

C-NCS strives to provide the highest nutrient foods, locally grown, organic and great tasting to our students through **Breakfast, Nutrition Breaks and Dinner Programs**. Elementary students enjoy a free Breakfast Program Monday through Thursday. This program is sponsored through the Provincial Budget". They participate in the provincial Fluoride Treatment Program on Fridays. Middle and High School students enjoy a free Breakfast Tuesday-Thursday, sponsored through "**Breakfast For Learning.**" "**Show Kids You Care**" sponsors our Elementary Milk Program as well as the school wide Apple Program at morning Nutrition Break.

DISH, "Delicious Ingredients Served Here!" is an exploratory program for Middle Level students. Managed as a Social Enterprise, two student from each grade represent their peers on a Board of Directors. These students develop menus for five dinners through the school year. Menus are approved by the District Nutritionist in terms of compliance with the Nutrition Policies of Policy 711. All Middle Level students rotate through the cooking and serving phases of the program. The \$3.00 meal includes an appetizer, main course, dessert and milk. Subsidies are available. We are now operating in the second year of a three year mandate. Our first Annual General Meeting will take place on October 31st at the school from 10:55am-Noon. This year, the program will also create and sell a cookbook and organized a professionally facilitated Food Security Workshop for students and community groups and members. Confirmed financial partners are: \$250 Dairy Farmers of Canada, \$300 United Way - Central NB, \$900 Department of Healthy and Inclusive Families as well as one additional outstanding application for \$1500.00. New to our school this year is "Fresh For You". This is a Tuesday dinner program that follows the policies outlined in Policy 711. This program is managed with the assistance of the Middle and High School Health Committee. Menus are approved by the District Nutritionist. Cost per meal is \$4.00 and includes a glass of milk. The salad bar is a big hit! The profit from each month's sales is donated to a charity recognized within the school. Profit for the month of September 2013 of \$137.00 was donated to the Terry Fox Foundation. October 2013 profits will be donated to the United Way - Central NB.