



SOCIAL JUSTICE ASSIGNMENT

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TO THE PAC,

Meal Program Implementation

Free Breakfast, Lunch, and Snacks Every Day

WHAT IS IT?



Providing breakfast, lunch, and snacks to students every school day



All meals provided are free to all students



All students have equal opportunity to all of the meals provided



Students will take on leadership activities to plan, make, and distribute meals

WHY IS THIS IMPORTANT?

INCLUSIVE

- Every student gets the same meals
- Meals are available to all students
- Opens leadership roles to students

SUPPORTIVE

- Helps families that cannot afford food
- Helps families that forget to pack food
- Builds relationships with the community

HEALTHY LIVING

- Provides students with healthy meals
- Make sure students are eating enough
- Lessons about healthy eating
- First Nations diabetes concerns



WHY DO WE NEED IT?

- Some students are not bringing adequate lunches and/or snacks
 - Some students are forgetting to eat breakfast in the mornings
 - Takes away pressure from the students and their families
 - Allows teachers to implement lessons on healthy eating
 - Students are able to eat enough food within school everyday
 - Opportunity to teach different cultural foods and meals
 - Students are able to learn better with adequate meals
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CURRICULUM CONNECTIONS

Career Education Grade 6/7 & ADST Food Studies

Big Ideas

Career Education:
Leadership represents good planning, goal-setting, and collaboration.

ADST:
Design can be responsive to identified needs.

Learning Standards

CC4: Appreciate the importance of respect, inclusivity, and other positive behaviours in diverse, collaborative learning, and work environments.

CC7: Demonstrate leadership skills through collaborative activities in the school and community.

Indigenous Connections

FPPOL:
Learning ultimately supports the well-being of the self, the family, the community, the land, the spirits, and the ancestors.

CoC:
Belonging
Generosity

Grandfather Teachings:
Eagle (love)
Salmon (respect)

WHAT ARE OTHER SCHOOLS DOING?

Bring Food From Home

Breakfast is expected to be eaten at home

Lunch and snacks are expected to be brought from home

Cons

- Some families cannot afford meals
- Some students are not eating enough food at school
- Students may compare their lunches to others
- Some students are not eating nutritious meals



WHAT ARE OTHER SCHOOLS DOING?

Hot Lunch Programs

Every Month on Fridays

- Booster Juice, Subway, Pizza Hut, Chopped Leaf
- Drink, Lunch, and a Snack

Cons

- Costs Money
- Sign Up



WHAT ARE OTHER SCHOOLS DOING?

Breakfast Programs

Free Breakfast Available for Some Students Each Day

Cons

- Sign Up
- Student's Aware of Low Socioeconomic Status
- Students Have to Come to School Early
- Not Available to Everyone



WHAT ARE OTHER SCHOOLS DOING?

School Cafeterias

Lunch, Snacks, and Drinks Available for Purchase

Cons

- Not a Lot of Variety
- Costs Money



SK'ELEP SCHOOL & TWIN RIVERS

Free Breakfast, Lunch, Snacks

Free Breakfast, Lunch, and Snacks Every Day

- Made Fresh Every Day
- Homemade Hot Lunches Provided
- Available to All Students
- Menu Given Ahead of Time

Cons

- Cost of Food
- Food Waste



CHALLENGES

There will be challenges to setting up the food program but once it is sorted out, things will be able to run smoothly.



BUDGET

- How much will the initiative cost?
- How much will the food and delivery cost?

LEADERS

- What adult leaders can we have?
- What students leaders can we have?

ALLERGIES / DIETARY RESTRICTIONS

- How will we adapt for allergies?
- How will we adapt for dietary restrictions?



Step 1

- See if there is interest amongst families within the schools
- Set up staff and parent helpers
- Set up a program for student helpers

HOW CAN WE DO IT?

Meal Prepping

Plan Snacks

Cooking/Baking

STUDENT LEADERSHIP ROLES

Create Menu

Hand Out Meals

Clean Up



Step 2

- Find out the needs of communities
- Plan out the meal and snack ideas
- Budget the meal and foods needed to supply
- Set up food delivery service and community garden
- Find out student allergies and dietary restrictions

HOW CAN WE DO IT?

MEAL IDEAS

<u>Breakfast</u>	<u>Lunch</u>	<u>Snack</u>
Cereal Toast Fruit Salad Yogurt Oatmeal	Pasta Soups Chicken Fingers Salads Pizza	Yogurt Fruit Vegetables Granola Bars Muffins / Cookies

- Breakfast: healthy with nutritional value before the school day starts
- Lunch: natural foods with locally sourced fruits and vegetables
- Snacks: healthy and given throughout the day



Step 3

- Create a monthly menu
- Send out the food menu to families
- Order the foods that are needed
- Prep the meals

HOW CAN WE DO IT?

SAMPLE MENU

<u>Nekwesqt</u> Cereal Fruit Salad	<u>Selesqt</u> Oatmeal Vegetables & Dip	<u>Kellesqt</u> Yogurt & Berries Chocolate Muffin	<u>Mesesqt</u> Blueberry Muffins Yogurt	<u>Tselksteqt</u> Toast Cheese & Crackers
		<u>March 1</u> Mac & Cheese	<u>March 2</u> Vegetable Soup	<u>March 3</u> French Toast & Bacon
<u>March 6</u> Chicken Burgers	<u>March 7</u> Chicken Fingers	<u>March 8</u> Spaghetti	<u>March 9</u> Chicken Caesar Salad	<u>March 10</u> Hot Dogs
<u>March 13</u> Shepards Pie	<u>March 14</u> Chicken Fried Rice	<u>March 15</u> Lasagna	<u>March 16</u> Tomato Soup	<u>March 17</u> Pizza
<u>March 20</u> Hamburgers	<u>March 21</u> Chicken Quesadillas	<u>March 22</u> Chilli	<u>March 23</u> Pasta Salad	<u>March 24</u> Pancakes & Sausages
<u>March 27</u> Sloppy Joes	<u>March 28</u> Grilled Ham & Cheese	<u>March 29</u> Turkey Lettuce Wraps	<u>March 30</u> Chicken Noodle Soup	



Step 4

- Make the meals with adult and student helpers
- Hand out meals to the students
- Clean up duties

HOW CAN WE DO IT?



INDIGENOUS Organizations

- Indigenous Schools
- Kekuli Cafe
- Community Gardens
- Aboriginal Friendship Society
- Native Housing Society
- Indigenous Bands

RESEARCH

“While school meal programs exist in some form in all provinces and territories and in many Indigenous communities, we know that existing programming only serves roughly 21 per cent of all school-aged children”
(Aziz, 2023).

“Children who miss meals may be at higher risk for other compromising health behaviors such as disordered eating or unhealthy weight controlling behaviors”
(Tugault-Lafleur & Black, 2021).

“Indigenous peoples are diagnosed with diabetes at a younger age, have more severe symptoms when diagnosed, face higher rates of complications, and experience poorer treatment outcomes”
(Diabetes Canada, 2023).

“Eating breakfast can increase the cognitive capabilities in the learning process, contrarily, skipping breakfast will not only affect school performance, but also has impact on [student’s] psychological and physical development”
(O’Neil et al., 2014).



THANK
You

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