

**MINISTIKWAN  
LAKE CREE  
NATION SCHOOL  
FOOD PROGRAM**

# INTRODUCTION

At MLCN we hope that by helping reduce hunger and food insecurity, it may improve children's access to nutritious food, improve academic outcomes, achievement, and help support families.

# IN THE BEGINNING

Upon transitioning back to school full time after COVID 2022, MLCN had to start from scratch...to new preparation tables, upgrading electrical panels, new appliances, kitchen equipment and last but not least, our school food program. MLCN did not have a breakfast program at that time. MLCN lunch program consisted mainly of soup and sandwiches.



# **PRIMARY GOAL**

TO REDUCE FOOD INSECURITY & to provide  
nutritious food for our students

## ABOUT US...

MLCN School is located 200 km to the nearest grocery store. The student population is 328. We have three school cooks who prepare an average of 200 meals per day both breakfast and lunch. Thanks to the Breakfast Club of Canada who helped kick off our new breakfast program. We were able to provide a nutritious breakfast for our students and the purchase of new appliances.



# BREAKFAST PROGRAM



**WITH THE HELP OF THE SCHOOL FOOD DEVELOPMENT PROGRAM GRANTED BY THE UNIVERSITY OF SASKATCHEWAN WE WERE ABLE TO PROVIDE EXTRA FRUIT TO OUR BREAKFAST PROGRAM.**

*ADDING FRUIT PROVIDES A STEADY SOURCE OF ENERGY AND IMPROVES CONCENTRATION SKILLS*

# LUNCH PROGRAM

We were also able to include more vegetables to the lunch program. The students raved at how delicious our cooks prepared the food.. Yum! 😊



# FRIDAY WE HAVE WAFFLES.

Voted most  
favourite  
breakfast  
meal of the  
week 😊



“We like sugar  
free, whip  
cream  
topping with  
extra sliced  
strawberries  
every Friday”  
😊



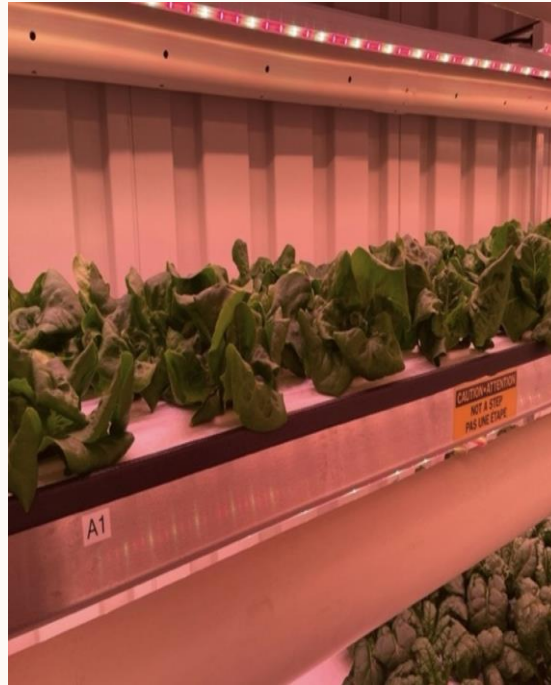
# WHY NUTRITIOUS MEALS ARE IMPORTANT TO OUR SCHOOL



Providing nutritious meals links to better mental health, reduced behavioural problems, bullying, anxiety and depression

# COMMUNITY GROWCER

At MLCN we strive to continue improving our food program with the help of community Growcer.



Community Growcer provides us with fresh greens every week.

# SCHOOL GARDEN

The school garden was built during the spring of 2022. Since then we have been able to produce potatoes, tomatoes, carrots, cucumbers and strawberries with the help of our students , they also prepared their own seedlings in their classrooms.

Since Canadas inflation rate continues to fluctuate., eventually we plan to can vegetables (tomatoes, green beans, carrots) to help reduce the cost of purchasing them in grocery stores.



# **THANK YOU**

**We are so proud of our school garden, community Growcer, and our new improved kitchen. Thanks to The Breakfast Club of Canada, MLTC and from the University of Saskatchewan School Food Development Project. We anticipate more improvements as we continue to achieve the goals to lessen food insecurity.**