

CMSD Food Program News

February 2025

We know nourishing learners at school helps to improve academic outcomes as well as build stronger connections among peers, adults and with the community. With that in mind, Coast Mountains School District is committed to improving food programming throughout the district.

Our focus is to foster healthy, stigma-free food environments in our schools, making nutritious breakfast, lunch, or snack options accessible to every learner in our system. Click the link to learn more about the [CMSD Food Program](#).

If you are interested in finding out how you can get involved to support our CMSD Food Program, please contact Shawna Wilson, District Food Program Manager, by email at Shawna.Wilson@cmsd.bc.ca



Feeding Futures



In 2023, the B.C. Government announced \$214 million over three years for school districts to create new or expand existing, school food programs.

This funding is provided to all school districts to support students who need it most by delivering school food programs in a way that reduces stigma.

[BC Gov News - Feeding Futures](#)

DISTRICT HIGHLIGHTS

Salad Bar at Thornhill Elementary



Thornhill Elementary School, along with its volunteers, are making sure students are fed and ready to learn. These dedicated staff and volunteers have a salad bar station set up every Wednesday.

Apple Granola Bars

This recipe was created by Chef Chezter Rodriguez-Wieck for the Gleaning Abundance Program Harvest Recipe Book, from Kamloops Food Policy Council.

Ingredients:

250 ml quick cook oats
250 ml rolled oats
30 ml chia seeds
7 ml cinnamon
1 large egg
30 grams (1/4 cup) coconut oil or melted butter
250 ml apple puree or applesauce
1 apple, small diced
15-30 ml maple syrup or honey

Instruction:

Preheat your oven to 375°C
In a medium bowl, mix oats, chia seeds and cinnamon. Add the coconut oil or melted butter, apple puree and egg. Mix to combine.
Fold in the diced apples. Line a baking tray with parchment paper. Press the mixture into the bottom of the baking tray in an even layer, 1.5-2cm thick. Bake for 25 minutes, should be firm to the touch but not hard. Cool and slice into squares.

Coming up!

National Nutrition Month- March 2025

This annual event is a great opportunity to focus on our eating habits, learn more about nutrition, and make conscious food choices.



Food Connects Us
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

<https://www.eatright.org/>