



Services de santé du

TIMISKAMING

Health Unit

De nombreuses façons d'améliorer votre santé

Site principal :

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Succursales :

Englehart Téléphone : 705-544-2221 Télécopieur : 705-544-8698

Kirkland Lake Téléphone : 705-567-9355 Télécopieur : 705-567-5476

www.timiskaminghu.com



Northern Fruit & Vegetable Program

Spending Program Funds (Appendix A)

Program funds are provided to help schools administer the Northern Fruit and Vegetable program. These funds can be used to cover the cost of supplies, honorariums for program volunteers, and any costs related to the implementation of related educational resources. Here are a few ideas to help spend your implementation funds:

Supplies and Equipment:

- For preparing and cooking food
 - Apple slicer, colanders, cutting boards, knives, aprons, gloves, hairnets
 - Cooking utensils (e.g., mixing spoons, spatulas, tongs, whisk, measuring cups and spoons, melon baller, mason jars, peeler)
 - Small kitchen appliances (e.g., blender, mixer)
 - Large kitchen appliances (e.g., oven)
- For storing food (e.g., reusable containers, produce bags, food wrap)
- For serving food (e.g., reusable or disposable serving plates, bowls, utensils, napkins)
- For transporting food around the school (e.g., kitchen cart, bins, cooler bags)
- For cleaning (e.g., dish soap, sponges, gloves)
- For disposal (composting bins, recycling bins)
- For repairing kitchen appliances (please follow up with the NFVP Lead at the Timiskaming Health Unit for fridge repair inquiries)

To Celebrate Your Program Administrators or Volunteers:

Incentives for volunteers, honorariums, volunteer appreciation gifts or event

Educational Resources and Teaching Aids:

- Groceries to prepare recipes with NFVP produce
- Cookbooks
- Gardening resources (e.g., pots, soil, seeds)
- Food models or vegetable & fruit playsets
- Nutrition games (flashcards, boardgames, sensory activities)
- Library books or DVDs with nutrition or physical activity-related messages
- Classroom sport or game equipment
- Printing of resources (photocopying, posters etc.)



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Implementation Funds can also be used as part of larger food literacy projects such as:

- Cooking club
- Fruits and veggies art and craft day (e.g., encouraging students to make a rainbow plate)
- Fruits and vegetables eat the rainbow challenge
- Garden beds or tower gardens
- Compost program (indoor vermiculture or outdoor)
- Blender bike with Freggie Fuel event
- Field trip to a farm, farmers' market, or community garden
- Grocery store tour/bingo, Gleaning activity
- Announce a fruit/vegetable of the day/month
- Activities that focus on Indigenous food sovereignty and programming that supports Indigenous knowledge and traditions around food in your school (all Harvests, food-related events on National Indigenous Peoples Day, etc.).

Please reach out to mouhaffelr@timiskaminghu.com if you'd like to discuss any project ideas.