

WAKE UP WELLINGTON

LOCATION: Fergus, Ontario

ABOUT THE PROGRAM:

The program's goal is to reach high school students who need a healthy and nutritious start to the day, five days a week. A focus of the program is to break down the stigma that can be attached to SNPs. Students in the culinary arts program help prepare fresh and nutritious foods and gain baking and cooking skills. The school community at Centre Wellington District High School benefits from healthy meals that are made mostly from scratch.

HOW IT WORKS:

- Every Monday and Tuesday, students in Chef DeBeyer's culinary classes prepare food for the week. Foods include quick breads, muffins, and oatmeal.
- Breakfast is served before classes start and are free or people can donate to a donation jar.
- A soup and bun lunch costs \$1 or can use a pre-paid punch card (with cards available for free to students in need).

CHALLENGES TO OVERCOME:

- Need for more staffing resources- currently Chef DeBeyer takes on planning, shopping, preparing, serving and paperwork.
- Sometimes difficult to fit food preparation within the curriculum.



HIGHLIGHTS

- Offered five days a week, the breakfast program serves between 400-500 students daily. The lunch program serves up to 150 students a day.
- The whole school community is invited to eat, including the staff, which reduces stigma.
- Students in the culinary program contribute to the school community.
- Students are exposed to new and different foods and experience food made from scratch.