

Jim Watson, Minister of Health Promotion, and David Ramsay, MP, visit St. Anne English Catholic School



St. Anne English Catholic School received a special visit from Jim Watson, Minister of Health Promotion, and David Ramsay, MP for Temiskaming and Cochrane, to highlight the success of the pilot fruit and vegetable project. The goal of the program is to establish healthy eating habits. Every Tuesday, Wednesday and Thursday all students are served fruit or vegetables. St. Anne's began this initiative on December 11th and will continue until May.

According to Linda Pilgrim, Principal of St. Anne English Catholic School, "Kids really look forward to seeing Mrs. Aird, our fruit and veggies lady. They love when she comes to deliver the treats of the day. Student are enthusiastic and the staff are encouraged when they see the positive effects of nutrition on the kids behaviour. It's a great program and wonderful success!"

Mr. Watson informed the student body that over 1.5 tons of fruit and vegetables had been distributed since the beginning of this northern initiative 6 weeks ago.

The following schools within Northeastern Catholic District School Board are participating in various components of the project:

- O'Gorman Intermediate Catholic School
- Aileen Wright English Catholic School
- St. Anne English Catholic School
- Sacred Heart Catholic School
- St. Paul School
- St. Joseph School



This program was initiated by the Ministry of Health Promotion who then chose the Porcupine Health Unit as the lead agency for the District of Cochrane. All food handlers of the program received Safe Food Handling training from the Porcupine Health Unit prior to the beginning of the program. Betty Ann Horbul, Public Health Nutritionist, Manager, added; "This is a taste testing program to encourage children and their families to try more vegetables and fruit. Studies from around the world have shown that this kind of program increased the acceptance of vegetables and fruit, children were more likely to try new foods, and increased the number of servings of vegetables and fruit consumed. Because this is a pilot project, the evaluation is being conducted to include a control group and two intervention groups. Results from the evaluation will help determine if the program will be continued and expanded to other Northern Ontario communities."

For more information please contact:
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"Sometimes I forget to make myself a lunch and don't have time for breakfast so I look forward to the snack the school provides. It is also good for the people that don't have a lot of money and don't have much food."
Carlie, gr. 8 student



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