



Child Nutrition Council of Manitoba

Vegetable and Fruit Program Newsletter

Stone Soup Fundraiser March 12th, 2014 Hydro Place Gallery



There is nothing better than hot soup on a cold day, and a community coming together to share it. That's what our Stone Soup fundraiser is all about. With the help of top local chefs, generous businesses and organizations, and hungry eaters we showcase the value of collaboration and raise support for our programming.

We would love to see you come down to buy a bowl of soup. Let us know if you would like to volunteer that day!

Online Reporting Pilot

Thank you to those of you who volunteered to be an online reporting pilot site. The good news is the forms are ready to go, that bad news is we have no idea where they have gone once they have been submitted! Hopefully the glitch will be worked out soon and we can get information to those of you who volunteered. Paper reporting will still be available to all sites.

“Like us” on Facebook

The Child Nutrition Council of Manitoba is on Facebook.
“Like us” to get news updates, resource links and recipes.

We LOVE all the comments we get from programs ~



- *The kids all tried the roasted vegetables! I had expected them to like the carrots and potatoes but some even enjoyed the beets and turnips.*
- *We gave each child a vegetable and fruit pack to take home for Christmas instead of the usual bag filled with chocolate, cookies and stuff. The kids still got a candy cane as well but were very excited about the V&F*
- *I overheard a couple of children talking and one boy said “I hate broccoli”. A child sitting across the snack table replied “I don’t find it that bad, it actually tastes good”, then he said “and it makes the pizza bun taste that much better.”*

Activity Ideas from V&F Programs

- Vegetable and Fruit Passport with stickers, pictures and stamps.
- A poster of all the vegetables and fruits – we the ones we tried.
- We had a Cooking Club every Friday for 7 weeks.
- We explored the taste and texture of pineapples & coconuts. We learned how to buy and cut the fruits too.