

**Nutrition
for Learning**
Since 1997

**2022/2023
School Year Plan**





Nutrition for Learning 2022/2023

171 CORE N4L* Programs

98 BEYOND THE BELL N4L* Programs

18 BEFORE THE BELL N4L* Breakfast Programs

N4L* CORE Program

As the restrictions and protocols have started to ease up in our schools, Nutrition for Learning has evaluated and devised an evolution to our core student nutrition programs. With volunteers back in the schools some of the food items which require preparation will be added back to the ordering website. This will allow schools to return to serving a larger variety of foods. As always strict Public Health regulations will apply within each school for anyone bagging/packaging/preparing food.

Program Requirements: Nutrition for Learning was extremely lenient with enforcing the balance of food groups ordered for the past 2 years. As we all move towards the new normal each school's Nutrition for Learning Student Nutrition Program **MUST** offer food items from all 3 food groups (veg/fruit & dairy/protein/ & grain). Orders that are placed without a balance of food items will be contacted by e-mail or phone call for clarification or have missing food group items automatically added to the order.

Nutrition for Learning will not be returning to independent purchasing for N4L* programs. **ONLY** food supplied directly from Nutrition for Learning will be allowed in programs. This of course is due to the need to provide 100% traceability for safety and liability.

No food or supplies for the programs will be purchased independently using grocery cards and/or Nutrition for Learning funds.

No receipts will be submitted for reimbursement and No invoices from distributors, such as OSNS (Crown Dairy) etc. will be paid by N4L.

No ministry funds or fundraised monies will be issued by Nutrition for Learning into grocery cards.

THE EXCEPTION: If you have grocery card carry over from previous years or if grocery cards are gifted to your school's program by a third-party donation **AND** your school's principal gives permission, you may use these cards to purchase food for your program that is **NOT** offered by Nutrition for Learning.

N4L* CORE Program Serving Styles Suggestions

Serving Style, A: CLASSROOM Style

A week's supply of ordered food will be delivered to the school in bulk. Food will be dropped off to each CLASSROOM, for each student in that room. A daily supply of perishable food items will be dropped off to every CLASSROOM in cooler bags with ice pack filled with enough perishables for each student and remain in CLASSROOM for **NO LONGER** than a 2-hour window until returned to proper refrigeration, daily.

*Every school will determine non-perishable food item drop off day and time to each CLASSROOM

*Every school will determine best time to drop off cooler bags of perishables to each CLASSROOM and best pick up time within the 2-hour window

*School staff will need to deliver correct amount of non-perishable food items to each CLASSROOM, weekly

*School will need to deliver cooler bags filled with enough perishables for each student to every CLASSROOM and returned the cooler bag within the 2-hour window, daily.

Serving Style, B: Mix of Grab and Go POD and CLASSROOM Style

A week's supply of ordered food will be delivered to the school in bulk. Food will be dropped off to each CLASSROOM, for each student in that room. Perishable food items will be passed out to students from out of cooler bags with ice pack from a specific location in the school/POD, daily

*Every school will determine non-perishable food item drop off day and frequency to each CLASSROOM

*Every school will determine best time POD serving and number of students in cohort that can take their lunch bag to pick up perishable from POD

*School will need to deliver correct amount of non-perishable food items to each CLASSROOM, weekly

*School staff will need to set up POD, supervise POD, distribute perishables, tear down POD (ensuring perishables are properly stored in refrigeration within the 2-hour window), daily

Serving Style, C: Grab and Go POD Style

A week's supply of ordered food will be delivered to the school in bulk. An area in the school will be designated for the distribution of food (POD), daily. Students will grab non-perishable and perishable food items out of bins and cooler bags with ice pack.

*Every school will determine best time POD serving

*School will allow students to attend POD in small cohorts

*School will need to set up POD, supervise POD, distribute perishables, tear down POD (ensuring perishables are properly stored in refrigeration within the 2-hour window), daily



N4L* BEYOND THE BELL Program

Nutrition for Learning is introducing our new Program **Beyond the Bell!** Students who participate in the Beyond the Bell Program at our partner schools could be taking part in enrichment activities after school. These enrichment activities could include arts, homework assistance, life skills, sports teams to name a few. We want all students to have access to nutritious food after school. Nutrition for Learning Beyond the Bell bags are designed to enable students to take healthy snacks to their afterschool activities. Beyond the Bell bags will be phased into the schools over the fall and winter months. Once the school receives the Beyond the Bell Bags, they should be made accessible to the students near the food. If a student takes a Beyond the Bell Bag this becomes their bag for the school year and should be returned and filled as needed.

This program will be phased in throughout the school year

N4L* BEFORE THE BELL Breakfast Program

Nutrition for Learning Before **the Bell Breakfast** program is a set menu (weekly) of select food items delivered to the school for Nutrition for Learning volunteers to serve breakfast before the school day begins. Each week will consist of a mix of hot and cold menu items and will rotate monthly throughout the school year. The **Before the Bell Breakfast** Program will **ONLY** be offered to schools which sign up for this program and meet the eligibility criteria.

Program Requirements: 1. A team of school staff and/or community volunteers are needed to execute the Before the Bell Breakfast program. 2. An appropriate location within the school for food preparation which meets Public Health standards. 3. A location in close proximity to the preparation area, where students can be served and are able to eat the Before the Bell Breakfast. 4. You must have proper equipment and infrastructure to run the Before the Bell Breakfast Program (Nutrition for Learning will **ONLY** supply refrigeration per request approval, we no longer offer toasters, tea kettles, griddles etc.)

This program will begin late September/early October and run on a 4 week pre-planned, fixed rotation



Program Deliveries

The Nutrition for Learning Delivery Drivers will arrive at the school on the day scheduled for each school. Deliveries will be made to the main entrance of the school unless other arrangements have been made.

Drivers will leave order outside or just inside the doors in the lobby. N4L* driver is no longer permitted to bring deliveries beyond this point. Schools will be responsible to ensure that delivered food gets put away and into refrigeration ASAP.

Any Schools with a delivery day that falls on a holiday or PD Day with no staff to retrieve order or other day the school is closed MUST order up the scheduled delivery prior. N4L* does not have the compacity to move deliveries to another day in the week. Emergency drop offs may occur, if possible, depending on the circumstance; however please DO NOT rely on this service rather plan accordingly around school closures and holidays.

Coordinator for ALL N4L*Programs and Program Support Site Visits for ALL N4L* Programs

Each school will need to appoint at least one staff member to act as the school's liaison with Nutrition for Learning. The school staff can be the coordinator of the program or can delegate the responsibilities of coordinator to a volunteer, school staff or community member. The coordinator will be the main point of contact for the program and will need to report the number of students served, monthly. The coordinator's responsibilities will be to order food through the N4L ordering system, enter the data into the OMCCSS** reporting website, and meet with Program Support for the site visits.

N4L* Program Support will be conducting the two site visits this school year (one visit sometime between September and end of November and the second visit sometime between January and end of March).