



September 3, 2019

Foooooooood Fiiiiight!!

Welcome back to each and every one of you! I'm so thankful to be back at CCA and among friends and the CCA family! To those of you that are new to the school a big welcome! Do you feel like meal times can be a fight? I know it's hard finding food your kids like to eat for lunch that are healthy, affordable and don't take you forever to assemble??

My name is Sylvia Bourne and I am the Food Operations Manager at CCA. Along with the other cooks here at CCA we plan, develop, and prepare meals each day for your kids! By now you've made a few lunches and if you're like me you are already wondering what to make and whether the kids will eat it? Maybe your kids' lunch boxes look the same after school as when you sent them and they're coming home hungry?

For several years now CCA has been offering its staff and students an affordable, convenient, cost effective, nutritious, well portioned meal program. Our school is ahead in the race for health when compared to other schools both locally and nationally. According to a study done by the Chief Public Health Officer in 2008 well-nourished kids have higher energy levels during class, better memories, better problem solving skills, are better behaved and are more creative. Canada is the only country without a national school food program - but CCA has been running a daily lunch program for years and are happy with the results and reviews!

Families that have been part of the program find that the program meets their family's needs, budget and their children's desires. Noses are twitching and tummies are rumbling when the smells from the kitchen start drifting down the hall! Almost everyday Mrs. Reid peeks into the kitchen so see "what's cooking??" and either celebrates that she has ordered or regrets not ordering for that day! On average we serve 80 lunches a day which is a large portion of the population at CCA. Our students become familiar with the meals and desserts (homemade by CCA parents) and look forward to their familiar favourites - most families are repeat customers. Our fall menu runs September to December, winter menu is January - March, and we finish off the year April- June with our spring menu.

Each meal includes the main dish entree and one to two side dishes and a milk (chocolate or white) or juice. Our food program is not a fundraiser, rather we cover our costs, maintain our kitchen and offer the program as a help to staff and students. The cost of the program is \$5.50 per student / meal with a family max of \$14.00. **There is only one size meal being offered again this year and we will continue our ADD ONE program.** This will meet the need for individual students who would like a larger portion.

For each meal, families may ADD ONE for the child(ren) that would like an extra portion, the extra portion will be of the main entree. Parents may choose to ADD ONE per each child - if they would like. For example, a regular pizza day order will include 2 slices of pizza in their basket but if your child would like a third slice you may ADD ONE for a total of 3 slices of pizza. If the meal is a taco wrap, you may ADD ONE for a second wrap. For meals such as lasagna we will add a second serving of the lasagna. Parents will indicate which students would like an ADD ONE on the order form. There is a maximum of ONE extra portion. You may choose individual meals and students for the ADD ONE. The additional cost for the ADD ONE is simply \$1 (hence the double meaning of add one...) The ADD ONE is intended to allow the larger eaters to be able to order a little more. It is not meant to be used as a way to ADD ON for siblings and we trust it will not be used this way. The ADD ONE is intended to be eaten by the child ordering the extra portion.

In our new commercial kitchen, inspected by Public Health 3 times a year, we offer a variety of meals all made with your kids' preferences in mind (NO GROSS STUFF!). We aim to meet your budget, and to offer the most nutritious meals possible.

As many returning families will know, it is most helpful to **make a photocopy of your order form** (or take a photo on your phone) before sending it in to the school. It is best to keep a copy at home and refer to the dates you've selected as well as to be aware of what the meal is for the day. We ask that you please get forms filled in and handed in by the due date.

Last year we made a step toward reducing our eco-footprint by eliminating our disposable plates. Each student will be asked to pay a one time \$1 fee toward a basket kept and cleaned by our kitchen staff.

A reminder that Each Wednesday pizza is ordered in and complemented with fresh veggies, and milk. If pizza is ordered it must be ordered for the entire "term". It is not possible to pick and choose individual pizza days. Families wanting pizza will have to choose all of the pizza days in the current term.

I will try to answer as many FAQ's as possible here ...

What if my child is sick on a day he/she has ordered a meal?

Unfortunately we cannot offer any refunds or credits for missed days due to sickness or appointments etc. However, if your child is away because of a school trip (snow day, class trip or sports etc.) the individual order may be credited to your next order. You must record the date and event of the missed meal on the next order form for a credit. We will try to include all school events on the order form to help families in staying organized with ordering. Family meal plans are not eligible for individual credits but are entitled to snow day credits. A sibling may accept another sibling's meal in their absence but meals are not transferable to other students in other families.

What if my child decides they don't like a meal?

With enough notice and communication we are happy to switch one meal for another in this case. If no other meal is desired a credit may be used toward the next term. Parents need to communicate directly with me to work this out, should this situation arise.

How much food is in each meal?

Each meal will include 3-5 oz of a protein. This amount varies between meals because it is not possible to measure exactly for meals such as lasagna, whereas a chicken burger could be more accurate. A basket also includes side dishes such as rice, potato, veggies, chips, naan, or pasta. To meet the need of students with a larger appetite we have introduced an ADD ONE option to add an extra serving of the main entree.

What if my child has dietary needs?

Unfortunately we cannot offer a modified meal program for students with MAJOR dietary needs. In the past gluten-free students have brought their own bread/ wraps and we can make a minor modification like this but cannot accommodate major sensitivities or any allergies. We offer a wide range of meal choices and a fall, winter and spring menu to encourage parents to find meals that work for their child(ren). Please feel free to email me and see what options are available for your child(ren) or for ingredients in a specific meal.

What if my child is really liking the program and wants to add more lunches to his / her order?

It is best to order meals all at one time, by the due date, as each one is entered into a spreadsheet and handed out to teachers. While adding to your order is possible, it is more complicated than ordering all at once at the due date, and sometimes can be missed because of the changes. At anytime if a child does not receive their hot lunch they will notify a teacher or a cook and a lunch will be provided upon confirming their lunch was ordered.

We were tight on time so I sent money with my child to buy a lunch - is this okay?

No, we cannot accommodate requests to purchase lunch last minute. Lunches must be ordered in advance when the lunch order form is sent home as the food is purchased carefully with the number of ordered lunches in mind. In the rare case that a child has forgotten their lunch the office will be in touch with the family and arrangements can be made to provide a lunch for this student at a cost of \$5 / child.

Payment

Payment can be made in a one-time payment or in monthly post-dated cheques made out to Calvary Christian Academy.

We look forward to having your child part of this program and know that you will enjoy the extra time you have in the morning too! Please feel free to email kitchen@calvaryca.com for any further information!

Thank you,
Sylvia Bourne