

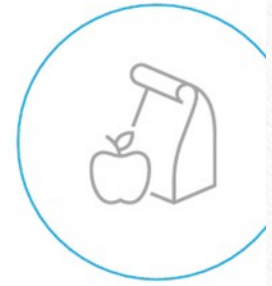
Feeding Futures Update

April 15, 2024



QUALICUM SCHOOL DISTRICT
Yath ísum / Always growing / Grandissons ensemble

Feeding Futures Objectives



Provincial consistency while recognizing local context and delivery methods



Improve affordability and **reduce poverty** for families



Prioritize B.C. and locally produced food to support communities



Ensure **students are properly fed** to improve **student academics and health**

Driver for Change

- ✓ Food insecurity in schools is a reflection of food insecurity in the surrounding community
- ✓ The need for school food programming is growing

Food Insecurity

- ✓ Households with lower incomes are more likely to be food-insecure
- ✓ Negatively impacts a child's academic and health outcomes



School Food Environments

- For some students, 30% of their daily energy is consumed from school food.
- The school food environment plays an important role in the consumption patterns and health outcomes of children and youth.
- Between 2020 and 2021 there was a 33% increase of children living with food insecurity in BC (145,000 to 193,000)
- Schools provide an opportunity for all students to access nutritious foods.

Goals for 2023-24 School Year

- Survey current programs in schools
- Assess needs
- Find ways to enhance what schools are already doing
- Develop plans to upgrade infrastructure

Did you know...

- Qualicum School District works to sponsors 81 Families in the Backpack Program?
- Qualicum School District provides about 300 lunches to students in need each day?
- For many of those students, this lunch is the most fulsome and nutritious meal they will consume in a day.

What schools are doing....

Bowser Elementary School

- 11 families on Backpack Program
- Approx 25 sponsored lunches per day
- Mac and Cheese with Roasted cauliflower, cucumber, oranges
- Perogies
- Currently purchasing from a local restaurant that delivers to BES, then staff portion out and serve.
- Packaging has been a challenge, keeping things hot by the time it gets to kids.



Qualicum Beach Elementary School

- 14 families on Backpack Program
- Staff member makes about 75 sandwiches on Monday mornings. Delivers about 12 to AES for Monday and Tuesday. Delivers about 50 to KSS.
- EA has 10 hours per week, shared between QBES, AES, and KSS. Shopping, meal planning, snacks at QBES (fresh fruit, other snacks). Kids pick up snacks at office for anyone who needs.
- 10-12 students from QBES are sponsored. The rest of the sandwiches go to KSS.



Arrowview Elementary School

- 3 families on Backpack Program
- Approximately 8 students collect a sandwich each day; 15-20 for snack top-ups (mainly fruits and veggies)
- Currently getting sandwiches from QBES 2X per week (delivery on Monday lasts for 2 days)
- EA makes sandwiches 2X per week plus snacks 5x per week
- Kids enjoy ham and cheese wraps and croissants
- EA sometimes makes cookies with selected students
- PAC lunches every Friday; 15 students are sponsored



Kwalikum Secondary School

- 2 families on Backpack Program; previously sponsored by school and St. Stephen's United Church
- Staff member from QBES makes 50 sandwiches on Monday mornings and delivers to KSS. KSS supplements with more.
- KSS gets sandwiches from Nanaimo Food Share on Tue/We/Th. NFS not open on Mondays.
- 20 hr/wk SMW starting on April 22 will make all meals at KSS



Nanoose Bay Elementary School

- No families currently on Backpack Program; historically provided by Nanoose Community Kitchen
- Provides an average of 15 sponsored lunches per day
- Staff member starts at 7:30am to give breakfast. Students then collect their snacks and lunch for the day. School purchased lunch kits for their sponsored children to pack snacks and lunch into.
- Food is ordered from Costco, some items purchased at the Nanoose QF. Meals include a bagel or basic sandwich, fruit, granola bar
- Would like to expand to provide more fulsome sandwiches or a warm soup option.



Ecole Oceanside Elementary School

- 4 families on Backpack Program
- Lunches served 4x per week with a two week rotating menu:
 - *Ham and Cheese Bunwich
 - *Turkey and Cream Cheese Wrap
 - *Spaghetti with Meatsauce
 - *Mac and Cheese
 - *Hotdogs
 - *Homemade Chicken Soup
 - *Stir-fry with pork and veggies
 - *Chicken Tenders and Fries (moving to Caesar Salad next year)
 - *All meals come with a juice box, sweet treat, and fresh veggies or veggie straws



Springwood Elementary School

- 14 families on Backpack Program
- Drop-in system; about 50 students collect breakfast, snack or a sandwich each day.
- Sandwiches, fruit, treat, juice boxes, cheese strings, yogurt tubes.
- Arranged on trays on the office counter for any student to pick-up as needed.



PASS

- 3 families on Backpack Program
- Using industrial kitchen at PCTC to prepare meals a few times per week; part of program
- Lunches provided daily for anyone in need



Rotary Kitchen

Ballenas Secondary School

- 11 families on Backpack Program
- EA and CYCW have been operating a very successful lunch program for several years; utilizing student helpers interested in food service
- Making about 150 lunches each day
- Approx 50 sponsored lunches each day; punch card system in place to maintain privacy and dignity. Open to all. With punch card system, limited people know who pays and who is sponsored.
- This reduces the stigma and works to maintain dignity for the students who are sponsored.



Errington Elementary School

- 18 Families on Backpack Program
- School Meals Worker hired to prepare home cooked meals on site. Nutritious meals include plenty of fruits and vegetables and introduce students to a wide variety of different hot and cold foods.
- EES lunches are open to all to order. An average of 50 lunches are prepared each day, with about 32 of those lunches being sponsored. Online orders through Munch-a-Lunch platform. Limited people know who pays and who doesn't pay.
- This reduces the stigma and works to maintain dignity for the students who are sponsored.



More about EES upgrades...

- Purchased an industrial dishwasher that fit into the under-counter space. Did you know that a cycle only takes about 5 minutes to fully sanitize the re-usable containers?!
- Purchased 100 stainless steel “Bento” style containers with lids. Not only do these containers keep hot food warm, but it has substantially eliminated the amount of waste from 1-time use packaging that used to fill up the trash cans!
- Purchased several small-appliances that enable us to prepare a variety of meals (Crock Pot for soups, electric griddles, blender, mixer).
- Purchased some much-needed kitchen supplies such as baking sheets, mixing bowls, warming trays, new pots and pans.

School Meals Worker – Job Description

School District 69 (Qualicum) JOB DESCRIPTION – SUPPORT STAFF

JOB NUMBER: 000	JOB TITLE: School Meals Worker
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JOB FUNCTION:

The School Meals Worker play a vital role in students' lives by preparing and distributing breakfast, lunch and/or snacks program to school-based students as needed and ensuring respect, equity and dignity for all within legal and regulatory requirements.

REPORTING TO:

Report to the District Principal, Early Learning Community and Child Care.

ILLUSTRATIVE EXAMPLES OF WORK:

1. Supports the planning and development of menus and nutritional options, including food ordering and quantities, using local sources where possible.
2. Ensure health regulations and safe food practices are followed.
3. Monitors the amount of food consumption and student food likes and dislikes.
4. Prepares and sorts lunches to division categories and ensure timely distribution to participants.
5. Ensure unused portions are sorted and stored according to health regulations.
6. Helps with meal service and clean up.
7. Student Supervision including explaining procedures to helpers/runners.
8. Photocopy and distribute monthly newsletter and program envelop to all students
9. Create and maintain records and lists of all participants of program
10. Communicate with students, staff and others

REQUIRED ABILITIES AND QUALIFICATIONS:

1. Grade 12
2. Food Safe Level 1 and 2 Certification.
3. Two year's related experience within the past five-year period.
4. Proficiency using Microsoft Office.
5. Ability to work independently and as part of a team.
6. Effective organizational, time management and problem-solving skills.
7. Valid BC Class 5 Driver's License
8. Nutritional background or certification is considered an asset.

CREATION/REVISION DATE:
Date

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JOINT PAY EQUITY COMMITTEE:
Date

With the addition of a School Meals Worker, EES has been able expand...

From this...



To this...



Why do some schools have more staffing and less food costs and some schools have less staffing and more food costs?

- All schools are at a different place on the continuum of where they used to be and where they want to be.
- Some schools already have local groups supporting in various ways.
- Depends on what the capacity has been at each site to add additional time to existing employees or create a new position that focuses on meals.
- Varying number of students in need of food each day. Some just need snack top-ups, others need breakfast and/or lunch.
- Quality of food provided
- Some schools prepare food on-site while others get pre-made food delivered.
- Space and equipment
- Some schools have active PAC's that organize lunches on some school days and sponsor some students. Other schools cover the cost of PAC lunches for sponsored students.

Challenges

- Finding the people to do this work without taking away from supporting students in classrooms. It is different work.
- Replacement staff to cover absences.
- Available space to store supplies and prepare food (fridges, freezers, cupboards, counter space, stoves and other equipment; electrical outlet capacity can be an issue in some schools).
- Bulk ordering can be more cost efficient but minimum order requirements, delivery costs, and storage is a major issue. We have so many people shopping each week (time and travel).
- Planning healthy menu options for varying taste preferences and dietary requirements
- Preparing enough food with limited leftovers and waste
- Packaging and waste.

Next Steps

- Continue to find ways to maintain dignity and reduce stigma while providing healthy meal options at all schools.
- School Meals Worker hours at each site. Could be combined with other positions if the work is done outside the usual school day.
- Pursue bulk purchasing and storage options. Similar menu options.
- Upgrades to equipment and serving options to reduce one-time-use packaging.
- Utilize larger kitchens and school meals workers to prepare food for schools with smaller number of students who need meals each day.