

Gr-EATINGS parents!

Since Mme. Werner isn't here this year I thought I'd start out with a CORN-y joke! Welcome back, to all the students and parents alike! We are back in the swing of things here in the kitchen and we want to keep you up to speed with what's happening!

The kitchen will start the Hot Lunch Program next week. The order form is attached. For returning families there are a few new details, and for new families here are a few things you'll want to know.

Hot lunch is served at the 11:00 nutrition break (11:15 for grade 9). We offer a daily hot lunch for students and staff at a cost of \$4.25 for a small portion and \$5.25 for large. Many families order the lunch on a daily basis and take advantage of the maximum family rate of \$11/ day. Note the small change in prices from last year.

The lunch menu is approved by the ministry of education for Appleseeds, our pre-school program. The menu is created by our licensed CCA food handlers and is derived from Canada's food guide and nutritional information found in the Healthy Schools 2020 Workshop (and by our critics - the students!).

Our hot lunch program was started out of a need for the pre-school to have snacks and meals, but now serves as a full time, daily hot lunch program to the entire student and staff body! We need your participation and support as the program also generates income for the school! The program has been a success and we are thankful for the parents that come in to help in the kitchen too! This year I would like you to consider ordering lunches for your child on a regular basis, both as a way to benefit your own family and also to support the school!

The menu is divided into a fall, winter and spring season. Each month the menu will repeat until the next season. For new families, we want to let you know that the ingredients we use are the same as you use at home. We do our best to make nutritious, kid friendly, tasty and well balanced meals! We make each meal from scratch with the ingredients you would find at the grocery store. We believe students are better learners, and better educated individuals when they are eating healthy. We want to encourage and model healthy behaviors that will last a lifetime. All lunches include all four food groups and are served with a 250 ml of 2% white or chocolate milk. (100% OJ is available if needed). We do our best to meet the needs of those with sensitivities or allergies. Please discuss your child's individual dietary needs directly with Sylvia and a form will need to be filled out as per ministry requirements (new this year).

If you have any interest in earning volunteer hours by baking dessert treats for the program or by volunteering in the kitchen please email the kitchen at kitchen@calvaryca.com. We will need at least 2 more regular volunteers for kitchen help and several to bake through the year. Baking is a bi-weekly commitment where you send in cookies, brownies or rice krispies treats for the kids in the program.

The Hot Lunch Program order form is available on the CCA website - www.calvaryca.com under the "Our School" tab and "Food Program".

Thank you!

Sylvia Bourne
CCA Head Cook