



Regina Food For Learning

June 2011

# Newsletter

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## Message from the General Manager

By Heather Stevenson



Wow time is really flying by – another school year is almost done! In 2010/11 we have been very busy providing snacks to 1120 students in 6 schools and lunches to 131 students in 6 locations. As you know our programs vary from school to school but we definitely try to meet the needs as outlined by each location. I would like to express our sincere appreciation to the teachers, principals, donors, volunteers and staff for your enthusiasm, dedication and hard work. Together we are successfully feeding children better.

On behalf of Regina Food for Learning, I would like to thank you for your continued support and friendship. May you have a safe and enjoyable summer.

## Fundraising Updates



We held a Steak Night at The Last Straw on February 5<sup>th</sup>. We made a \$802.25 including the sale of raffle and 50/50 tickets. Thank you to all who attended.

### Up Coming Events:

June 11 & 12 ..... Hot Dog Sale at Canadian Tire North  
June 18 ..... Concession at soccer playoff wind up  
Sept 17 & 18 ..... Hot Dog Sale at Canadian Tire North

If you are able to volunteer for a 3 hour shift at any of these events please contact Heather at 565-8632 or by email at [rffl@accesscomm.ca](mailto:rffl@accesscomm.ca)

## Donor Recognition

We would like to recognize corporate donors who have contributed financially to our program between December 1, 2010 and May 1, 2011. We also very much appreciate the contributions from individuals, but feel it would be inappropriate to publically recognize them. Thank you all very much!



Communications, Energy, Paperworker Union Local 1-S  
Concentra Financial  
CUPE Local # 3766  
Fraternal Order of Eagles  
Holy Cross Church  
I.O.D.E.  
Majestic Air Inc.  
Regina South Rotary Club  
Sask. Mutual Insurance Co.  
Spartan Controls Ltd.  
St. James United Church  
Sunset United Church Ladies  
Whitmore Park United Church

**Since 1988**  
over 425,000 lunches  
and 1,155,000 snacks  
served to  
Regina School Children.

As you can probably tell  
we are intensely proud of  
the role we play in our  
community.

Your participation is  
crucial to our  
continued success

**Totals for  
fiscal year 2010**

Lunches 15,456

Snacks 83,522

## REGINA FOOD FOR LEARNING PROGRAM LOCATIONS

**DECEMBER 31/10**

Since 1988 over 425,000 Lunches and 1,155,000 Snacks served to Regina School Children.

As you can probably tell we are intensely proud of the role we play in our community.

Your participation is crucial to our continued success.

Location	Type of Program	Number Students Served	First Serving Date	Food Prep. Location	Food Prep. People	Number Served In 2010	Total Number Served to Dec 31/10
Arcola Community School	Universal Snack Mon, Wed, Fri.	360	September 1997	Core Ritchie N'hood Ctr	FFL Cook Volunteers	32,262	441,620
Balfour Tutorial	Lunch Mon, Wed., Fri	60	October, 1991	On Site	Students, overseen by school staff	5,665	97,235 (+ 200 snacks in 1992)
Judge Bryant School	Snack 5 days / wk	15	<u>Lunches</u> Dec/01-June/02 <u>Snacks</u> Jan 03	On Site	School staff	2,550	119 lunches 15,193 snacks
Centennial School	Snack 2 days / wk	360	September 2010	On Site	School staff	10,845	10,845
Cochrane Support Class	Snacks 5 days / wk	20	Lunches Nov06 – Jan 08 Snacks Feb 08	On Site	Students overseen by school staff	120 3,560	1,368 lunches 10,045 snacks
Coronation Park Com School	Lunch 5 days / wk	40	Sept 97 – June 05 Sept 07	On Site	School staff	2,991	31,022
Dr. George Ferguson School	Snack 2 days per week	270	<u>Lunches</u> June/93 – June/96 <u>Snacks</u> Nov 2/05	On Site	School staff and parent volunteers	19,080	6,419 lunches 87,795 snacks
Haultain School	Universal Snack 5 days / wk	85	February 1990	On Site	FFL Cook Volunteers	15,225	523,705
K. Jenkins Community School	Lunch 5 days / wk	21	September 1997- June, 2010	Pasqua N'hood Centre	FFL Cook Volunteers	2,085	84,690
Victoria Campus consisting of Concord ISP #2 VAP #1 VAP#2	Lunch 5 days / wk	24	Feb 05 Sept 06 Dec 03 Dec 04	On Site	Students overseen by school staff	1,006 1,657 896 1,156	4,955 6,345 7,417 6,778
Victoria Campus consisting of Concord ISP #2 VAP #1 VAP #2	Lunch 5 days / wk	24	Feb 05 Sept 06 Dec 03 Dec 04	On Site	Students overseen by school staff	786 1,461 1,052 1,110	3,039 3,232 5,486 4,530
K. Jenkins Community School	Lunch 5 days / wk	46	Sept 1997	Pasqua N'hood Ctr	FFL Cook Volunteers	7,159	62,407
Martin Col. Vocational Alternative	Lunch 5 days / wk	6	Dec 2004	On Site	Students overseen by school staff	1,116	2,322

## “REACH for Nutrition” Event

Regina Food for Learning partnered with Judge Bryant School to provide an educational event at the school on March 24th in conjunction with Nutrition Month. This event was funded by REACH (Regina Education and Action on Child Hunger). In a joint effort we invited the students, their parents and school staff to attend an interactive fun evening that started with a Saskatchewan based meal – beef on a whole wheat bun, Caesar salad, Saskatoon/Rhubarb Crisp and Lemonade sweetened with honey. After the meal everyone toured a number of informative booths, ranging from proper hand washing, dental health, and diabetes information to sodium awareness. Participants were then issued a “Passport” to tour the globe and sample fruits and vegetables from around the world. Over 20 produce items were highlighted. Each item had a write up in the “Passport”, a Nutrition Facts information sheet, a volunteer who promoted that item and answered any questions and of course a sample to taste. I think anyone who attended will agree that it really was a fun and information filled evening. Our thanks go out to the staff, students and Parent Council at Judge Bryant for all the planning, development of the “Passport”, and volunteer help. We would also like to recognize the volunteers from Regina Food for Learning who prepared the meal and taste samples, as well as helped with the set up, serving, demonstrations and cleanup. We also wish to express our appreciation to REACH for sponsoring this education event.



## Real Value Meals

*Written by the Public Health Nutritionists of Saskatchewan and supported by the Health Regions of Saskatchewan (2010)*

The best value for our food dollars are family meals at home. Kids and teens that eat meals at home tend to eat healthier.

Sitting down together and talking about the day helps family members manage stress. For teens, family meals are linked to a lower risk of substance abuse, sexual activity, depression and school problems.

If work, school and activities get in the way of coming together everyday for family meals, aim for 3-5 times a week.

- Parents are in charge of what kind of food comes into your home. Choose healthy family favourites and pick a few new foods to try.
- Children need to learn proper mealtime behaviour. Decide on what is proper behaviour at your family table and let all family members know.

- Think of how you can be a role model in healthy eating habits.
- Get everyone involved. Let your children help to prepare the meal and set the table.
- Make family meals a relaxed time. Turn off the T.V.
- Children need to learn proper mealtime behaviour. Decide on what is proper behaviour at your family table and let all family members know.
- Have fun and keep your humour. Try different theme meals like pasta night or finger foods night.

Here is a quick recipe to get you started.



### Stir Fry

½ pounds (250 g) beef, pork or chicken  
2 tablespoons (30 mL) oil  
1 small onion, sliced  
1 clove garlic, minced  
1 teaspoon (5 mL) ginger

1 cup (250 mL) carrots, sliced small  
2 cups (500 mL) broccoli, bite size pieces  
1/3 cup (75 mL) water  
2 tablespoons (30 mL) soy sauce  
1 tablespoon (15 mL) cornstarch

Slice meat into thin strips. Add oil to large pan. Fry meat strips in large pan and fry for 2 minutes or until meat is cooked. Take meat out of pan. Add onions, garlic, ginger and carrots to pan and fry for 1 minute. Add broccoli cook for 2 more minutes. Place meat back into pan. Mix water, soy sauce and cornstarch in a separate bowl. Pour liquid over meat and vegetables and cook until thickened.

(Recipe from Healthy U, Government of Alberta <http://www.healthyalberta.com/HealthyEating/445.htm>)



## QUINOA

Quinoa is an ancient, traditional whole grain and has been classified by the National Academy of Sciences as one of the best sources of protein in the vegetable kingdom. Quinoa is gluten free, has a low glycemic index and provides all the eight essential amino acids. It is as simple to prepare as rice. It can be used as a delicious side dish, pilaf, or stuffing. It blends wonderfully in salads, soups and stews.

**Cooking instructions:** Rinse quinoa well (quinoa tastes bitter if not well rinsed). Combine  $\frac{1}{2}$  cup quinoa with 1 cup water or broth in a pot. Bring to a boil. Turn heat on low, cover with lids and cook for 15 minutes. Let cool for 5 minutes, fluff with fork and serve. Note: Quinoa is cooked when each grain is translucent and white germ is clearly visible. For rice cooker, follow instructions for white rice. Serves 2

## Quinoa Salad

serves 8 – 10

1  $\frac{1}{2}$  cups quinoa, rinsed several times  
 3 cups water, or chicken broth or vegetable broth (or combination)  
 1 cup fresh or frozen peas (frozen baby peas should be just defrosted)  
 Chopped vegetables, raw or slightly steamed (broccoli, asparagus, green beans, etc)  
 $\frac{1}{2}$  cup chopped red onion  
 1 pint cherry tomatoes (optional)  
 $\frac{1}{2}$  cup chopped black olives (optional)  
 $\frac{1}{3}$  cup olive oil  
 2 tbsp balsamic vinegar or lemon juice  
 1 or 2 crushed garlic cloves  
 2 – 4 Tbsp fresh dill, chopped (or 1 Tbsp dried dill weed)  
 2 Tbsp chopped fresh parsley  
 Salt and pepper to taste

Rinse quinoa well (quinoa tastes bitter if not well rinsed). Bring 3 cups water or broth to a boil. Add rinsed quinoa and bring back to boil. Simmer uncovered for about 15 minutes until liquid is well absorbed. Transfer to large bowl with a small amount of olive oil to prevent sticking, and allow to cool. Meantime mix together remaining oil, vinegar or lemon juice, parsley, and garlic in a small bowl. Add veggies to quinoa and toss well with dressing mixture, dill, salt and pepper. Chill before serving.



## Honey Lemonade Recipe

(as served at the REACH for Nutrition event)

Ingredients:

1 cup liquid honey  
 1 cup hot water  
 $\frac{3}{4}$  cup lemon juice  
 8 cups cold water

Instructions:

Stir honey and hot water over low heat until blended. Let cool and add lemon juice and cold water. Pour into iced glasses. Garnish with lemon slices if desired.

Note: The honey/water syrup may be refrigerated and used to make lemonade a glass at a time. To serve, mix 4 Tbsp syrup to 1  $\frac{1}{2}$  Tbsp lemon juice and 1 cup water per person. Pour into iced glasses.

## 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 [rfll@accesscomm.ca](mailto:rfll@accesscomm.ca). If not, we'll save your spot on our mailing list.



We're on the Web!

See us at:

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

## Saskatoon/Rhubarb Crisp

(as served at the REACH for Nutrition event)

Recipe yields 15 portions

### Filling:

Stir together:

2 cups frozen rhubarb

2 cups frozen Saskatoons

¼ cup flour

½ cup sugar

Put filling into greased 9 x 13 baking pan

### Topping:

1 cup flour

1 cup brown sugar

2 cups rolled oats

2 tbsps ground flax (optional)

1/3 cup margarine or butter

Mix dry ingredients together. Cut margarine into dry ingredients using a pastry cutter, 2 knives or fingers.

Put mixture on top of fruit, pack lightly and then cook in 350° oven for 35 – 40 minutes. Crisp is done when topping is browned and fruit is soft. (Fruit is best cooked in glass baking pans rather than metal because of the acid in the fruit.)



☐ 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,

☐ YES

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

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.*