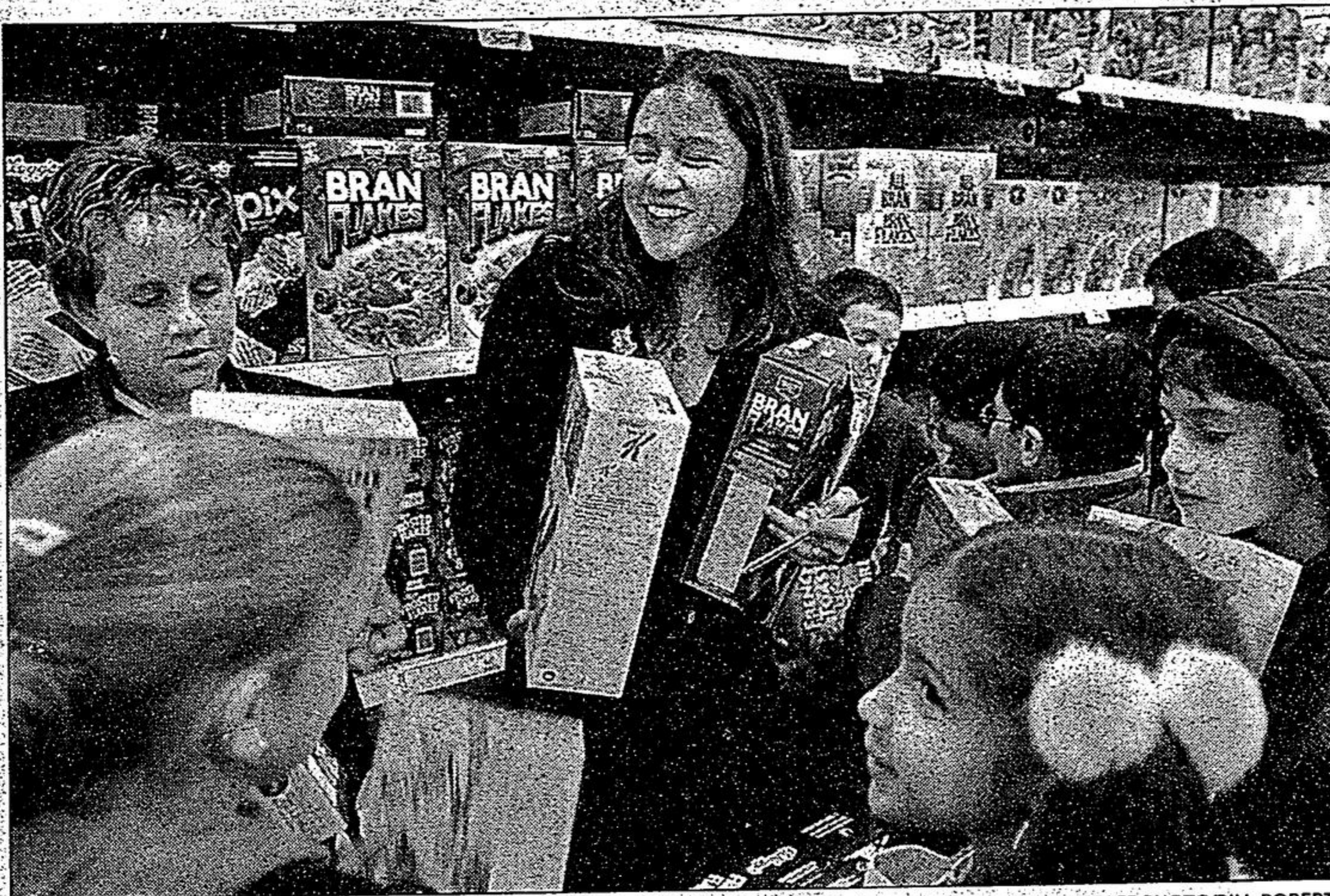


Cash boost for school junk food battle

Longos dietitian Kristine Laing teaches Red Maple Public School Grade 4 students how to read cereal box labels during a nutrition tour of the Markham Longos, Monday. Among students participating are Jeffrey Cohen, 9, (left), Rosa Nazari, 9, (bottom right) and Ali Zoie, 10, (far right, with hood).



STAFF PHOTO/BILL ROBERTS

Province gives \$113,600 to promote nutritional snack alternatives

BY CAROLINE GRECH
Staff Writer

School boards and the province are continuing their war on unhealthy eating by funnelling more money into schools to provide healthy snacks and breakfasts.

Thirty-six schools in York Region are receiving a total of \$113,686 to help fund nutrition programs.

"This money is double what the province has given over the last few years and it goes a long way in providing in nutrition programs," said Tracy Woloshyn, chairperson of York Region Food for Learning.

Calling it the "seed" money to help kick start nutrition programs, Ms Woloshyn said some of the cash may go to breakfast or snack programs, but the only stipulation is it be used for food.

Some schools have emergency lunch programs where food is kept for students who forget their lunch.

Healthy eating is even being extended to fundraising efforts that typically centre around unhealthy foods such as chocolate or doughnuts.

"We try to tell schools to stay away from foods that contradict healthy eating," Ms Woloshyn said.

"If they learn a snack can be a fruit or vegetable instead of a high-fat packaged snack, then it will become second nature to them."

Some schools such as Red Maple Public School in Richmond Hill have partnered with Longo's and this week went on a tour to learn about nutrition.

Most schools are left to their own devices when it comes to encouraging healthy eating.

There is no policy at the York Region District School Board restricting what

types of food can be brought to school.

For example at Richmond Hill's O.M. Mac Killop Public School, every Tuesday is pizza day.

While there are no restrictions on whether students eat hot dogs or pizza for snack days, public board curriculum consultant Heather Sears said every effort is being made to have students make healthy choices.

"We try to tell schools to stay away from foods that contradict healthy eating. If they learn a snack can be a fruit or vegetable instead of a high-fat packaged snack, then it will become second nature to them."

Some schools, such as Greensborough Public School in Markham, encourage healthy snacks in a unique way.

If a student is spotted with an unhealthy snack, they are given a bookmark suggesting a healthy alternative, Ms Sears said.

Despite these efforts, Ms Sears stressed the need for parents to start with healthy eating at home.

"It's schools in co-operation with parents and guardians. Everyone needs to be on board," she said.

Ms Sears also noted no vending machines in the York Region District School Board schools sell chocolate, following a provincial act regulating content of the machines.

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STARTING MONDAY, OCTOBER 31, 2005, WE'RE MAKING SOME CHANGES TO PROVIDE BETTER SERVICE DURING PEAK HOURS.

On our Stouffville train line, the last morning southbound and evening northbound trips will now be earlier and also serve the Stouffville GO Station.

WEEKDAY SOUTHBOUND STOUFFVILLE LINE TRAIN TIMES NEW!

Stouffville GO Station	6:04 a.m.	6:42 a.m.	7:14 a.m.	7:49 a.m.
Mount Joy GO Station	6:15 a.m.	6:53 a.m.	7:25 a.m.	8:00 a.m.
Markham GO Station	6:18 a.m.	6:56 a.m.	7:28 a.m.	8:03 a.m.
Centennial GO Station	6:22 a.m.	7:00 a.m.	7:32 a.m.	8:07 a.m.
Unionville GO Station	6:27 a.m.	7:05 a.m.	7:37 a.m.	8:12 a.m.
Milliken GO Station	6:32 a.m.	7:10 a.m.	7:43 a.m.	8:17 a.m.
Agincourt GO Station	6:38 a.m.	7:16 a.m.	7:49 a.m.	8:23 a.m.
Kennedy GO Station	6:46 a.m.	7:24 a.m.	7:57 a.m.	8:31 a.m.
Union Station	7:05 a.m.	7:43 a.m.	8:16 a.m.	8:50 a.m.

WEEKDAY NORTHBOUND STOUFFVILLE LINE TRAIN TIMES NEW!

Union Station	4:18 p.m.	4:48 p.m.	5:20 p.m.	6:00 p.m.
Kennedy GO Station	4:35 p.m.	5:05 p.m.	5:39 p.m.	6:17 p.m.
Agincourt GO Station	4:42 p.m.	5:12 p.m.	5:47 p.m.	6:24 p.m.
Milliken GO Station	4:47 p.m.	5:17 p.m.	5:53 p.m.	6:29 p.m.
Unionville GO Station	4:52 p.m.	5:22 p.m.	5:58 p.m.	6:34 p.m.
Centennial GO Station	4:57 p.m.	5:27 p.m.	6:04 p.m.	6:39 p.m.
Markham GO Station	5:02 p.m.	5:32 p.m.	6:09 p.m.	6:44 p.m.
Mount Joy GO Station	5:06 p.m.	5:36 p.m.	6:13 p.m.	6:48 p.m.
Stouffville GO Station	5:20 p.m.	5:50 p.m.	6:26 p.m.	7:03 p.m.

The evening southbound train from Mount Joy has been discontinued. However, the 7:00 p.m. southbound bus trip from Stouffville will now continue to the Union Station GO Bus Terminal but not serve the Milliken, Agincourt or Kennedy GO Stations.

There will also be more Union Station GO Bus trips and changes to some existing trips too, so be sure to check the new schedule.

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