

# *Local Food Literacy at Oakwood Public School*

PUTTING THE CRUNCH BACK IN LUNCH!



SaladBar  
HALTON FOOD FOR THOUGHT



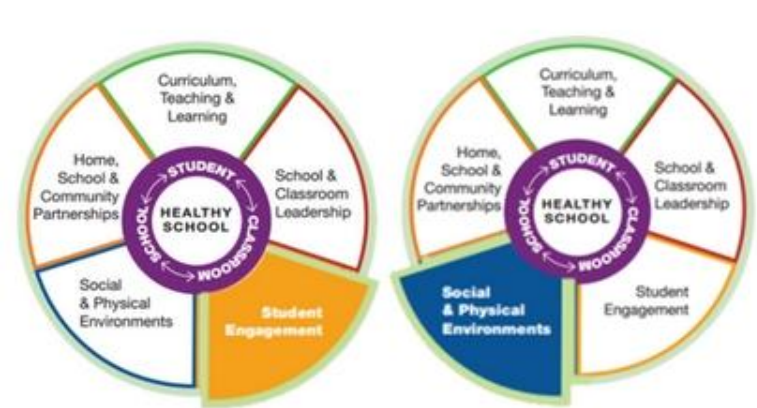


**OUR CORE TEAM:  
HALTON FOOD FOR THOUGHT,  
COMMUNITY VOLUNTEERS,  
PUBLIC HEALTH.**

# Foundations for a Healthy School







# Mar-Sept 2016: Vegetable Garden



In Spring 2016, our Healthy School Club students planted a small Vegetable Garden. Parent volunteers tended to the garden over the summer months, and students reaped the harvest in the fall.





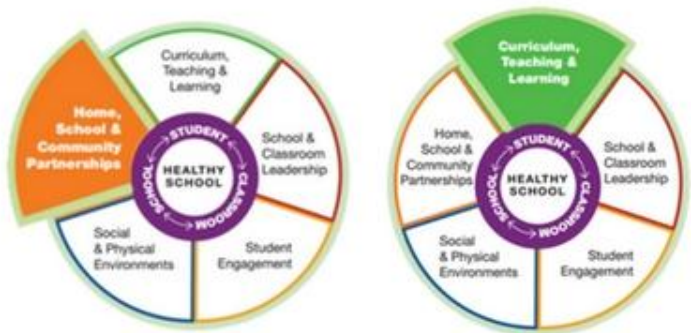


# October: Meet the Teacher

We offered a FREE self-serve  
Salad Bar at our Meet the  
Teacher Night in October.







# October: Great Big Crunch!

Our whole school "crunched" into delicious local Ontario apples along with 35 000 other students across our region.







# January: What Living Things Need



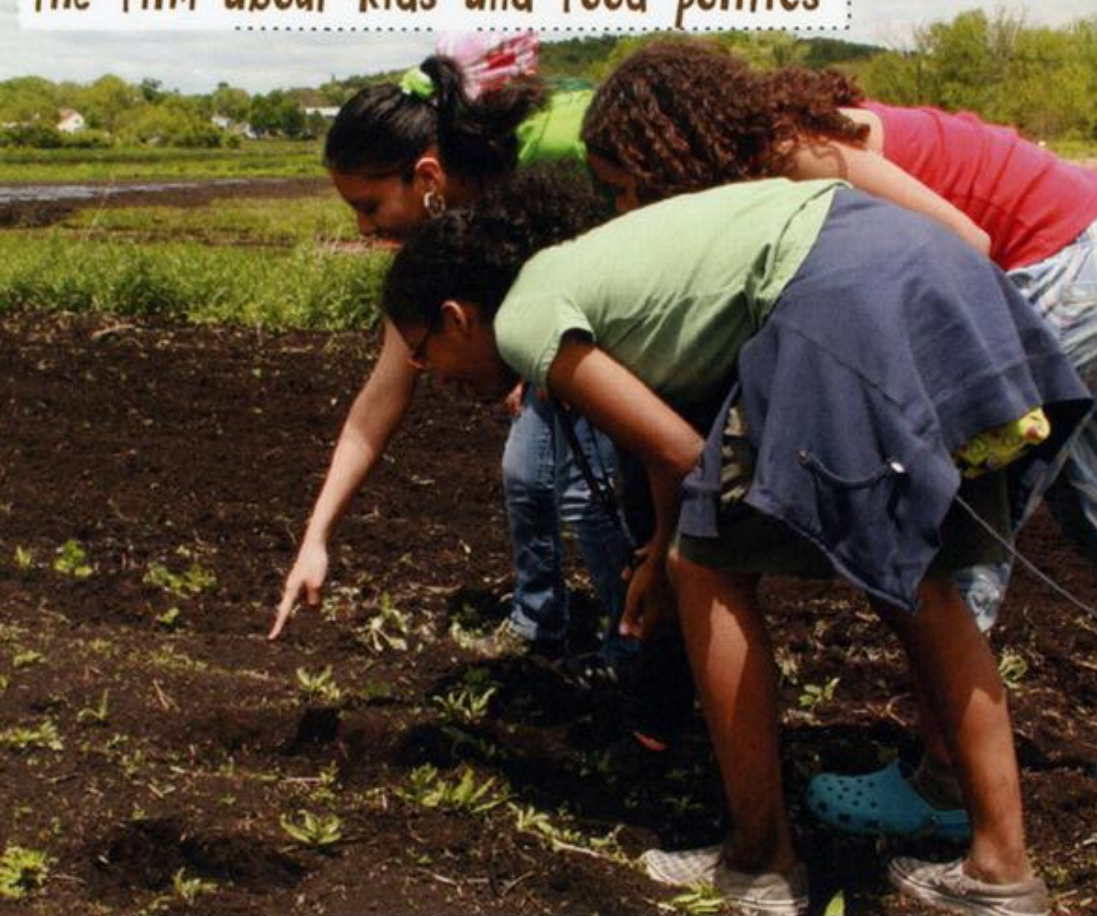
A local "Gardener Extraordinaire" spoke about what plants and human bodies need to thrive, and helped us build self-irrigating micro-green salad bowl gardens out of recycled bottles.





# What's on YOUR Plate?

the film about kids and food politics



*"What's On Your Plate? is exactly the film we need right now."*

Michael Pollan

*"This movie can have a real impact on the way we think about what we're eating."*

Alice Waters



## February: Where Does our Food Come From?

Halton Green Screens is offering a workshop to students will trace a meal to it's origins.





# March: Zero Food Waste

Community Environment Alliance is offering our students a workshop about how the food system works, why we waste food, and the price we pay for wasting food. Students will also learn the many ways food can be saved in our homes.





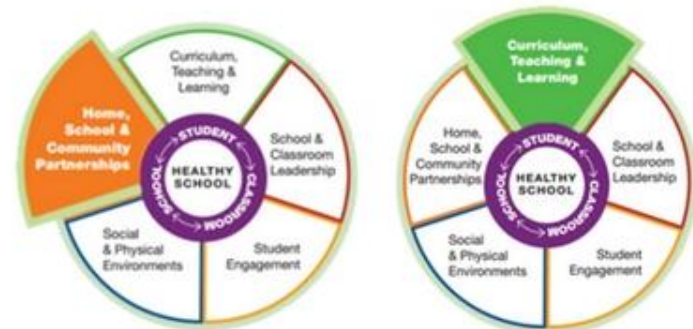
A buffet line featuring a variety of food options in black trays. The options include yellow rice, green beans, white rice, shredded chicken, sliced cucumbers, broccoli, carrots, and tomatoes. Each tray has a metal serving spoon. A red decorative bow is visible on the left side of the buffet line.





# May: Farmer Visit!

A local farmer will speak to students about what it's like to grow and produce food for our community.







*Thank you!*

**THE END**

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