

ONLINE WORKSHOPS FOR STUDENT NUTRITION PROGRAMS

Brant Food For Thought is putting a new twist on our Winter Workshop by offering online Student Nutrition Program workshops through the Ontario Dietitians in Public Health (ODPH) website. The ODPH have produced 2 modules to date for SNP's and each module takes approximately 20 minutes to complete. At the end of each module, there are a few questions and a certificate upon completion. **Module 1 - Introduction to Student Nutrition Program Nutrition Guidelines** and **Module 2 - Food and Beverage Choice Tables**. (Menu Planning and Budgeting will be coming soon.) Click on the Module above to access the website.

These online workshops are open to **ALL** of SNP Volunteers (SNP Coordinators, School Administrators, School Staff, parent/caregiver/community volunteers). Each participant that completes both of these 2 modules, and submits their set of certificates to judy@brantfoodforthought.ca between March 1 and March 22 will be entered into a draw for a chance to win 1 of 3 \$25.00 gas cards. *(Each participant's name will go into the draw and winners will be announced **March 25, 2019**. These online workshops will be considered as your program having attended a workshop and therefore will go towards meeting the funding requirements.)* The SNP with the most participants, will win a produce box! Stay inside and stay warm this year while you complete your BFFT Winter Workshop!

Kindest Regards,

Judy Maidment
Volunteer Development Coordinator
Brant Food For Thought
519-759-6164