- 1 whole wheat pita bread

1. Rinse vegetables under cool tap water; cut into very thin slices.
2. Spread cream cheese onto top of pita. Cover with shredded cheddar cheese.
3. Top with slices of tomato and cucumber.

Breakfast Parfait – adapted from Kraft Canada

- 1 cup fresh or frozen unsweetened mixed berries (raspberries, blueberries, blackberries, etc)
- 1 medium banana
- 1-398 ml can pineapple tidbits
- 1 1/2 cup lower fat vanilla yogurt

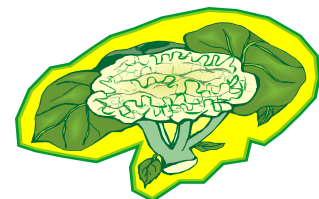
1/4 cup granola or other cereal (i.e. Shreddies, Cheerios) must meet the MCYS guidelines

1. If using fresh berries, rinse well under tap water. Peel and slice banana.
2. Open canned pineapple and drain the juice out. Place in the bottom of a medium bowl or into four glasses.
3. Add a layer of berries on top of the pineapple.
4. Layer with yogurt and granola/cereal.
5. Top with slices of banana.
6. Continue to layer until all ingredients are used



Did you know????

Broccoflower – introduced in Holland, broccoflower is a cross between cauliflower and broccoli. This vegetable tastes much like cauliflower when it's raw, but cooked it tastes more like broccoli. Broccoflower is an excellent source of vitamin C and a source of fibre.



Everyone Loves a Contest

This year Eat Well to Excel would like to present a contest to all of the students in Simcoe County. We want to see what you can come up with to share with your fellow school mates.

Eat Well to Excel wants to hear an original recipe for breakfast, snack or lunch that can be used for an Eat Well to Excel Program. The recipe must follow the guidelines set up by Canada's Food Guide and contain a minimum of three out of the four food groups.

Please submit your recipes to your local coordinator via e-mail or fax them to 705-726-4897. The deadline for entries is November 28th, 2008. Although Eat Well to Excel appreciates each entry, we will choose one recipe from a school in Simcoe North and one from Simcoe South. Their recipe will be put into the January Eat Well to Excel Newsletter and win a holiday breakfast for their school provided by Eat Well to Excel.

We also choose two recipe runners up to be submitted to the January Newsletter.

Good Luck and we look forward to receiving your recipes 🍌

Did You Know????

Type 1 diabetes develops because the body's immune system attacks its own cells by mistake. November is Diabetes Month. November 14th, 2008 is diabetes day, celebrate with a healthy breakfast or lunch!

We Want to Hear From You!

This year Eat Well to Excel would like to hear your comments from your students. We would like to hear about how they feel about their Eat Well to Excel program and what it means to them.

Several comments from Simcoe North and Simcoe South will be published in our January Newsletter with their first name and school of the author. Comments can be one to four sentences in length. The deadline is December 1, 2008. They can be sent to your local coordinator via e-mail or fax it to 726-4897.

We look forward to hearing from you. 🍌



Nutrition News is published bi-annually by Eat Well to Excel as an informative tool for the Simcoe County community.

STEERING COMMITTEE

Bethany Obermayer – Chair
Gail Butler
Michael Carson
Heather Code-Burrell
Karen Penrose
Nancy Smith
Bobbie McConnell
David White

Eat Well to Excel wishes to acknowledge the crucial, ongoing support of the United Way of Greater Simcoe County as our flow-through agency.



WOW!!!

Eat Well to Excel is proud to announce that every school from the Simcoe County District School Board is on board with Eat Well to Excel. **Congratulations to all 108 schools!**



Did You Know??

To wash hands properly, rub all parts of the hands and wrists with soap and water or an alcohol-based hand rub. Wash hands for at least 15 seconds or more. Pay special attention to fingertips, between fingers, backs of hands and base of the thumbs. (Simcoe Muskoka District Health Unit).

Visit our

Website

Curious why child nutrition programs are gaining popularity in Simcoe County schools?



Want to know if your child's school has a nutrition program?

This and other information about Eat Well to Excel is easy to find on our website..

www.eatwelltoexcel.ca

Feed Back...Please send any questions or comments to info@eatwelltoexcel.ca

Thank You!

Eat Well to Excel is fortunate to have such great local support. Some of our donators have been long time supporters and some are newly coming on board. Although we send an extended thank you to each donor, this fall we would like to take the time to recognize four of our local supporters.

The Water Store – Orillia

An offer to all Orillia Schools to serve clean and fresh water

Paul Baker of The Orillia Water Store is entering his second year of helping each Orillia School serve fresh water to their Eat Well to Excel program. The water can be served on its own or to help in serving recipes with water requirements. Each school has been given one to two jugs with the opportunity to fill them with water as needed. We encourage schools to use this program. We hope that The Water Stores in other cities across Simcoe County will follow Paul's example and help serve other schools across our county. We would like to thank Paul Baker for his generous offer! Eat Well to Excel appreciates your support.

The Water Store Orillia is located at 296 Memorial Ave., Orillia 705-327-7200



Royal LePage Complete Realty

Turn around program

Brent Bailey (Broker/Owner) and his staff at Royal LePage in Alliston have a turn around program with their sales agents and contribute a percentage of real estate sales to the Eat Well to Excel school nutrition

Fox's Bakery and Deli – Barrie

An offer to all Simcoe County schools to purchase freshly made bagels

Stephen and Debbie Fox, owner/operators of Fox's Bakery & Deli would like to extend an offer to all our Simcoe County schools and programs to purchase freshly made bagels at \$2.00 per dozen. They ask that all orders be placed before 6:00 p.m. and the bagels will be ready for pick-up the following day. We ask that each school pay Fox's Bakery & Deli directly when they pick-up their order. Each dozen bagels will be a mixed combo consisting of cheese, plain, and whole wheat. We would like to thank Stephen and Debbie Fox for their generous offer! Community support from people like you is critical to the success of our volunteer-run, school nutrition programs.



Fox's Bakery & Deli is located at 96 Victoria St., Barrie 705-737-4646



program. Some of their "For Sale" signs also have

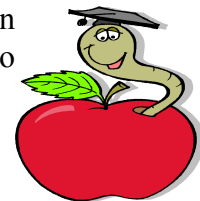
an Eat Well to Excel logo topper. Royal LePage's on-going financial support has helped numerous school nutrition programs in Angus, Tottenham, Beeton, and Alliston. We would like to extend our thanks to Royal LePage Complete Realty for their continued support of Eat

Glen Huron Apples

An offer to all Simcoe County schools to purchase fresh apples

Theo Schapp, of Glen Huron Apples and Cold Storage Ltd., would like to collaborate with Eat Well to Excel in providing Fresh Apples to all Simcoe County Schools. This fall, Eat Well to Excel and Glen Huron Apples will be organizing a program for all schools in Simcoe North to purchase bushels of apples for a cheaper price. Once Simcoe North is organized, we will be extending the program to Simcoe South with the goal to have all schools in Simcoe County on board with Glen Huron Apples. Eat Well to Excel will continue to update you on this project. We would like to thank Theo Schapp and Glen Huron Apples for the generous offer! Eat Well to Excel relies on businesses like you help ensure that all children are well fed and ready to learn.

Glen Huron Apples & Cold Storage Ltd is located in Glen Huron, Ontario 705-466-3080



Well to Excel and for helping to raise community awareness!

Royal LePage Complete Realty is located at 7 Victoria St.. P.O. Box 759

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