

AGENDA: School Nutrition for All – Workshop

Presented by the Child Nutrition Council of Manitoba & Manitoba Healthy Food in Schools

in partnership with Southern Health-Santé Sud

Wednesday, May 9th, 2018, Emmanuel Evangelical Free Church

360 McKenzie Avenue – Steinbach, MB

Coffee/Light snack & registration 9:00 – 9:30am (gymnasium)

Welcome & Introductions 9:30 – 10:00am (gymnasium)

Concurrent Session A 10:00 – 11:30

Sobeys
*meet in the
gym at 10am

FIELD TRIP: Grocery Store Scavenger Hunt

Clara Birnie, RD & Maxine Meadows, RD, Program Dietitians, Child Nutrition Council of Manitoba

Have some fun and put your nutrition knowledge to the test! Join us in a grocery store scavenger hunt to explore food choices. This field trip will give you hands-on experience in reading food labels. Stores offer thousands of choices and each week there are new products on the shelves and it can be hard to know what to buy. Fresh or frozen? And what about whole grains, fats, sugars, fibre, common allergens and gluten? This tour will be interactive so be sure to bring a pen, and your glasses if needed! There may even be some group prizes to be won!

Chapel

Building Competent Eaters – Whose Role is it Anyway?

Sarah Cahill, RD Nutrition Educator with Nüton

Families and schools both play important roles in teaching children about food and eating. Learn how shifting the focus of food from perfection to nourishment can help kids build a positive relationship with food. Learn how structure, neutral exposure to foods and trust both at home and at school, contribute to hassle free meal times and build competent eaters.

Nüton is a team of registered dietitians powered by Dairy Farmers of Manitoba

Lunch 11:30 – 12:00pm (gymnasium)

Resource Roundup – 12:00 – 1:30

Gym

An opportunity to pick up some current resources and hear from featured organizations about their programs and services.

Lightning presentation from Nüton, School Milk, Manitoba Healthy Food in Schools, Child Nutrition Council of Manitoba, Farm 2 School, Food Matters, Fruit Share, Featured Breakfast Program, Featured Healthy Together Now School Project, Craving Change

Concurrent Session B 1:30 – 3:00

Kitchen

Food storage: Reduce waste, save money, maximize nutrition

Getty Stewart, Professional Home Economist

Learn practical tips and ideas to help you keep foods fresh and tasty as long as possible to reduce food waste, save money, and maximize flavour and nutrition. Through demonstrations and open discussion, participants will learn: what “best before dates really mean; what to keep in the cupboard, fridge, or freezer; tips for effectively storing common foods; tips for managing leftovers; and how to decide what to toss or what to eat.

Chapel

Building Healthy School Nutrition Environments

Megan Bale-Nick, RD, Manager of Manitoba Healthy Food in Schools

Students who are well nourished have improved concentration, academic performance, attendance, self-esteem, behaviour, and lifelong healthy habits. Manitoba has many community initiatives and resources to support students nutrition needs. Discover how schools and communities can work together to take action to build healthy school nutrition environments.

Manitoba Healthy Food in Schools is a Manitoba government initiative in partnership with Dietitians of Canada

Wrap up & Evaluation 3:00 to 3:30pm (gymnasium)