



# FOOD EQUITY PROGRAMS

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# BC FRUIT AND VEGETABLE NUTRITION PROGRAM (through BC Agriculture in the Classroom)

- Is a universal (free to all) program for all students in the district, to provide mostly BC fruits/vegetables to students, throughout the year.
- Some of the provided products are:  
Baby Carrots, Mandarin Oranges,  
Mini Cucumbers, Cheese Sticks  
Pears, Apples, Tomatoes,  
Snap Peas, Mini Peppers



# Feeding Futures



School District 8  
Kootenay Lake

Ministry of  
Education and  
Child Care

## A REMINDER:

- In 2023, the Province invested \$214 million over **three years for school food equity**.
- Funds are for school districts to create or expand local food programs in schools.
- This has been the largest investment in school food programs in the Province's history.
- Funding is enrolment-based. For the 2024-25 school year, SD8 will receive \$615,090 in Feeding Futures special purpose funding.

# Purposes of Feeding Futures Funding

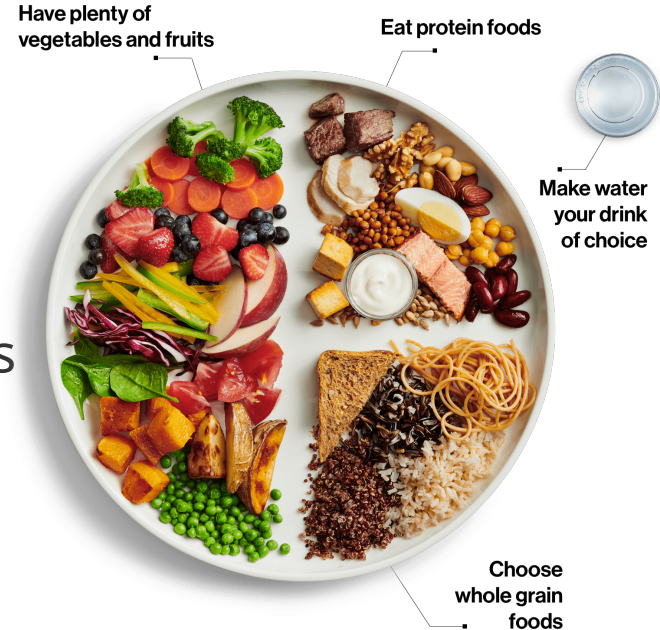
- To utilize an equity-based model to support the health and academic and social functioning of vulnerable students.
- Feeding Futures funding is equity-based, to support vulnerable students
  - This is different from a **universal program**(which would be free to all children / subsidized for all children)
  - This is also different from a **convenience program** (which is a pay-per-use program such as PAC purchasing meals from restaurants and re-selling them to students)
- To provide the BC Fruit and Vegetable Nutrition Program so that every student has access to fresh BC fruits and vegetables at school



# Food Program Guiding Documents

## Canada Food Guide (Revised 2022)

- eat a variety of healthy foods each day
- have plenty of vegetables and fruits
- choose whole grain foods
- eat protein foods
- make water your drink of choice



# BC Grown Foods



**The Ministry of Education and Child Care instructions are:**



Whenever possible BC grown foods/food from farms that are as close to home as possible are to be used  
30% or more BC foods



This helps to support local farmers, the local economy, and optimizes the freshness of food

# Feeding Futures work to date

Since the  
spring of  
2023, we  
have:

- Hired a Feeding Futures/ School Food Advisor
- Continued BCFVNP in all schools, with enhancements created in 8 rural schools
- Implemented or enhanced food programs in all schools throughout the district
- More than doubled the number of students regularly provided lunch in schools from:
  - 395 per day in 2022/23 to
  - 823 per day in 2023/24



# Indigenous Food Programming and Supports

- SD 8 is committed to providing and fostering inclusive food programming that is representative of the cultures, values, and priorities surrounding food in the district, including those of the Indigenous communities whose traditional territories the Kootenay Lake School District operates and all of the aboriginal people residing within the boundaries of School District #8.
- The district provides additional food equity funds to support Indigenous learners, and further additional funding to support nominal roll students.
- Below are some resources that are sent to schools with sample recipes, traditional food procurement methods, de-colonizing food systems, and more.

[Cooking In Two Worlds](#)

[Food Is Medicine Recipe Book](#)



# Infrastructure renovations and equipment upgrades in 2023/24:

For the 2023/24 school year, the Ministry of Education and Child Care's Facility Improvement Funding grant funded upgrades to food service infrastructure and/or equipment at:

- JVHumphries
- Kootenay River Secondary
- Redfish Elementary
- ARES Elementary
- Salmo Elementary

# Equipment Purchases

- For the 2023/24 school year only, the Ministry permitted the purchase of small equipment items such as fridges, toasters, storage containers, dishes, etc.
- 15 new fridges were purchased through Local supplier, Floyd's Electronics
- All schools took part in this equipment purchase program. Over \$40,000 of equipment was purchased throughout the district.



# Food Literacy for students

Attention will continue to be paid to increasing food literacy within the district through class fieldtrips, student participation in meal programs, and educational lessons on food security and food literacy.



This includes direct support by the School Food Program Advisor to schools, in ensuring that staff and students learn more about using healthy foods in daily life.



Some examples include: preparing dehydrated fruits and vegetables, growing vegetables at schools, and so on.

# Food Equity on SD8 Website

- <https://www.sd8.bc.ca/node/49234>

## Food Equity



# Local Partnerships

- Kootenay Farms Food Hub Creston
- Fields Forward Creston
- Nelson Community Food Centre
- Aria's Edibles
- Elk Root Conservation (Slocan Valley)
- Save-On Foods Nelson
- Save-On Foods Creston
- Neighbours United

# Sample of the grants received in the past year

## Breakfast Club of Canada

- They accept applications year-round from schools, School Boards/Districts, community organizations, and Band Councils seeking support for breakfast programs offered to school-aged children and youth during the school year.

## The Vancouver Sun Children's Fund - Adopt-A-School Program

- This program is designed to provide funds and other basic necessities for children in need. They accept applications from school and school boards throughout B.C

Schools can apply for grants; PACs may be able to assist with grant applications and/or running a program such as the Breakfast Club of Canada program (in place in Winlaw and Canyon Lister last year)

# Nutritious Eating Resources for Families

- [Canada Food Guide](#)
- [Bake Better Bites](#)
- [Tips and Recipes for Quantity Cooking: Nourishing Minds and Bodies](#)
- [Template Menu's for Every Meal Program Model](#)



# Sample Activities for families to engage children with food and nutrition:

## Veggie Building



- What a better way to get kids excited about healthy snacking than with a fun fruit and vegetable building activity?
- Cut up some fruit, vegetables, and cheeses into smaller bite sized pieces (e.g., apples, grapes, cherry tomatoes, cubed cheese, etc.)
- Try incorporating new items, like broccoli or cauliflower in order to pique curiosity
- Buy round toothpicks and build structures together with the various items available, and talk about the shape, texture, taste, color, and so forth.

# Safeguarding Student Dignity and Confidentiality

Supporting success in school for vulnerable students significantly depends upon helping students to develop a sense of connection with their school and school community.

When providing a school meal or school nutrition program, it is vital that the program be conducted in a manner that does not stigmatize already vulnerable students.

It is equally vital that families participating in a school meal and/or school nutrition program have the assurance that their financial information and situation is confidential.

# Confidentiality and Identifying Students who may require food through Feeding Futures

## Continue

Schools will continue to determine the best way to identify students/families who will benefit from Feeding Futures

## Continue

Schools will continue to determine the best way to ensure confidentiality for students and families

## Contact

Please contact your school principal if you have questions

# The Valuable Role of PACs and Parents

Non-profit organizations, donors, parents, and parent advisory councils will continue in 2024-25 to play a vital role alongside schools to address student hunger, as it reflects the larger issue of community-based food insecurity.

This support may include food donations, volunteering for school meal and snack distribution, and helping to facilitate food-related grants (such as volunteering to help with food distribution through the [Breakfast for Learning Grant Program](#)).

# PACs and Parents

In 2024-25, schools are continuing to work collaboratively and closely with the parents and PAC in their school.

PACs and school parent volunteers are continuing to volunteer, distribute meals and/or snacks, and PACs are continuing to fundraise as they have done in the past (eg: restaurant program, fundraising events, etc).

PAC involvement will continue to be guided by the school principal.

# The New Fundraising Guide for 2024/25

Has been updated with more information, selections, and suggestions for PAC fundraising

**Butter Chicken**  
e.g., KTK Masala Shop



**Baked potatoes**  
(e.g., low-fat sour cream, cheese and chives)



**Burritos, Quesadillas, Tacos**  
(e.g., Chicken, black beans, corn and brown rice in whole wheat tortillas)



**Rainbow Fruit Skewers with Chocolate-Dipped Strawberries**



**Savory Skewers**  
e.g., lean beef, chicken, shrimp, peppers, tomatoes, zucchini, feta cheese, pineapple etc.



**Chili cookoff**  
(e.g., lean beef, beans, peppers, corn, low sodium seasoning, whole-wheat bun)



**Sub Station**  
(e.g., various bun options, and filling: lean beef meatballs, sliced turkey or chicken, falafels, lettuce, tomatoes, or other

**Vietnamese Salad Rolls**  
(e.g., rice noodles, shredded carrot, beet, cucumber, tofu, shrimp, chicken, etc.)

**Bannock pizza, or whole-grain/wheat pizza dough,**  
with chicken, turkey, fish, pineapple, veggies, etc.

The new guide will be online by October 1


# Learn More

- [School Meal and Nutrition Handbook \(The Handbook\)](#)
- [Feed BC](#)
- [Canada Food Guide \(2022\)](#)
- [Guidelines for Food and Beverage Sales in BC Schools \(The Guidelines\)](#)
- [Build a School Food Program](#) (BC Ministry of Education and Child Care) - provides guidance to school districts on creating food programs in their schools
- [School District 8 Food Equity node](#)
- [BC Agriculture Fruit and Vegetable Nutrition Program](#)

Thank you.  
Questions?

Have plenty of  
vegetables and fruits

Eat protein foods



Make water  
your drink  
of choice

Choose  
whole grain  
foods

