



Nov 2014

Newsletter

Welcome Back

Upon returning to work, most everyone I spoke to felt that summer was a blur and where did it go! The warm, sunny months of September and October were much welcomed, and I feel we got our summer back.

The school year is back in full swing and so are our snack and meal programs. All students were asked to complete a registration form in order to participate in the *Regina Food For Learning* food program, which commenced on September 7. The registration forms are necessary so that we are aware of any food allergies and special dietary needs. If you have any questions, you may contact Linda at 306 565-8632.

Fundraising Update

Regina Food for Learning, along with our volunteers, was very busy fundraising this summer and fall.

June 28 - Prairie Games Canteen-
We made a profit of \$742.03

July 12 - Washed dishes and sold drink tickets at a wedding for a cash donation of \$350.00.

Garage Win/Win hosted by Kay we received:

- July 11/12 - \$1059.15
- Aug 23 - \$314.72
- Sept 19/20 - \$1492.81
- Sept 26/27 - \$1062.56

Many thanks go out to Kay Yee, who spent countless hours sorting, pricing and carting items back and forth for these garage sales. Thank you to all the volunteers who helped Kay prepare for the sales and working the day of the sales. If you are considering a big move

or wanting to down-size and have a garage sale, I suggest, as an answer to your prayers (or procrastination) Kay's excellent skills and talent! Kay currently works with three non-profit organizations that share the proceeds in proportion to the number of volunteer hours each organization contributes. In return, the owner would receive a Tax Deductible Receipt. Kay may be contacted at 306 757-9620.

September 13/14 - Canadian Tire BBQ. The day was very cold; hence, we only made \$1080.92 profit.

September 20 - Canteen fundraiser at the Core Ritchie for the Prairie Games Expo Event. We made \$768.13

Board Members

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As of November 1, 2014, the new board members are:

President: Debbie Deausy
Vice-President: Carol Pelletier
Secretary: Julie Emmons
Treasurer: Bonnie Baron-Williams

Dianne Digness

Jean Coleman

Paula Katzberg

Torrie Kearns-Hutton

Tamara Vatamanukt

Heather Stevenson

The board meetings are held the 4th Wednesday of each month, except for July and December.

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Upcoming Events

Speaking of fundraisers, Regina Food for Learning is currently selling tickets on three items. The first item is comprised of two living room chairs and large wall art donated by Fiorante Floors and Interiors. The second prize is a Rider Jersey donated by SaskPower and the third item is a wall scone donated by PartyLite representative, Darlene Redwood. Tickets are \$2.00 each or three for \$5.00. The draw date is December 10th, 2014. You may purchase your tickets from a board member or at the Core Ritchie from Linda. A photo of the living room grouping can be found on Regina Food For Learning's website: www.reginafoodforlearning.com

Another current fundraiser is our Pizza and Pasta Buffet Night at Western Pizza. I hope you can join us!

Community Initiative Fund

The Community Initiatives Fund was created by the Government of Saskatchewan to ensure Saskatchewan communities benefit from a portion of the Moose Jaw and Regina casino profits. We are pleased to have received a grant of \$14,000 for our program under the theme: Superfood for Super kids. The funding will be applied to our 2014/15 programs and will help to offset increasing food costs. Thank you, Community Initiative Fund, for considering our program worthy of the grant.



PIZZA & PASTA NITE

Broadway Western Pizza

1307 Broadway Ave.

Sat. Nov. 15, 2014

Two seatings:

5:00 – 6:30 & 6:30 – 8:00

Pizza, Pasta, Garlic Toast &
Caesar Salad

\$20.00

Silent Auction

50/50 & Raffle Tickets

Live Entertainment 9:00 p.m.

Contact:

- Debbie Deausy
(306) 757-9096 (day)
(306) 569-2018 (evening)
- Torrie Kearns-Hutton
(306) 586-9253
- Jean Coleman
(306) 949-8270



25th Anniversary Celebration

Regina Food for Learning was incorporated in 1988 and began operating on April 4th, 1989 with a breakfast program. This organization was established by a group of concerned volunteers who felt that many children were attending school undernourished. These children experienced difficulty in school due to poor health, coupled with a high truancy rate. Since 1989 and to the end of the 2013 fiscal year, Regina Food for Learning has provided 1.98 million snacks and lunches in 31 different locations.

On September 27th, we hosted a BBQ to honour our retired GM, Heather Stevenson, for all her work over the past 23 years, and to thank the many volunteers, donors and supporters over the past 25 years. There was face painting and a dino bouncer for the younger crowd, while the adults were entertained by The Bandits, a very talented musical group. The weather put a damper on our attendance but luckily, we were able to move indoors and a good time was had by all. Thank you to all who participated and a special thank you to the City of Regina, for the use of the facility and SASKENERGY, who provided the BBQ, and Ray, the BBQ master. In addition, SASKENERGY also covered a portion of our food costs.

Three Seed Yogurt Muffins

What You Need

1 cup (250 mL) whole wheat flour
 2/3 cup (160 mL) all-purpose flour
 1/2 cup (125 mL) wheat germ
 1/2 cup (125 mL) raw pumpkin seeds
 1/2 cup (125 mL) roasted raw sunflower seeds
 2 tbsp (30 mL) ground flax seeds
 2 tsp (10 mg) baking powder
 1 tsp (5 mL) ground ground ginger or cinnamon
 1/4 tsp (1 mL) baking soda
 1/4 tsp (1 mL) salt
 1 egg
 1 cup (250 mL) Milk
 2/3 cup (160 mL) liquid honey or packed brown sugar
 1/2 cup (125 mL) plain yogurt, (not fat-free)
 1/4 cup (60 mL) butter, melted

Topping:

1 tbsp (15 mL) raw pumpkin seeds
 1 tbsp (15 mL) raw sunflower seeds

Instructions

Preheat oven to 375 °F (190 °C).
 Butter nonstick muffin pans or line with paper liners.

In a coffee or flaxseed grinder, grind the flax seeds.

In a large bowl, whisk together whole wheat flour, all-purpose flour, wheat germ, pumpkin seeds sunflower seeds, flax seeds, baking powder, ginger, baking soda and salt. In another bowl, whisk together egg, milk, honey, yogurt and butter. Pour over dry ingredients; stir just until moistened.

Spoon into prepared muffin pan; sprinkle tops with pumpkin seeds and sunflower seeds. Bake for about 25 min or until tops are firm to the touch. Let cool in pan for 5 min. Transfer to rack to cool completely.

Tips

Shelled flax seeds add a nice texture and allow the nutrients to be digested better than in whole flax seeds.

Add 1 tbsp (15 mL) grated orange zest with butter. Use 1/4 cup (60 mL) hemp seeds and/or chia seeds in place of an equal amount of pumpkin or sunflower seeds; add 1/2 cup (125 mL) dried cranberries, blueberries, raisins or chopped cherries.

(This recipe is from the MILK calendar. For more recipes, go to the SaskMilk website)



COMPARISON OF RFFL STATISTICS FROM THE PAST FIVE SCHOOL YEARS

School/Year	Snacks					Lunches				
	09/10	10/11	11/12	12/13	13/14	09/10	10/11	11/12	12/13	13/14
Arcola Com School	30,712	34,790	35,834	34,110	36,763	-	-	-	-	-
Balfour Tutorial	-	-	-	-	-	5,280	6,180	7,875	7,950	7,575
Judge Bryant School	2,550	2,550	2,595	2,640	2,640	-	-	-	-	-
Centennial School	-	26,425	28,660	32,040	31,750	-	-	-	-	-
*VAP# 1	-	-	-	-	-	1004	725	-	-	-
*Quiet High	-	-	-	-	-	-	-	1,062	1,267	-
*Concord	-	-	-	-	-	855	1,266	961	915	-
Cochrane Support	3,520	3,580	-	-	-	-	-	-	-	-
Coronation Pk. School	-	-	-	-	-	1,936	5,629	5,388	-	-
Dr. Ferguson School	17,105	19,440	20,250	19,260	19,320	-	-	-	-	-
Glen Elm Com School	-	-	-	39,260	42,044	-	-	-	-	-
Haultain Com School	15,937	14,986	18,772	-	-	-	-	-	-	-
*Integrated Services	-	-	-	-	-	1,529	1,754	1,047	1,461	-
Ken Jenkins School	-	-	-	-	-	3,578	-	-	-	-
F. W. Johnson	-	-	-	3,100	-	-	-	-	-	-
*VAP #2	-	-	-	-	-	1,056	1,372	708	728	-
Victoria Campus	-	-	-	-	-	-	-	-	-	8,255
TOTALS	69,824	101,771	106,111	130,410	132,517	15,238	16,926	17,041	12,321	15,830

*These programs are now integrated under Victoria Campus.



Healthy Snacks For Active Kids

*Good nutrition will help provide kids with the energy they need to have fun and perform well during sports and other physical activities. Regular, nutritious meals and snacks will provide enough energy for kids active for 60 minutes or less. *Sports drinks or snacks are not needed for recreational physical activity.*

There are three times to think about nutrition: before, during and after activity:

Before:

Include foods from all four food groups at regular meals and snacks for the best before game nutrition. The best way to fuel muscles is with carbohydrates one to two hours before an athletic event or practice.

During

During a game, the most important thing is to stay hydrated. Water is the best choice to stay hydrated. Children do not usually need a half time snack. If children are hungry or have been very active, offer fruit as a healthy, hydrating snack.

After

In most cases, water and healthy snacks or regular meals are all kids need to get back the nutrients and fluid they lost during physical activity. Milk is another great option for after game hydration.



Food group		Snack Ideas
Vegetables and Fruit	Provide natural sugar for energy, water, vitamins and minerals and they taste great! Great for during activity or anytime!	<ul style="list-style-type: none"> • Oranges • Bananas • Grapes • Carrots • Cucumbers • Watermelon • Apples • Applesauce • Snap Peas
Grain Products	Provide carbohydrate for energy and some protein. Watch for added sugar. Great for before and after activity.	<ul style="list-style-type: none"> • Whole-grain bread or bagels • Crackers • Tortillas • Low sugar cereals • Plain popcorn • Whole grain Fig Newtons • Granola bars
Milk and Alternatives	Provide carbohydrate, protein and are a good source of Calcium. Milk makes a great post game drink.	<ul style="list-style-type: none"> • Low-fat cheese • Yogurt • Milk • Chocolate milk • Cheese strings
Meat and Alternatives	Provide protein and minerals for growth. Great for pre and post game meals.	<ul style="list-style-type: none"> • Hummus • Trail mix • Peanut butter • Boiled eggs • Sunflower seeds • Tofu • Chicken, tuna or ham for sandwiches

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If you would prefer to receive future newsletters via email, let us know at rffl@accesscomm.ca

If not, we will save your spot on our mailing list.

We're on the web!

See us at:

www.reginafoodforlearning.com



Reminder

Regina Food for Learning accepts Canadian Tire money.

Support Regina Food for Learning Inc.

___ 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 (\$25) ___ 1 month (\$100) ___ \$1 year (\$1000)

___ 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.
Donations via credit card and PayPal can be made by clicking the "Donate" button located on the home page of our website, reginafoodforlearning.com
Tax receipts will be issued for donations of more than ten dollars.*