

CMSD Food Program News

March 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



National Nutrition Month- March 2025

Food is a connecting factor for many of us. Food connects us to our cultures, our families and our friends. Sharing a meal is an opportunity to learn about its preparation, who made it and where the ingredients were sourced. Health, memories, traditions, seasons and access can all impact our relationship with food. While these factors influence the foods we eat, the foods we eat also affect our health.

There are a variety of ways to connect with food. These include preparing your own meals and snacks and learning about how the ingredients you eat were grown or raised. Your ability to access food is also essential. Many people have a specific amount of money they're able to spend on food, which makes planning extra important when trying to eat healthfully.

- Here are some tips for connecting with food:
- When purchasing food from a store, use a grocery list and pay attention to sales. When food is less processed, it's often more affordable.
 - Learn about resources in your community that offer access to healthy foods, such as the Supplemental Nutrition Assistance Program (SNAP), Women Infants and Children (WIC), and food banks.
 - Visit a farmers' market to ask about how your food was grown or raised, or consider starting a home or community garden to get hands-on experience with the growing process.

-Food, Nutrition and Health Tips from the Academy of Nutrition and Dietetics

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

DISTRICT HIGHLIGHTS

Bear Valley Students serve Up Warmth with weekly soup program

At Bear Valley School in Stewart, BC, the Grade 8/9 Foods class is making a big impact—one bowl at a time! Each week, students prepare a hearty soup for the entire school, and last week's special was delicious corn chowder.

With the guidance of Ms. McMillan, our dedicated lunch supervisor and Indigenous Support Worker, the students contribute to a welcoming, community-centered lunch program. Parents appreciate the free meal, giving them one less lunch to pack, while students enjoy a warm and nourishing dish.

This initiative is just one way Bear Valley is fostering food literacy and supporting student well-being through hands-on learning.



CHICKEN POT PIE BUNDLES

Serves 6

Ingredients

- 1½ tablespoons canola oil, divided
- 1 large carrot, peeled and cut into ¼-inch dice (about 1 cup)
- ½ small onion, cut into ¼-inch dice (about ½ cup)
- 2 cloves garlic, minced
- 1 pound boneless, skinless chicken breast halves, cut into ½-inch dice
- 2 teaspoons chopped fresh tarragon or ½ teaspoon dried tarragon
- ½ teaspoon kosher salt
- Pinch of black pepper
- 1 cup all-natural chicken broth
- 4 teaspoons cornstarch
- ¾ cup frozen petite peas, thawed
- ¾ cup frozen corn kernels, thawed
- 12 egg roll wraps
- 2 tablespoons grated Parmesan cheese

Nutrition Information

Serving size: 2 bundles
 Calories: 360; Total Fat: 7g; Saturated Fat: 1g; Sodium: 680mg;
 Total Carbohydrate: 48g; Dietary Fiber: 3g; Protein: 24g; Vitamin A: 70%; Iron: 15%.

Directions

Preheat the oven to 350°F. Heat 1 tablespoon of the oil in a large nonstick skillet over medium-high heat. Add the carrot and onion and cook, stirring frequently until softened (about 5 minutes). Add the garlic and cook 1 minute more.

Stir in the chicken, tarragon, salt and pepper. Cook until the chicken is no longer pink, about 5 minutes.

Place the broth and cornstarch in a bowl and whisk until well combined. Add to the skillet along with the peas and corn, and bring the liquid to a simmer, stirring constantly. Continue to simmer and stir gently until the sauce thickens, about 2 minutes.

To prepare the bundles, use a muffin pan with 12 medium-size cups (do not coat with nonstick cooking spray). Gently place 1 egg roll wrap into each cup, letting it extend over the sides.

Place a generous ¼ cup of the chicken mixture into each wrap, and sprinkle Parmesan cheese on top. Fold the corners up and over the top of the filling, and press to seal the edges (it doesn't have to be perfect!). Brush the remaining oil on top of each bundle.

Bake until golden and crisp, 12 to 15 minutes. Cool slightly before eating.

<https://www.eatright.org/recipes/entrees/chicken-pot-pie-bundles-recipes>