

Metcalfe Public School Breakfast Program 2022/2023

General Information

The breakfast program at Metcalfe Public School is designed to support our students to ensure they have the energy they need to perform their best every day.

Any student who wishes to participate in the breakfast program is able to. We ask that parents register their child(ren) to aid in preparation numbers and so that we are aware of food restrictions, but any student who is hungry will be fed. Our goal is to provide food for those in need, not to make any judgements on the definition of need.

The breakfast program will follow the same bin delivery system as last year. All food items will be prepackaged - either from the store or packaged by the breakfast team who will be following the requirements of Ottawa Public Health. This may change during the year as directions change from OPH and ONFE, our funding agent,

The food prep kitchen is nut free, but is not gluten free.

Menus are designed to minimize food preparation time as well as ease of delivery and eating. The breakfast team will be making menu choices that require minimal cutlery.

Breakfast choices will include a whole grain (e.g. crackers, toast), a fruit/vegetable (e.g. grapes, carrots) and a protein/milk (e.g. yogurt tube, eggs).

Start Date

The planned start date is Monday, October 3, 2022.

How To Register

Parents/guardians can register using the [Google form](#). If they have difficulties with the form, they can send an email to christine.lee@ocdsb.ca.

The Process

Prior to 8:10am, the breakfast team will deliver a bin of food items to each classroom along with a set of tongs and a list of students in that class who are registered for the breakfast program.

Students must wash their hands or sanitize prior to being served breakfast.

Students are not allowed to serve themselves or other students. This will require either the help of the teacher or another adult to distribute breakfast to each student (should take no longer than a minute). If you need an adult to help during breakfast, please contact the office and someone will be down to help. The person distributing the breakfast foods is required to wash their hands or sanitize prior to handing out the food and to use the tongs to distribute the food.

Each registered student is to be offered one of each of the food items. Not every child will wish to eat everything each day. If they do not want one, or any, items, do not serve them.

There may be students who wish to eat but are not on the list. Any items left after serving registered students may be offered to other students who wish to eat. If you need more, ask the breakfast team. Please use your best judgement in serving students with food restrictions.

For unregistered students who regularly wish to participate in breakfast, please send a note to their parents/guardians to request that the student be registered for the program so that we are able to prepare for them.

If you have students whose parents/guardians do not wish for their child to receive any food items, please let Christine or Erin know or email Christine at christine.lee@ocdsb.ca.

The breakfast team will do a circuit at 8:30am to collect the bins containing the items left as well as the tongs and lists. Please place the bins outside your classroom door to allow for easy pickup. Clean up and sanitation will happen in the kitchen.

Leftover items from breakfast will be available in the office for students who need to supplement their lunch. Availability will fluctuate daily.

Waste

All waste created by the student during breakfast, such as empty yogurt containers or food wrappers, will be placed in the student's lunch bag and brought home to be disposed of.

Feedback

If you notice anything that would help in streamlining the breakfast program, please contact Christine Lee at christine.lee@ocdsb.ca. We want to hear what is working and what is not working.

Fine Print

The breakfast program is funded by Ottawa Network for Education. The program has been approved by Ottawa Carleton District School Board and Ottawa Public Health in collaboration with the Ottawa Network for Education. Foods provided meet the Ontario Ministry of Children, Community and Social Services Student Nutrition Guidelines and focus on fruit/vegetables, protein and whole grain foods.