



Regina Food For Learning

Spring 2009

Newsletter

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Message from the General Manager

By Heather Stevenson

As the 2008/9 school year closes, I would like to express sincere appreciation to the teachers, principals, donors, volunteers and staff for your enthusiasm, dedication and hard work. Together, we are successfully feeding children better.

At our Annual General Meeting in March it was decided that we needed to actively recruit new Board Members. We currently have 7 dedicated volunteer Board Members and aren't just looking for quantity but a few more quality people to round out our Board.

Our meetings are held the 4th Wednesday of each month and generally last from one

to one and a half hours. We do not have meetings in July or December. Board Members oversee the nutritional programs offered by Regina Food for Learning at several schools. They make decisions regarding potential new programs, expansions, or closures. Board Members pool their skills and resources to promote the organization, fund-raise and maintain the integrity of Regina Food for Learning. For further information please contact me at 565-8632 or by email at rffl@accesscomm.ca

Why Volunteer?

■ You can make a difference to others and the community we live in.

- You will develop skills and gain work experience that employers are looking for.
- You will gain self-confidence and discover your strengths and talents.
- You will gain practical knowledge about organizations and how they work on a day-to-day basis.
- You will network with people and meet new friends.
- Give a little – you'll get a lot.

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

Steak Night – April 2/09

Thank you so much to all those people who attended our Steak Night at Nicky's Café. Our net proceeds for that event were \$782.

World's Biggest Garage Sale - April 25/09

Many thanks to all those people who contributed, priced, set up and sold goods at this event. We had lots of great items and are pleased to let you know that we made a profit of \$860.15.



UPCOMING:

Canadian Tire North BBQ, June 13 & 14/09

We are still in the planning stages for this fundraiser, but do expect to have a great time on that weekend. If this newsletter reaches you before that weekend drop by and check us out. We will let you know in the August Newsletter just how we made out.

Canadian Tire North BBQ, September 12 & 13/09

This BBQ is still very much in the planning stages so there is plenty of time to get involved. We are recruiting volunteers to help with everything from the set up to the cooking, and serving at this fundraiser. If you are available please give Heather at call at 565-8632.

2008 IN REVIEW

18,877 lunches
in 9 locations

73,538 snacks
in 5 locations



Don't be irreplaceable. If you can't be replaced, you can't be promoted.

Always remember that you're unique. Just like everyone else.

Never test the depth of the water with both feet.

If you think nobody cares if you are alive, try missing a couple of car payments.

If at first you don't succeed, skydiving is not for you.

If you tell the truth, you don't have to remember anything.

Some days you're the bug; some days you're the windshield.

Everyone seems normal until you get to know them.

A closed mouth gathers no foot.

Generally speaking, you aren't learning much when your lips are moving.

Experience is something you don't get until just after you need it.

Never take a sleeping pill and a laxative on the same night.

REGINA FOOD FOR LEARNING PROGRAM LOCATIONS

DECEMBER 31, 2008

We have served over 400,000 meals and 1,000,000 snacks to Regina school children since 1988. The table shown here outlines all of our locations/statistics in our fiscal year 2008.

Location	Type of Program	Number Students Served	First Serving Date	Food Prep. Location	Food Prep. People	Number Served In 2008	Total Number Served to Dec 31/08
Arcola Community School	Universal Snack Mon, Wed, Fri.	330	Sept 1997	Core Ritchie N'hood Ctr	FFL Cook Volunteers	32,516	377,528
Balfour Collegiate	Milk (to supplement b'fast prog)	20	Oct 2008	On Site	School staff	760	760 milk portions
Balfour Tutorial	Lunch Mon, Wed, Fri	50	Oct 1991	On Site	Students, overseen by school staff	4,800	86,415 (+200 snacks in 1992)
Judge Bryant School	Snack 5 days / wk	15	Lunches Dec 01 – June 02 Snacks Jan 03	On Site	School staff	2,670	Lunches 119 Snacks 10,018
Cochrane Support Class	Snacks 5 days / wk	20	Lunches Nov06 – Jan 08 Snacks Feb 08	On Site	Students overseen by school staff	120 2,865	Lunches 1,368 Snacks 2,865
Coronation Park Com Sch	Lunch 5 days / wk	6	Sept 97–June 05 Sept 07	Pasqua N'hood Ctr	FFL Cook & volunteers	2,647	26,543
Davin Sch. Structured Learning	Lunch 5 days / wk	2	Dec 2004 – June 08	On Site	School staff	189	2,668
Dr. George Ferguson School	Snack 2 days / wk	230	Lunches June/93 – June/96 Snacks Nov 2, 2005	On Site	School staff and parent volunteers	15,120	Lunches 6,419 Snacks 52,240
Haultain School	Universal Snack 5 days / wk	100	Feb 1990	On Site	FFL Cook Volunteers	20,367	492,008
K. Jenkins Community School	Lunch 5 days / wk	30	Sept 1997	Pasqua N'hood Centre	FFL Cook Volunteers	6,712	77,886
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 Centre	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



Haultain Community School – The Cadillac of Snack Programs

By Donna McColl, Principal, Haultain Community School

We are very fortunate to have a snack program provided for the students at Haultain Community School. Mrs. Benita Ficor has been preparing daily morning snacks for our students for several years through the Food for Learning program. All of her snacks are delicious and nutritious. We offer a universal snack program to all of our students from pre-kindergarten to grade 8.

Through the eyes and words of our grade 1, 2, and 3 students, you can glean a glimpse of the importance, appreciation, and admiration of the program and Mrs. Ficor...

20 Ways to Love a Child

1. Stay up late together.
2. Smile, even when you're tired.
3. Celebrate mistakes.
4. Encourage.
5. Build lots of blanket forts.
6. Believe in possibilities.
7. Laugh, dance and sing together.
8. Respect them.
9. Ask their opinions.
10. Learn from them.
11. Share your dreams.
12. Honour their differences.
13. Answer their questions.
14. Read books out loud.
15. Delight in silliness.
16. Protect them.
17. Cherish their innocence.
18. Giggle.
19. Give them enough room to make decisions.
20. Remember that they have not been on earth very long.

Our favourite snacks are...

- pizza buns
- hotdogs
- homemade cookies
- grilled cheese sandwiches
- homemade banana bread
- veggies and dip

And the best things about Mrs. Ficor are...

- "She is nice and her snacks are always good."

- "I like what Ms. Ficor makes us. She makes the best pizza buns."
- "Mrs. Ficor is a great cook."
- "I like her hotdogs, strawberries, and cookies."
- "She gives us milk."
- "She gives us hugs."
- "Mrs. Ficor is a good cook. I like that she cooks food for us. She is nice. The apples and oranges are never rotten. We don't always

- have the same thing. She doesn't get lazy making the same stuff!"
- "All our snacks are nutritious."
- "She takes her time to make us all good food."
- "Everyday she looks pretty."
- "If we don't have lunch, she makes us one."

... And as they say, "Out of the mouths of babes!"

We know we are extremely lucky to have such an amazing snack program at Haultain Community School. As a staff we like to call it the Cadillac of snack programs, and we thank Regina Food for Learning and Mrs. Ficor for being its chauffeur!

The quickest way to double your money is to fold it in half and put it back in your pocket.

Duct tape is like "The Force". It has a light side and a dark side and it holds the universe together.

Donor Recognition

We would like to recognize corporate donors who have contributed financially to our program between December 1st/08 and May 15th/09. We also very much appreciate the contributions from individuals but feel it would be inappropriate to publicly recognize them. Thank you all very much!

Balgonie U.C.W.
CCRL Refinery Complex
Cdn. Union of Postal Workers
Cdn. Progress Club, Regina Assiniboine
Christ the King Parish
Enbridge
Holy Cross Church
Little Flower Church
Majestic Air Inc.
MGP Insurance

Remai Construction
S.I.G.A.
Sask. Blue Cross
St. James United Church
St. Peter Ladies & Men's Club
Sunset United Church
The Co-operators
Wal Mart



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 rffl@accesscomm.ca If not, we'll save your spot on our mailing list.



Regina Food For Learning

We're on the Web!

See us at:

www.reginafoodforlearning.com

TACO TOSSED SALAD

- 1 pound ground beef or turkey
- 1/2 cup taco or picante sauce
- 6 cups torn lettuce
- 1 medium green bell pepper, cut into strips
- 1 medium tomato, cut into wedges
- 1/2 cup pitted ripe olives, drained
- 1 cup corn chips or baked tortilla chips
- 1 cup shredded Cheddar cheese (4 oz)
- salsa, sour cream

Cook beef in a skillet over medium-high heat, stirring occasionally, until brown: drain. Stir in picante sauce, heat through. Toss lettuce, bell pepper, tomatoes, olives and corn chips in a large bowl. Spoon hot beef mixture over lettuce mixture and toss. Sprinkle with cheese.

Serve with salsa and sour cream if desired.

Note: This salad can be tossed as above instructions or done as a layered salad.

BLACK BEAN SALAD

In a large bowl pour 1 cup (250 ml) boiling water over 3/4 cup (175ml) couscous; cover and let stand for 5 minutes.

Add 1 can (19oz/540ml) black beans drained and rinsed, 1 red pepper, chopped (or try red radishes sliced), 2 green onions, sliced.

Wisk together 2 Tbsp. (30ml) each vegetable oil, lemon juice and wine vinegar, 1 Tbsp. (25ml) Dijon mustard and 1/4 tsp. each salt and pepper; toss with couscous mixture.

Makes 4 servings. Per serving about 329 cal, 13 g. pro, 8 g. total fat, 53 g carb, 8 g. fibre, 400 mg. sodium.

SPINACH SALAD

- 1 head Romaine lettuce
- 4 oranges - peeled and sliced
- 1 cup halved seedless green or red or combo fresh grapes
- 2 cups fresh Spinach
- 1/2 cup toasted slivered or sliced almonds

Dressing

- 1/4 cup white wine vinegar
- 2 Tbsp. brown sugar
- 1/4 cup finely chopped fresh chives
- 1/2 cup veg. oil
- 2 tsp. curry powder
- 1 tsp. soy sauce

Serve with pita bread or crispy buns.



Regina Food For Learning

- 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,
1 week (\$10) _____, 1 month (\$40) _____, 1 year (\$400) _____
- YES** 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.

Tax receipts will be issued for donations of more than ten dollars.