

# IMPACT REPORT

## 2023/2024



Sprouting healthy  
relationships with food.

# TABLE OF CONTENTS

## INTRODUCTION

<i>Message.....</i>	<i>1</i>
<i>Program Vision and Key Goals.....</i>	<i>2</i>
<i>About Tastebuds.....</i>	<i>3</i>
<i>Student Nutrition Program Structure.....</i>	<i>4</i>
<i>Tastebuds Funding Flow</i>	<i>5</i>

## IN-SCHOOL SUPPORTS & BREAKDOWN

<i>Tastebuds Year end Data.....</i>	<i>6</i>
<i>Hamilton Wentworth District School Board.....</i>	<i>7</i>
<i>Hamilton Wentworth Catholic District School Board.....</i>	<i>8</i>
<i>Student Nutrition Program Breakdown French &amp; Community.....</i>	<i>9</i>

## EVENTS

<i>The Great Big Crunch.....</i>	<i>10</i>
<i>Volunteer Appreciation.....</i>	<i>11</i>

## PARTNERS

<i>Our Partners, Funders and Donors.....</i>	<i>12</i>
--	-----------





# MESSAGE

Dear Stakeholders of Tastebuds and the Hamilton Community,

As the Program Manager of Tastebuds, I am honored to present our 2023–24 Impact Report, highlighting the strides we've made in supporting student nutrition and addressing the evolving needs of our community.

This past year, Tastebuds has achieved remarkable milestones. Reaching over 23,000 students daily through our breakfast and snack programs. Expanding our volunteer network to include 300 plus dedicated individuals who make our work possible. Strengthening partnerships with local food suppliers, ensuring fresh, quality ingredients for every meal.

Tastebuds thrives because of the unwavering support from our stakeholders, partners, volunteers, and the vibrant Hamilton community. This year, we've grown through new collaborations, ensuring nutritious food and educational programs reach more children and families. Your dedication has empowered us to launch innovative initiatives, deepen community connections, and create sustainable solutions to combat food insecurity.

Together, we are building a healthier, more inclusive, and sustainable future. Across 110 schools, our passionate team at Tastebuds is committed to supporting universal student nutrition programs. This report showcases the tangible impact of our work.

Reflecting on our accomplishments, I am both inspired and optimistic about the future. Thank you for being an integral part of the Tastebuds family and for your commitment to nurturing the well-being of our community.

With gratitude,

Bhairavi Kumar

Program Manager

Tastebuds, Hamilton's Student Nutrition Collaborative



Tastebuds team, shown here with John Madelena, Equal Opportunities Consultant at Hamilton-Wentworth Catholic District School Board. L to R: Nicole FW., Bhairavi K., John M., Sam D. and Gayle R.






# PROGRAM VISION & KEY GOALS



All students in Hamilton have universal access to healthy foods in schools and community environments to improve student success, support healthy growth, development, and lifelong eating habits.

Hamilton Tastebuds Student Nutrition Collaborative is a partnership of community agencies and community members that supports and facilitates local Student Nutrition Programs (SNPs) for children and youth in Hamilton.

## **Tastebuds is a universal in-school nutrition program that is...**

- |   |  |  |
|---|--|--|
| Welcoming    | Non-stigmatizing  | Open to every child in the school   |
| <ul style="list-style-type: none"><li>• Provide every student access to nutritious meal every single school day</li><li>• Promote healthy eating habits</li></ul> |  | <ul style="list-style-type: none"><li>• Increase food security</li><li>• Support physical and mental well-being</li><li>• Foster a positive eating environment</li></ul> |



# ABOUT TASTEBUDS



## Staff

Bhairavi Kumar  
Gayle Rohr  
Samantha Delaney\*  
Nicole Ferrer-Whitehouse

## SPRC Support

Caroline Eyk  
Rachel White



All students in Hamilton have universal access to healthy foods in schools and community environments to improve student success, support healthy growth, development, and lifelong eating habits.



As of the 2023-24 school year, TASTEBUDS volunteers help serve over 21,200 children at 103 schools in the Hamilton area, each and every school day.

## Steering Committee Members

Amber Aquin  
*Engagement Officer, HWDSB*

Amy Leaming-Cote  
*Executive Director, Hamilton Foundation for Student Success*

Bhairavi Kumar (Co-Chair)  
*Program Manager, Tastebuds*

Darlene Edmonds\*  
*Regional Logistics & Community Development Coordinator, HN-REACH*

Donna Weldon (Co-Chair)\*  
*Community Volunteer*

Elizabeth Smith  
*Public Health Dietitian, City of Hamilton*

Gayle Rohr  
*CDW, Tastebuds*

John Madalena\*  
*Equal Opportunity Consultant, HWCDSD*

Leah Janzen  
*Compass Community Health Centre*

Manuela Trombetta  
*Public Health Nurse, City of Hamilton*

Mariko Bown-Kai  
*Compass Community Health Centre*

Nicole Ferrer-Whitehouse  
*CDW, Tastebuds*

Rachel White  
*Community Outreach and Program Administration, CAPC*

Samantha Delaney  
*CDW, Tastebuds*

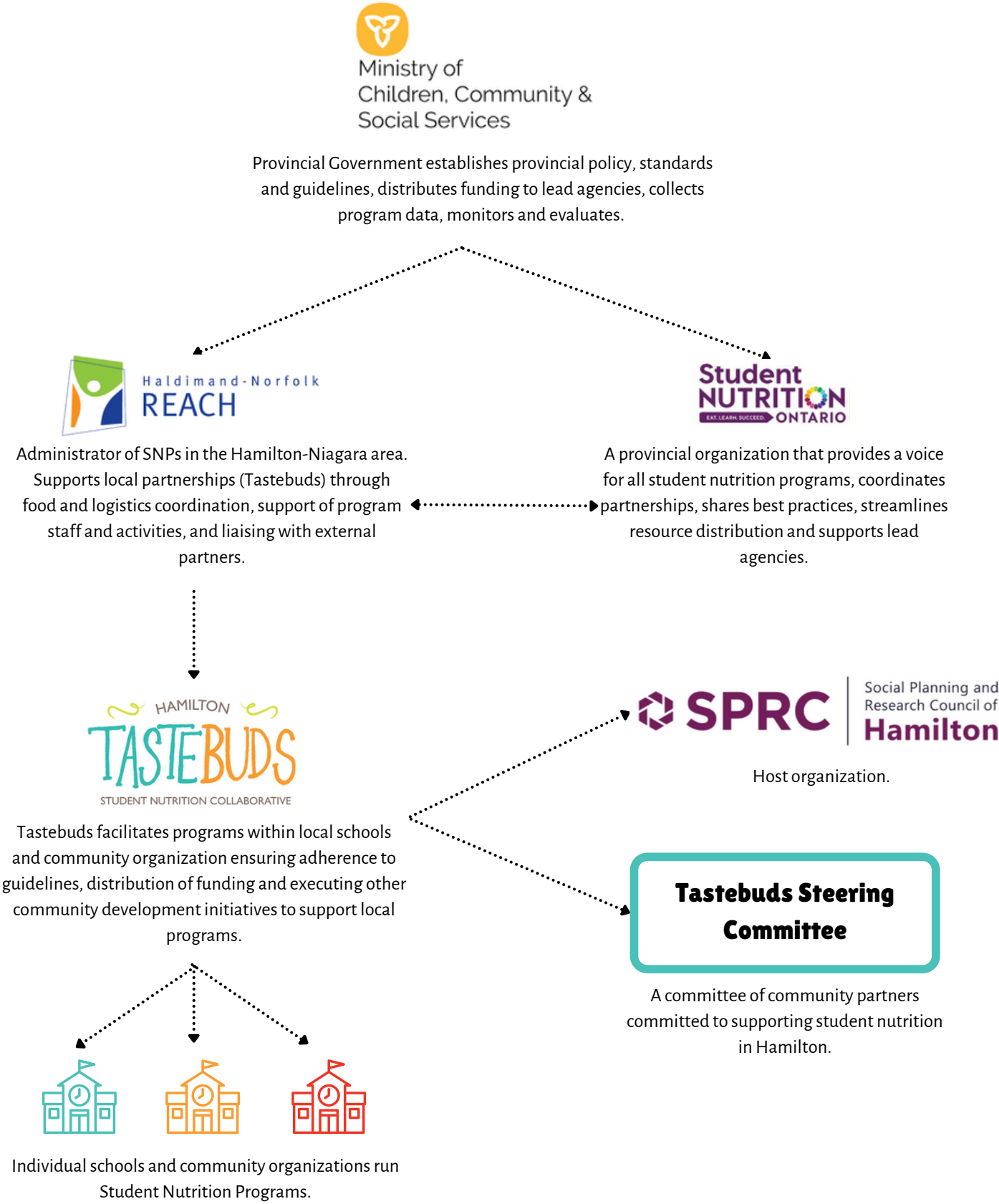
Ted Hildebrandt  
*Senior Social Planner, CAPC Supervisor*

Tyler Arsenault  
*Supervisor, Regional Student Nutrition Program, HN-REACH*

\*Retired or resigned in the 2023-24 year.

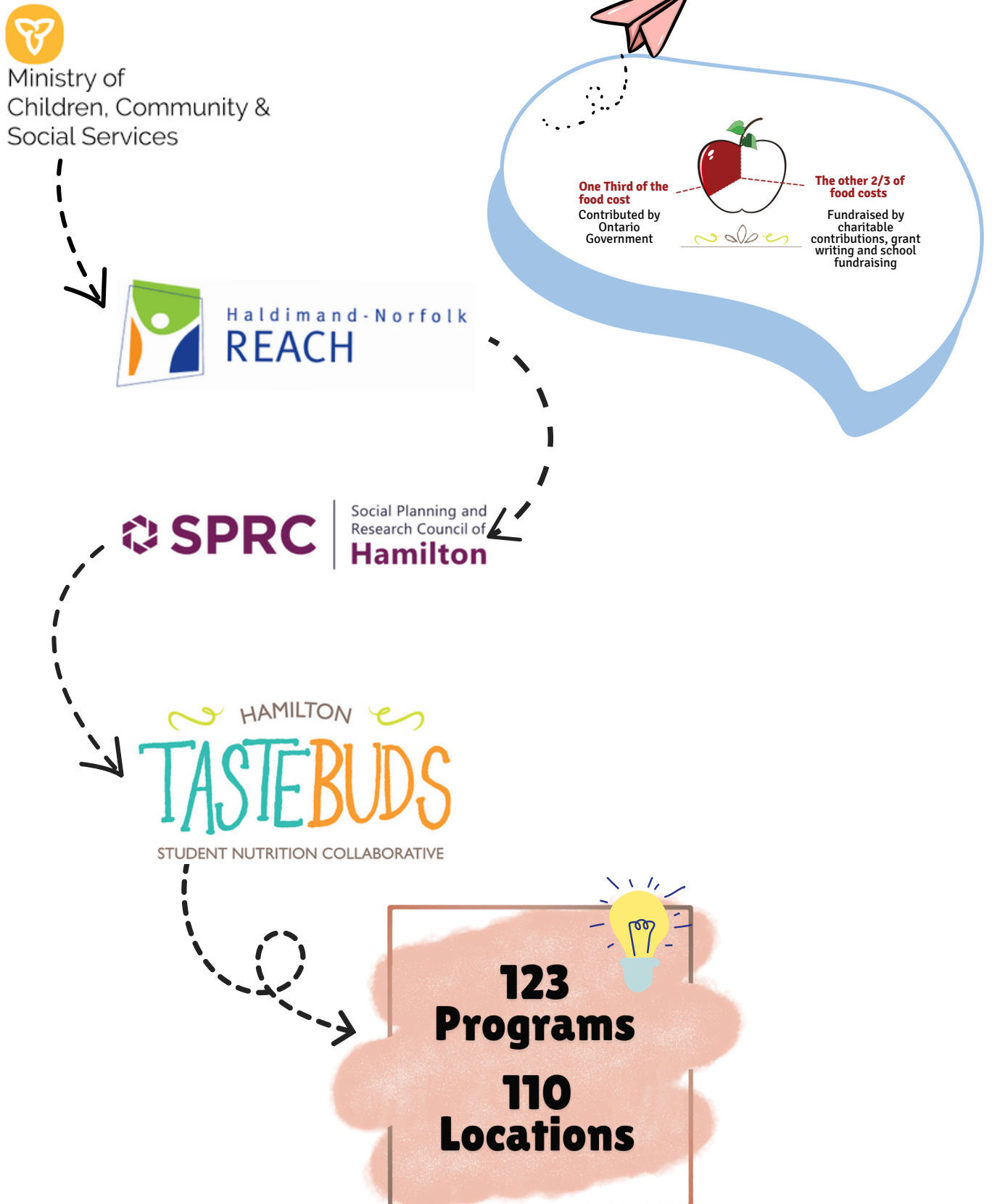


# STUDENT NUTRITION PROGRAM STRUCTURE

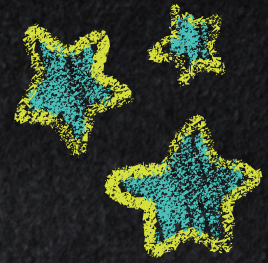




# TASTEBUDS FUNDING FLOW







## YEAR END DATA

September 1, 2023 – June 30, 2024

**23,455**

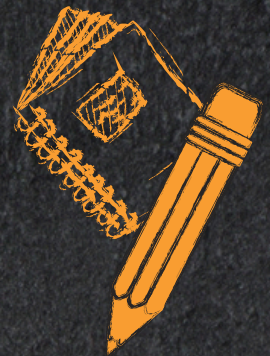


AVERAGE DAILY PARTICIPATION



**3,286,256**

TOTAL MEALS PREPARED



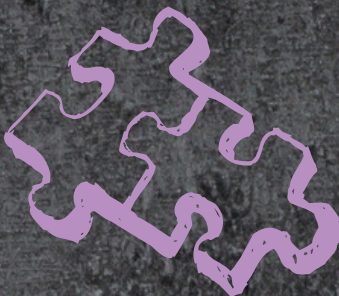
**123**

TOTAL SNPs



**110**

TOTAL SNP SITES



**71,059**

VOLUNTEER HOURS DONATED



# SNP BREAKDOWN BY BOARD

## Hamilton Wentworth District School Board

### 68 Programs (with Tastebuds)

#### Elementary Schools

A.M Cunningham  
 Adelaide Hoodless  
 Ancaster Meadow  
 Balaclava  
 Bellmore  
 Bennetto  
 Buchanan Park  
 Cathy Wever  
 Cecil B. Stirling  
 Central  
 Chedoke  
 Collegiate  
 Community and Continuing Education  
 Cootes Paradise  
 Dalewood  
 Dr. J.E. Davey  
 Dundas Central  
 Earl Kitchener  
 Franklin Road  
 George L. Armstrong  
 Gordon Price  
 Helen Detwiler  
 Hess Street  
 Highview  
 Hillcrest  
 Holbrook  
 James MacDonald  
 Kanétskare  
 Lake Avenue  
 Lawfield  
 Lincoln Alexander  
 Lisgar  
 Memorial  
 Mount Albion  
 Mountview  
 Parkdale  
 Pauline Johnson  
 Prince of Wales

Queen Mary  
 Queen Victoria  
 Queensdale  
 R. A. Riddell  
 Richard Beasley  
 Ridgemount  
 Rockton  
 Rosedale  
 Sir Wilfrid Laurier  
 Strathcona  
 Templemead  
 Viola Desmond  
 Viscount Montgomery  
 W. H. Ballard  
 Winona  
 Westview  
 Westwood  
 Yorkview

#### Secondary Schools

Bernie Custis  
 Dundas Valley  
 Glendale  
 Nora Frances Henderson  
 Orchard Park  
 Saltfleet District  
 Sherwood  
 Sir Allan MacNab  
 Sir Winston Churchill  
 System Alternative Education/ Gateway  
 Westdale  
 Westmount



### 29 Programs (without Tastebuds)

#### Elementary Schools

Allan A. Greenleaf  
 Billy Green  
 Dundana  
 Ecole Elementaire Michaelle Jean  
 Eastdale (on waitlist)  
 Flamborough Centre  
 Frank Panabaker  
 Gatestone  
 Glenwood  
 Greenville  
 Guy B. Brown  
 Huntington Park  
 Janet Lee  
 Mary Hopkins  
 Millgrove  
 Mount Hope  
 Norwood Park  
 Ray Lewis  
 Rousseau  
 Shannen Koostachin (on waitlist)  
 Sir William Osler  
 South Meadow  
 Spring Valley  
 System Alternative Education  
 Tapleystown (on waitlist)  
 Tiffany Hills (on waitlist)

#### Secondary Schools

Ancaster High  
 Community and Continuing Education  
 Waterdown District (on waitlist)

# SNP BREAKDOWN BY BOARD

## Hamilton Wentworth Catholic District School Board

### 29 Programs (with Tastebuds)

#### Elementary Schools

Annunciation of Our Lord  
Blessed Sacrament  
Canadian Martyrs'  
Holy Name of Jesus  
Our Lady of Lourdes  
Regina Mundi  
Sacred Heart  
St. Agnes  
St. Ann, Hamilton  
St. Anthony Daniel  
St. Augustine  
St. David  
St. Eugene  
St. Francis Xavier  
St. John Paul II  
St. John the Baptist  
St. Joseph  
St. Kateri Tekakwitha  
St. Lawrence  
St. Luke  
St. Marguerite d'Youville  
St. Michael  
St. Patrick  
Sts. Peter & Paul

#### Secondary Schools

Bishop Ryan  
St. Jean de Brébeuf  
St. John Henry Newman  
St. Mary  
St. Thomas More

### 26 Programs (without Tastebuds)

#### Elementary Schools

Corpus Christi  
Guardian Angels  
Holy Name of Mary  
Immaculate Conception  
Immaculate Heart of Mary  
Our Lady of Hope  
Our Lady of Mount Carmel  
Our Lady of Peace  
Our Lady of the Assumption  
St. Ann, Ancaster  
St. Bernadette  
St. Clare of Assisi  
St. Gabriel  
St. James the Apostle  
St. Joachim  
St. Margaret Mary  
St. Mark  
St. Martin of Tours  
St. Matthew  
St. Paul  
St. Teresa of Avila

#### Secondary Schools

Bishop Tonnos (waitlist)



Hamilton-Wentworth  
Catholic District School Board

*Believing. Achieving. Serving*



# SNP BREAKDOWN BY BOARD

## Conseil Scolaire Catholique MonAvenir

### Elementary Schools

Ecole Elementaire Catholique  
Monseigneur-de-Laval  
Ecole Elementaire Catholique Notre-  
Dame

### Secondary Schools

Ecole Secondaire Academie  
Catholique Mere-Teresa



## Conseil Scolaire Viamonde

### Elementary Schools

Ecole Elementaire Pavillon de  
la Jeunesse

### Secondary Schools

Ecole Secondaire Georges-  
P-Vanier



## Community Programs

- Banyan-Bridge Program (Dawn Patrol)
- Compass Community Health Centre (North Hamilton CHC)
- Eva Rothwell Centre - Breakfast Program
- Gateway Safe Schools (King William)
- Gateway Safe Schools (Vincent Massey)
- Grace Haven
- James St. Alter-Ed
- Living Rock Ministries
- N-Gage (King William)
- NIWASA AHS
- SHAE (Strengthening Hamilton Aboriginal Education)



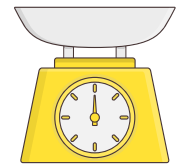
Eva Rothwell Centre

# EVENTS

## The Great Big Crunch



54,629 Apples  
Crunched



14,420 lbs of  
apples

The Great Big Crunch is a national movement and annual moment of anti-silence where students, school staff, parents, and others create a Canada-wide "CRUNCH" to promote healthy school food. Tastebuds' Great Big Crunch, since 2008, has united Hamilton's students and community members in a synchronized apple crunch while learning about healthy eating and local food.

On March 7, 2024, we held our biggest Crunch yet, with 54,629 participants at 112 Hamilton schools—a record level of participation. Schools stocked up on local apples, and crunchers gathered in classrooms, hallways, and gymnasiums to take a simultaneous bite, creating a great big "CRUNCH!" This simple event fosters a celebration of healthy, local food within the community. The Crunch is open to every Hamilton school, with or without a Tastebuds program.

Participants shared their crunch moments online using #GreatBigCrunch. City councillors joined schools in their wards, and the Tastebuds team proudly crunched with Mayor Andrea Horwath. Tastebuds aims to strengthen relationships with all government levels to support schools.

Free apples were provided throughout March, thanks to generous donations from FirstOntario Credit Union and the Ontario Produce Marketing Association (OPMA), sourced from Drummond Farms in Waterdown, which produces about 2 million pounds of apples annually.





# EVENTS

## Volunteer Appreciation Week

School nutrition programs would not be what they are without our amazing volunteers. Most of our Tastebuds volunteers are parents of students or school staff, but we are also fortunate to have 13 FirstOntario Credit Union employees from their Blue Wave Volunteer Team supporting three different schools, along with a few dedicated community volunteers who selflessly donate their time at three schools as well. These incredible volunteers assist with tasks such as receiving orders, grocery shopping, preparing food (slicing fruits and vegetables), and distributing meals and snacks to classes.

For the 2023–2024 school year, approximately 341 volunteers donated over 12,500 hours to help make school nutrition programs the successes they are. Their invaluable time, dedication, and efforts provided approximately 3.1 million meals and snacks to students across the City of Hamilton. As part of Volunteer Appreciation Week, the community was invited to submit nominations for volunteers to win a \$50 Indigo e-card—a small token of our gratitude for their outstanding contributions to school nutrition programs. Words cannot fully express how thankful and appreciative we are for everything Tastebuds volunteers do to help our students develop healthy relationships with food!



# PARTNERS, VENDORS, FUNDERS & DONORS



supporting children, families, communities



THANK YOU FOR HELPING US SPROUT HEALTHY RELATIONSHIPS WITH FOOD





Social Planning and  
Research Council of  
**HAMILTON**



Haldimand-Norfolk  
**REACH**



@TastebudsSNC



@HamiltonTastebuds



@tastebudshamilton

Tastebuds Hamilton is a program of the Social Planning and Research Council of Hamilton. The Student Nutrition Program is a provincial initiative funded by the Ontario Ministry of Children, Community and Social Services (MCCSS) and administered regionally by Haldimand-Norfolk R.E.A.C.H.