

Theme 3

April 2017

- December 2017



Choose to Boost
Veggies & Fruit!
healthykidsptbo.ca

GROWING FOR LEARNING

SCHOOLS

25 "Rooting for Healthy Kids: Growing for Learning" educators attended fall workshop.

11 schools participated in "Fresh from the Farm" the healthy schools fundraiser.



GreenUp Ecology Park held food-focused spring education programs, where children planted and ate root veggies.



School Student Nutrition Programs

All 48 schools in Peterborough City and County received equipment and fresh produce, helping provide more than **15,900+** students with fresh vegetables and fruit.



"Trust Me, Trust my Tummy"

OVER 200 families provided with children eat/"try" vegetables and fruit.

CHILDCARE

34 "You're the Chef" educators and **30** Childcare Supervisors trained, over **100** children participated.

"Coming Together to Grow Healthy Kids"

60 childcare staff/teachers participated in spring workshop. **17** childcare centres participated in a garden pilot project; reaching **500-800** children

PARTNERSHIPS

"Paint Your Plate with Vegetables and Fruit - A Toolkit for Ontario Child Care Providers"

Developed Provincial educational toolkits to support childcare educators to further boost veggies and fruit in their programs.



Peterborough Petes created videos about healthy eating, healthy hydration, limiting screen time and being active. These, along with **healthy canteen options** were promoted at student game nights reaching **10,000+** people

130+ partners engaged through HKCC updates, projects, consultations and leadership.

PRHC hosted **5** community workshops, supporting **44** families to incorporate more vegetables and fruit in their meals and snacks.



COMMUNITY ENGAGEMENT

"Rooting for Healthy Kids Celebration Dinner"

63 partners and families attended.

Attended **14** Community events.



SUPPORTIVE ENVIRONMENTS

"Rooting for Healthy Kids" led by the **Nourish Project**

Resulted in **105** activities; **57** were in low income neighbourhoods.

1006 children and **152** parents/caregivers were directly involved;

36 herb containers were distributed; **87** stories/feedback about gardening were collected; **45** cooking classes were delivered;

25 garden activities were delivered at various sites (childcare centres, schools and community centres); **67%** of returning children in cooking classes reported having prepared a recipe at home.

96% of staff surveyed saw beneficial impact of the support and training provided.

3 new community gardens were established and **55** new plots were created.



"The Healthy Halftime Snack Challenge" **25** minor sports teams participated.

Encouraging **200+** families to provide healthy sideline snacks during games.

100% of parents agreed healthy halftime snacks should be available

92% of parents felt confident that they would suggest to bring healthy halftime snacks to their children's team next year.



Healthy Canteens

4 municipalities explored healthier options at recreation centres

2 recreation sites implemented healthy menu changes with fresh fruit and smoothies

