



Regina Food For Learning

August 2010

# Newsletter

Regina Food For Learning  
Box 3524  
Regina, SK.  
S4P 3J8

Ph (306) 565-8632  
Fax (306) 565-8632

rffl@accesscomm.ca

www.reginafoodforlearning.com

## Start Up Date

Welcome Back!

We sincerely hope you had a safe and happy summer break!

We will resume serving in most locations for this school year, as always, the first Tuesday after the Labour Day holiday, which is September 7<sup>th</sup>. If you have any questions please call Heather at 565-8632.

### Bilding me a fewchr

Dear teachr,

Today, Mommy cryed. Mommy asked me Jody do you really kno why you are going to school. I said I don't kno why? She said it is caus we are going to be bilding me a fewchr. I said what is a fewchr wats one look like? Mommy said i don't kno Jody, no one can realy see all Your fewchr jest you. Don't worry caus youl see youl see. Tats when she cryed and sed oh Jody I love you so.

Mommy says every one need to work realy hard for us Kids to make our fewchrz the nicest ones the world can ofer.

Teacher can we start today to bild me a fewcher? Can you try espechly hard to make it a nice prity one jest for Mommy and for me?

I Love You teacher.

Love, Jody  
XXOOXX

Authored by Frank Trujillo, "Chicken Soup for the Soul"

## Fundraising Updates



Canadian Tire North BBQ, June 5 & 6, 2010 – Many thanks to all the volunteers who took 3 hours out of their busy lives to help make the BBQ such a success! We cleared an exceptional \$1820.32. This is the most profit we have made at any one BBQ since we started seven years ago.

### Upcoming

Canadian Tire North BBQ, September 18 & 19. We are actively **recruiting volunteers** to work 3 hour shifts on either Saturday or Sunday. We need people to help with the set up, cooking, serving, and clean up. If you are available please give Heather a call at 565-8632. We really do have a good time – come and check it out.

### Canadian Tire "Money"

We are requesting that you save your Canadian Tire "money" for donation to Regina Food for Learning. We have to pay a \$75 fee for each of the BBQ's that we hold at the Canadian Tire North location. We are collecting the Canadian Tire "money" to help offset that fee and thereby increase our profit. If you have set aside some "money" and would like to donate it to us please just mail it to us. We are grateful to those people who donated the \$45.95 in Canadian Tire money which we used to help offset the cost of the June BBQ.



## Donor Recognition

We would like to recognize corporate donors who have contributed financially to our program between May 1<sup>st</sup> and August 1/08. We also very much appreciate the contributions from individuals but feel it would be inappropriate to publicly recognize them. Thank you all very much!

Balgonie UCW  
Majestic Air Inc.

Spartan Controls  
Strategic Charitable Giving Foundation

## Feeding Preschoolers: Developing Healthy Eaters

*Written by Public Health Nutritionists in Saskatchewan and Supported by Regina Qu'Appelle Health Region*

The first three years of life are a time of amazing growth and development. In just a few short years, children go from being entirely dependent on having all their needs met, to exploring and learning about the world around them. Parenting style, parent's food preferences, and the types of food offered affect whether a child learns to enjoy a wide variety of foods.

Parenting styles are commonly identified as authoritarian, permissive or authoritative. Parents whose style is *authoritarian* tend to restrict foods that are "bad", such as sweets, and force children to eat "good" foods, such as vegetables. Parents with a *permissive* style respond to their child's wishes by letting them eat whatever and when ever they want. Both of these styles are associated with a lower intake of nutrient rich foods such as milk, vegetables and fruit. On the other hand, parents with an *authoritative* style choose the food to be served and let their child decide which foods are eaten and how much they eat. This style is associated with a higher intake of vegetables and fruit, and lower intake of foods high in fat and sugar.

Children's food preferences are strongly influenced by their parent's food choices. If a parent does not like a particular food, the child will probably not like it either. Children model the behaviour they see. They are more likely to eat foods that they see others eating and enjoying.

Children are often very cautious to try new foods. They tend to like those foods that are served most often. They may need to be offered the food many times before they will try to eat it. Don't assume a child will never like a food just because they refused it. The more times they are exposed to a food the more likely they are to begin eating it. Parents who offer their child only those foods that the child will eat, often describe their child as a "picky eater". Serve children a variety of foods so they have opportunity to become familiar with many different tastes and textures.

Parents can help balance their child's need for independence with their need for nutritious food choices.

Serve small amounts of food or let children serve themselves. Children who are served large portions often keep eating even when they are no longer hungry.

Introduce new foods along with a familiar one.

Serve milk with meals.

Limit the amount of sweetened beverages available during the day.

Be a good role model for eating a healthy diet.

Family meals provide a wonderful opportunity for young children to learn about food. Offer small portions of quality food choices in a calm manner and then relax; your child will do the rest.



## School Feedback

Dr. George Ferguson School, May/09: This program is very beneficial for our students. The snacks are nutritious and the students are very appreciative. Parents have also indicated that they are thankful for the snack. Keep up the good work. Thank you.

Haultain Community School, May/09: Outstanding!

I.S.P. #2, May/09: Regina Food for Learning provides an invaluable service to our students. Many of our students would not be able to bring a lunch with them to school due to issues of poverty. Also, everyone has the same opportunity to eat the same food – no kids would bring more food to lunch than others. If the Food for Learning was not provided, we might have kids saying "I've got a better lunch than you!!" There is no judgments/comparisons being made etc. due to the fact Food for Learning is provided. Your organization is a critical piece of the day to day learning for our students – you cannot learn/concentrate on an empty stomach!

Vocational Alternative Program # 1, May/09: RFFL is a valuable component of our integrated services programming. A healthy lunch is something the students look forward to. Thank you for all you do.

## 2010-2011, PUBLIC, ELEMENTARY and HIGH SCHOOL CALENDAR

2010		Recognized School Days
<b>August</b>	Wednesday, Thursday, Friday, Aug 25, 26 & 27 Teacher planning, Orientation & In-service	
	Monday, Aug 30	Students return to school .....5
<b>September</b>	Monday, Sept 6	Labour Day Holiday .....21
<b>October</b>	Friday, Oct 1	Elementary Staff Development Day, No school for students
	Monday, Oct 11	Thanksgiving Day Holiday – No School .....20
<b>November</b>	Friday, Nov 5	Elementary Staff Development Day, No school for students
	Thursday, Nov 11	Remembrance Day – no school
	Friday, Nov 12	No school for students and teachers.....20
<b>December</b>	Friday, Dec 3	Elementary Staff Development Day, No school for students
	Wednesday, Dec 22	Last teaching day before winter break
	Dec 23 to Jan 5 inclusive	Winter vacation..... 16
2011		Recognized School Days
<b>January</b>	Thursday, Jan 6	School re-opens
	Thurs & Fri, Jan 27 & 28	End Semester 1, no school for high school students
	Friday, Jan 28	Elementary Staff Development Day, No school for students ..... 18
<b>February</b>	Friday, Feb 11	Teacher's Convention - no school for all students
	Monday, Feb 21	Family Day Holiday - no school all students and teachers ..... 19
<b>March</b>	Thursday, Mar 17	Elementary Staff Development Day, No school for students
	Friday, Mar 18	Holiday – no school for staff and students
	Monday, Mar 21	Holiday – no school for staff and students.....21
<b>April</b>	Thursday, Apr 21	Elementary Staff Development Day, No school for students
	Fri Apr 22 - 29 inclusive	Spring vacation..... 15
<b>May</b>	Thursday, May 19	Elementary Staff Development Day, No school for students
	Friday, May 20	Holiday - no school for students and teachers
	Monday, May 23	Victoria Day Holiday.....20
<b>June</b>	Friday, June 10	Elementary Staff Development Day, No school for students
	Tuesday, June 28	Last day of classes for students, elementary reports issued
	Thursday, June 30	High School Reports issued
		Last day of school for teachers.....22
		<b>Total School Days..... 197</b>

## COMPARISON OF RFFL STATISTICS

## FROM THE PAST FIVE SCHOOL YEARS

SCHOOL	SNACKS					LUNCHES				
	05/06	06/07	07/08	08/09	09/10	05/06	06/07	07/08	08/09	09/10
<b>Arcola Com Sch</b>	27780	29177	31860	32860	30712	-	-	-	-	-
<b>Balfour Tutorial</b>	-	-	-	-	-	5150	5100	4900	5000	5280
<b>Judge Bryant Sch</b>	1656	2482	2655	2685	2550	-	-	-	-	-
<b>VAP# 1</b>	-	-	-	-	-	1110	1098	1110	1020	1004
<b>Concord</b>	-	-	-	-	-	720	834	767	897	855
<b>Cochrane Support</b>	-	-	1345	3700	3520	-	792	576	-	-
<b>Coronation Pk. Sch</b>	-	-	-	-	-	-	-	3369	1221	1936
<b>Dr. Ferguson Sch</b>	12000	17760	18340	14490	17105	-	-	-	-	-
<b>Haultain Com Sch</b>	26899	24452	23548	16621	15937	-	-	-	-	-
<b>Integrated Services</b>	-	-	-	-	-	-	1249	1394	1469	1529
<b>K Jenkins Com Sch</b>	-	-	-	-	-	6349	7891	8296	5369	3578
<b>VAP #2</b>	-	-	-	-	-	1110	1098	1110	1116	1056

**WOULD YOU LIKE AN E-NEWSLETTER?**



If you would prefer to receive future newsletters via email we are compiling a list (and checking it twice) to see who has an email address and who prefers regular post services. You may find it more convenient to receive an electronic copy, If so let us know at [rffl@accesscomm.ca](mailto:rffl@accesscomm.ca) If not, we'll save your spot on our mailing list.



Regina Food For Learning

**We're on the Web!**

See us at:

[www.reginafoodforlearning.com](http://www.reginafoodforlearning.com)

**Black Bean Salad**

Recipes contributed by Ruby Zimmer

In a large bowl pour 1 cup (250 ml) boiling water over ¾ cup (175 ml) couscous; cover and let stand 5 minutes.

Add 1 can (19 oz/540 ml) black beans, drained and rinsed, 1 red pepper, chopped (or try red radishes, sliced), 2 green onions sliced.

Wisk together 2 Tbsp (30 ml) **each** vegetable oil, lemon juice and wine vinegar, 1 Tbsp (15 ml) Dijon mustard and ¼ tsp (1.25 ml) **each** salt and pepper; toss with couscous mixture.

Makes 4 servings. Per serving about 329 calories, 13 g protein, 8 g total fat, 53 g carbohydrates, 8 g fib re, 400 mg sodium.

Serve with pita bread or crispy buns.

**Fresh Tomato Salsa**

- 3 medium tomatoes, chopped (2-1/4 cups)
- 1 small green bell pepper, chopped (1/2 cup)
- 2 garlic cloves, finely chopped
- ½ cup chopped green onions (5 medium)
- 1 tbsp finely chopped jalapeno chilies
- 2 – 3 tbsp lime juice ¼ tsp salt

Mix all ingredients in glass or plastic bowl. Cover and refrigerate at least 1 hour to blend flavours.



**Rice Primavera**

- |                                       |                                    |
|---------------------------------------|------------------------------------|
| 2 tbsp butter                         | ½ cup kernel corn, fresh or frozen |
| ¼ tsp each of dried oregano and basil | ½ cup peas, fresh or frozen        |
| ¼ cup chopped onion                   |                                    |
| Salt and pepper to taste              | 2 cups cooked rice                 |
| ½ cup zucchini, chopped               | 1 diced tomato                     |

In a non-stick skillet, melt butter, stir in oregano, basil, garlic and onion. Sauté 2–3 minutes or until softened.

Add zucchini, mushrooms, corn and peas. Cook, stirring over medium heat until veggies are tender and any liquid has evaporated.

Add rice and tomatoes. Cook until heated through. Season with salt and pepper to taste.

Yield 4 – 6 servings.



Regina Food For Learning

**YES**

I wish to support Regina Food for Learning Inc.

Enclosed is my tax creditable donation of \$ \_\_\_\_\_

**YES**

I wish to support meals for one child,

1 week (\$10) \_\_\_\_\_, 1 month (\$40) \_\_\_\_\_, 1 year (\$400) \_\_\_\_\_

**YES**

I wish to volunteer for Regina Food for Learning Inc.

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Postal Code: \_\_\_\_\_ Telephone: \_\_\_\_\_

*Please make cheques payable to Regina Food for Learning Inc.*

