

For Information Only

Healthy Kids Community Challenge - Year Three Update

Presented To: Community Services Committee

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Resolution

For Information Only

Relationship to the Strategic Plan / Health Impact Assessment

This report supports the Strategic Plan adopted by the City of Greater Sudbury, as it aligns with the Quality of Life and Place pillar, by offering programs and services designed to improve the health and well-being of youth, families and seniors.

The report will have a positive impact on the Social Determinants of Health in the area of Health/Well-being as the Healthy Kids Community Challenge has been designed to improve health for all children and enhance access to services for children and families who have barriers to healthy living.

In addition, this initiative aims to improve the quality of life and place for citizens of Greater Sudbury as it will promote Population Health in the areas of Investing in Families and Creating Play Opportunities.

Report Summary

The City of Greater Sudbury is one of 45 communities selected by the Ministry of Health and Long Term Care to receive funding to implement the Healthy Kids Community Challenge (HKCC) and receives \$375,000 per year to implement programs and activities related to children's healthy eating and physical activity. The HKCC, led by the City of Greater Sudbury in partnership with 66 organizations and businesses implemented year three's theme "Choose to Boost Veggies and Fruit".

Signed By

Report Prepared By

Kate Barber
Children Services Planner, Children Services
Digitally Signed Mar 28, 18

Health Impact Review

Monique Poirier
Manager of Children Services
Digitally Signed Mar 28, 18

Manager Review

Monique Poirier
Manager of Children Services
Digitally Signed Mar 28, 18

Division Review

Luisa Valle
Director of Children and Citizen Services
Digitally Signed Mar 28, 18

Financial Implications

Jim Lister
Manager of Financial Planning and Budgeting
Digitally Signed Mar 28, 18

Recommended by the Department

Catherine Matheson
General Manager of Community Development
Digitally Signed Mar 28, 18

Recommended by the C.A.O.

Ed Archer
Chief Administrative Officer
Digitally Signed Mar 28, 18

The plan for the third theme was approved by the MOHLTC in April 2017 and included six new activities and several continuing programs and services. From April 1 to December 31, 2017, HKCC had over 10,376 child participants. "Choose to Boost Veggies and Fruit" activities were designed building the capacity of organizations and families to grow, choose and prepare healthy foods making it easier for kids to increase their consumption of vegetables and fruit.

HKCC is currently implementing its fourth theme of programming under the theme "Power Off and Play". The project has been well received by the public and by partners with positive media coverage, high interest from families on social media and the project website, and enthusiastic participation from numerous partner agencies and businesses.

Financial Implications

The Healthy Kids Community Challenge program is 100% funded by the Ministry of Health and Long Term Care, with in-kind support from the City of Greater Sudbury and other local partners.

Background

The City of Greater Sudbury (City) was one of 45 communities selected by the Ministry of Health and Long Term Care (MOHLTC) to receive funding to implement the Healthy Kids Community Challenge (HKCC). The City receives \$375,000 per year to implement programs and activities related to children's healthy eating and physical activity. The HKCC is a three year initiative incorporating four themes which will be ending in September 2018.

The HKCC led by the City of Greater Sudbury in partnership with 66 organizations and businesses had another successful year under the third theme "Choose to Boost Veggies and Fruit".

The HKCC is currently implementing its fourth year of programming under the theme "Power Off and Play".

The MOHLTC selects a new theme each nine months. The intent is to involve partners from across sectors to help implement the challenge.

Theme One: Run. Jump. Play. Every Day.

The first theme "Run. Jump. Play. Everyday" was implemented from January 1, 2016 to June 30, 2016 which encouraged physical activity through a mix of active play, sport, active transportation and structured activities. Fourteen programs and initiatives were delivered, serving over 2,800 children and their families.

Theme Two: Water Does Wonders!

The second theme "Water Does Wonders" was implemented from July 1, 2016 to March 31, 2017 which encouraged children and families to choose water over sugary drinks through a mix of infrastructure, programming and education initiatives. Fourteen programs and initiatives were delivered, serving over 7,300 children and their families.

Theme Three: Choose to Boost Veggies and Fruit

The third theme "Choose to Boost Veggies and Fruit" was implemented from April 1, 2017 to December 31, 2017 which encouraged kids and families to reach for vegetables and fruit at every meal and snack through a mix of infrastructure, programming and education initiatives.

The third theme, "Choose to Boost Veggies and Fruit" ran from April 1, 2017 to December 31, 2017. The plan for the third theme contained eight new activities and several continuing programs and services. This theme worked to build the capacity of organizations and families to grow, buy and prepare healthy foods to make it easier for kids to increase their consumption of vegetables and fruit.

New Activities Funded Throughout the Healthy Kids Community Challenge:

1. Bright Bites School Support Program

The Bright Bites Challenge and contest encouraged students, teachers and school leaders to boost their school's nutritional environment. Participating schools, made healthy changes, earned badges, won prizes and received recognition on social media.

- 8 schools participated, involving 96 classrooms
- 184 teachers and school leaders were involved
- 268 badges were earned by schools

The Bright Bites Hall of Fame highlights the activities and changes initiated by participating schools.

2. Food Skills for Kids and Families

This activity involved training individuals and volunteers who work with children ages 0-12 years to deliver the Adventures in Cooking program to children aged 9-12. Support was provided for participants to deliver programming to the children and families in their care.

- 8 training sessions held
- 42 people trained
- 13 new sites will be able to deliver this program to children in Greater Sudbury

3. Super Snackables

The Super Snackables student mascots were out in the community visiting parks and children's programs where they had fun teaching kids about healthy snacks. The student mascots brought along the featured fruit and veggies of the month so that more kids could try them.

- 76 visits
- 3,400 children visited
- 3,000 children received veggie and fruit Snack Packs

4. Healthy Kids Week at the Market

From September 19 to September 23, 2017, Greater Sudbury celebrated Healthy Kids Week at the Market. Kids aged 0-12 were given free Market Money that they could spend on fresh local produce.

- 6 markets helped support this initiative
- 515 children participated

5. Cultivate your Neighbourhood/Seed Start

This interactive and hands-on program led kids on a journey from seeds to plate. This offered elementary school students and groups of children the opportunity to plant and nurture fruit and vegetables in their nearest community garden, culminating with summer community garden events and a fall harvest lunch.

- 1,912 children participated in the full program
- 393 children and 499 adults attended
- 21 schools and children's programs participated
- 19 volunteers trained
- 7 community events visited

6. Pop-up Vegetable/Fruit Markets for Families

The Good Food Box MARCHÉ held Pop Up Fruit and Veggie markets in two neighbourhoods where grocery store access is limited. The pilot project operated over the summer and fall, selling fresh fruit and veggies at cost to local families in Copper Cliff and Minnow Lake.

- 12 weekly markets were held in 2 neighbourhoods
- 435 families shopped, benefiting 708 children

The market will run again in 2018, with funding received from other sources.

7. Healthy Eating Transitions Fund

This activity provided consultation and support by a registered dietitian to not-for-profit organizations delivering licensed child care programs in the City of Greater Sudbury to make changes to established menus, policies and practices related to healthy eating in their programs.

- 5 agencies serving 2,450 children participated
- 10 menu change recommendations were made

8. The Blueberry Picking Challenge

This activity challenged families to participate in a blueberry picking adventure. This contest helped launch the 2017 wild blueberry season as families photographed their tasty adventures around the City.

- 19 families participated

Ongoing General Activities Funded Throughout the Healthy Kids Community Challenge:

9. Walk and Wheel to School Challenge

From June 5 to 9 2017, 157 students from across Greater Sudbury participated in the Walk and Wheel to School Challenge. Together they travelled 1389 kilometers which is equivalent to walking or wheeling from Sudbury to Montreal and back again.

10. Activate Grades 5 to 8

Free weekly drop-in physical activity and food skills programs for 10 – 12 year olds were held in neighbourhood youth centres and community centres. Programs were offered in the downtown, South End, Onaping Falls, Levack, Chelmsford, Hanmer, Lively, and Flour Mill areas.

- 176 sessions were held at 10 sites
- 380 youth served
- 1,495 visits

11. Healthy Kids Public Education and Engagement Campaign

Marketing, social media and direct education campaigns were provided to help parents get their children active and eating well.

Continued Programming Utilizing Existing Resources:

12. Activate Your Neighbourhood

HKCC provided support to grassroots groups to organize Active Play events in their neighbourhoods, providing access to equipment to borrow and small grants to purchase healthy snacks.

- 16 events supported
- 717 adults and 839 children served

13. Free Tennis Equipment Lending

In partnership with Greater Sudbury Public Libraries, community members can borrow tennis equipment to be active.

- 49 tennis equipment sets were borrowed

Other items such as snowshoes, pickleball equipment and other equipment will continue to be available to borrow for free from branches of the Greater Sudbury Public Library.

The Healthy Kids Community Challenge has been well received by the public and by partners. The program has received positive media coverage, high interest from families on social media and the project website, and enthusiastic participation from numerous partner agencies and businesses.

Program Metrics and Reports

Program metrics tracked include numbers of partners, number of children and adults served in each activity, number of people reached through the website and social media.

July 2016 to December 2017, the Healthy Kids Community Challenge Program has produced the following results:

- 10,376 child participants
- 9,647 people visited the project website
- 2,205 people followed the social media sites

The following summaries are available to the community and attached to this report:

- Appendix A – Healthy Kids Community Challenge Program Summary
- Appendix B – Healthy Kids Community Challenge Theme Three Report Card

References

Community Services Committee: Healthy Kids Community Challenge – Year One Update:

<http://agendasonline.greatersudbury.ca/index.cfm?pg=agenda&action=navigator&lang=en&id=1019&itemid=12181>

Community Services Committee: Healthy Kids Community Challenge – Year Two Update:

<http://agendasonline.greatersudbury.ca/index.cfm?pg=agenda&action=navigator&lang=en&id=1153&itemid=13235>

Bright Bites Hall of Fame website:

<https://brightbites.ca/hall-of-fame/>

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY

Healthy Kids Community Challenge- January to June 2016

Theme 1: Run. Jump. Play. Everyday.



Program or Service	Start Date	End Date	# served to June 30, 2016	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active and eating well.	Dec 2015	March 2018	6,245 website users 1,375 Facebook likes	Campaigns reached families in all neighbourhoods.
Supportive Skating Program Free equipment and lessons at selected outdoor rinks	Jan 2016	March 2016	90	Programs were offered to 6-12 year olds at outdoor rinks in the Donovan, Minnow Lake and Chelmsford.
Activate Your Neighbourhood Healthy Kids is providing support to grassroots groups to organize Active Play events in their neighbourhoods.	Feb 2016	Ongoing	10 events 201 adults 247 children	This program is available to all neighbourhood groups and citizens.
Supportive Swimming Lessons Free lessons at City and community pools for children from selected schools.	Jan 2016	March 2016	11 Schools 285 children	School boards selected schools where many children aged 7 to 11 had not had the opportunity to take swimming lessons.
Winter Wonder Free outdoor education field trips for selected schools.	Jan 2016	March 2016	481	Students from age 9 to 12 at schools across Greater Sudbury.
Supportive Cycling Program Free cycling equipment and lessons for children in need.	March 2016	June 2016	98	Programs were offered to 4 to 12 year olds at school locations in Flour Mill, New Sudbury and Hanmer.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs in neighbourhood youth centres and community centres.	April 2016	Ongoing	705 visits 49 sessions	Programs were offered to 10-12 year olds at locations in the downtown, South End, Onaping Falls, Levack, Chelmsford, Hanmer, Lively, Flour Mill.
Activate Your Recess Equipment, resources and training to support more active play at selected schools (through the Recess Rescuers program), child care centres and Best Start Hubs.	April 2016	June 2016	15 schools 670 children	10 schools from across CGS were selected for this program by school board partners.
Active Transportation Support for children and families to walk and cycle to get to school and activities- including the piloting of a Walking School Bus and the Walk and Wheel to School Challenge	April 2016	June 2016	366 children	Participating schools were from: Naughton, Coniston, Garson, the South End, Downtown, and Hanmer.
Free Snowshoe Lending in Partnership with Greater Sudbury Public Libraries. Community members can borrow snowshoes to get out and be active.	Feb 2016	March 2016	303 pairs checked out	Snowshoes were available at 6 library locations.
Snow Day A free, fun-filled family festival to promote active outdoor family fun and introduce the community to the Healthy Kids Community Challenge.	Jan 2016	Feb 2016	750 (382 children)	Families from across CGS participated in this event.
HKCC partnered with Centre de santé communautaire du Grand Sudbury (CSCGS) to offer a soccer program at no cost for francophone youth.	April 2016	June 2016	130	This program served francophone children aged 4-12 from Hanmer and the surrounding area.

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY
Healthy Kids Community Challenge - July 2016 to March 2017
Theme 2: Water Does Wonders



Program or Service	Start Date	End Date	# served to March 31, 2017	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active, eating well and drinking water.	Dec 2015	March 2018	13,094 Website users 1,878 Facebook likes	Campaigns reached families in all neighbourhoods.
Water Environment Improvements Improving access to water where kids and their families meet and play. We prioritized locations where we could have the largest impact. Water infrastructure included fountains, filling stations and portable water dispensers, as well as providing water bottles so that children can access the water.	July 2016	March 2017	22 water fountains 1 quench buggy trailer 2,500 water bottles 30 coolers	Water fountain locations are across the City of Greater Sudbury.
Activate Your Neighbourhood Healthy Kids provided support to grassroots groups to organize Active Play events in their neighbourhoods. This program is available to all neighbourhood groups and citizens.	July 2016	March 2017	14 events 380 adults 499 children	Events were held in neighbourhoods throughout the City.
Capacity Building and Training for Healthy Kids-Staff/ Educators/ Adult Influencers. Training on fluoride, weight bias, food skills and healthy child development.	July 2016	March 2017	109 individuals trained	Educators and professionals trained came from across Greater Sudbury.
Community Based Water Education "Tap and Thirsty", our fun and friendly, bilingual, water animators, visited kids at playgrounds, events and festivals and taught children and families about the benefits of making the switch to water.	July 2016	March 2017	79 visits 3,000 children 950 received 2 or more visits	Visits were held across Greater Sudbury.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs for 10-12 year olds in neighbourhood youth centres and community centres.	July 2016	March 2017	9 sites 265 sessions 3,029 visits 462 youth	Programs offered downtown, South End, Onaping Falls, Levack, Chelmsford, Hanmer, Lively, Flour Mill.
The Team Water Challenge Interested coaches or team managers of children's sports teams signed their team up and agreed to drink only tap water at games and practices and, if they had after-game snacks, to have only fresh veggies and fruits.	July 2016	Sept. 2016	24 teams 305 kids	Teams participated from sports leagues across Greater Sudbury
The Lunchbox Challenge Students signed up for the challenge and pledged to bring a refillable water bottle or white milk in their lunch every day of November.	Nov. 2016	Nov. 2016	1,509 students	Students and their families from across Greater Sudbury Participated.
The Water Does Wonders Pledge Challenge Families, organizations and sports leagues took a pledge to commit to promoting drinking water and reducing consumption of sugary drinks.	March 2017	April 2017	83 families 21 organizations	Families and organizations from across CGS participated in this challenge.
Free Snowshoe Lending in Partnership with Greater Sudbury Public Libraries. Community members can borrow snowshoes to be active.	Jan. 2017	March 2017	311 pairs checked out	Snowshoes were available at 6 library locations.
Snow Day A free, fun-filled family festival to promote active outdoor family fun.	Feb 2017	Feb 2017	18 partners 23 volunteers 720 children 708 adults	Families from across CGS participated in this event.
Water Festival Healthy Kids provided a water station and an activity station at the Water Festival- two days of water themed activities for grade 4 aged children across the City.	Sept. 2016	Sept. 2016	700 children 12 partners	Students from across Greater Sudbury participated.
iCan Bike program A earn-to-ride program for children and youth with disabilities.	July 2016	July 2016	30 participants	This program served children with disabilities from across Greater Sudbury.

APPENDIX A - HEALTHY KIDS COMMUNITY CHALLENGE PROGRAM SUMMARY
Healthy Kids Community Challenge – April to December 2017
Theme 3: Choose to Boost Veggies and Fruit.



Program or Service	Start Date	End Date	# served to Dec 31, 2017	Who was served
Healthy Kids Public Education Campaign Marketing, social media and direct education campaigns to help parents get their children active and eating well.	April 2017	Dec 2017	9,647 Website views 2,205 Facebook likes	All families in Greater Sudbury across all neighbourhoods.
The Bright Bites Challenge The Bright Bites Challenge and contest encouraged students, teachers and school leaders to boost their school's nutritional environment. Participating schools, made healthy changes, earned badges, won prizes and received recognition on social media.	April 2017	Dec 2017	8 schools 96 classrooms 268 badges 184 teachers & school leaders	Schools from across Greater Sudbury participated.
Activate Your Neighbourhood Healthy Kids is providing support to grassroots groups to organize Active Play events in their neighbourhoods. This program is available to all neighbourhood groups and citizens.	April 2017	Dec 2017	839 adults 717 children 16 events	Events were held in neighbourhoods throughout the City.
Food Skills for Kids and Families This intervention trained adult influencers/ staff of children ages 0-12 years to deliver the Adventures in Cooking Program to children aged 9-12. Support was provided for participants to deliver programming to the children and families in their care.	April 2017	Dec 2017	42 people trained 8 training sessions 13 new sites will be able to deliver this program	Staff from programs across Greater Sudbury participated.
Community Based Healthy Eating Education Super Snackables The Super Snackables were out in the community visiting parks and children's programs where they had fun teaching kids about healthy snacking. They brought along our featured fruit and veggies of the month so that more kids could try them.	June 2017	Dec 2017	76 visits 3400 children 3000 received veggie and fruit Snack Packs	Visits took place at camps and parks across Greater Sudbury.
Activate Grades 5 to 8 Free weekly drop-in physical activity programs in neighbourhood youth centres and community centres.	April 2017	Dec 2017	9 sites 265 sessions 3,029 visits 462 youth	Downtown, South End, Onaping/Levack, Chelmsford, Lively, Hanmer & Minnow Lake
Pop Up- Good Food Box MARCHÉ- The Good Food Box MARCHÉ held Pop Up Fruit and Veggie markets in two neighbourhoods where grocery store access is limited. As a pilot project, the market operated over the summer and fall and sold fresh fruit and veggies at cost to local families.	April 2017	Dec 2017	12 weekly markets 2 neighbourhoods 435 families 708 children	Copper Cliff and Minnow Lake
Cultivate your Neighbourhood This interactive and hands-on program took kids on a journey from seed to plate. It offered elementary school students and groups of children the opportunity to plant and nurture fruit and vegetables from seed and plant in their nearest community garden, tying it all together with a fall harvest lunch.	April 2017	Dec 2017	1912 students at 21 schools 393 children & 499 adults attended 7 community events 19 volunteers were trained	Schools from across Greater Sudbury participated.
Healthy Kids Week at the Market From September 19 to 23, 2017, Greater Sudbury celebrated Healthy Kids Week at the Market. Kids aged 0-12 were given free Market Money that they could spend on fresh local produce.	Sept 9 th 2017	Sept 23 rd 2017	6 participating markets 515 children	Participating Markets were in the Downtown, South End, Flour Mill, Minnow Lake, Copper Cliff, and Lively
Walk and Wheel to School Challenge Students from across Greater Sudbury participated in the Walk and Wheel to School Challenge by walking or riding to school for a week.	June 2017	June 2017	157 children 1389 kilometers travelled	Children from across Greater Sudbury participated.



Community Challenge Theme Three Report Card

Choose to Boost Veggies and Fruit
April – December 2017

Choose to Boost Veggies and Fruit!

The Healthy Kids Community Challenge introduces a new theme every nine months to address specific areas of children's health. The third theme, Choose to Boost Veggies and Fruit, ran from April to December 2017 and encouraged children and families to enjoy more vegetables and fruits through a combination of training, equipment, programming and educational initiatives.

What is the Healthy Kids Community Challenge?

The City of Greater Sudbury is one of 45 communities across Ontario to participate in the Healthy Kids Community Challenge; a Ministry of Health Initiative that supports the health and wellness of children in the community.



ACTIVATE

Activate Grades 5 to 8

The Healthy Kids Community Challenge sponsored community partners, including City of Greater Sudbury Youth Centres and the YMCA, to hold free weekly drop-in active fun sessions at gyms and facilities across the community. Staff was on hand to help organize a range of activities including baseball, dodge ball and yoga.

1,259 visits
376 children served
141 sessions
10 sites

Walk & Wheel to School Challenge

From June 5 to 9, 2017, students from across Greater Sudbury participated in the Walk and Wheel to School Challenge. Together they travelled 1,389 kilometers! That's close to the equivalent of walking or wheeling from Sudbury to Montreal and back again.

1,389 kilometers travelled
.....X
157 students participated

Blueberry Picking Challenge

Healthy Kids Community Challenge had challenged families to go on a blueberry picking adventure. This contest helped start the 2017 wild blueberry season off with a bang as families photographed their tasty adventures around the City.



Activate Your Neighbourhood

Healthy Kids Community Challenge provided support to grassroots groups to organize Active Play events in their neighbourhoods. This program was available to all neighbourhood groups and citizens, and helped support events with promotion, healthy snacks, drinks, and loans of sports equipment.

839 adults participated
717 children served
16 events supported

Healthy Kids Week at the Market

Families from all over the City came with their children to enjoy the benefits of farmer's markets. Kids received free Market Money to choose their favourite veggies and fruits.

515 kids used Market Money to buy fresh veggies & fruit
6 markets participated

Tennis Equipment Lending

In partnership with Greater Sudbury Public Libraries, families were able to borrow free tennis equipment to get active.

49 sets checked out

Connecting with Families

Facebook 2,205 likes
Website 35,976 pages views

Community Programming

Community-based healthy eating education with the **Super Snackables!**



The Super Snackables were out in the community having fun and teaching kids about healthy snacking. They brought along featured fruit and veggies of the month so that more kids could try them.

3,400 children visited
3,000 received veggie and fruit Snack Packs
76 visits from the Super Snackables Educators



The Bright Bites School Challenge

The BrightBites Challenge and Contest encouraged students, teachers and school leaders to boost their school's nutritional environment. Participating schools made healthy changes, earned badges, won prizes and received recognition on social media.

268 badges earned
184 teachers/school leaders involved
8 schools participated

Community Gardening with Cultivate Your Neighbourhood

Cultivate Your Neighbourhood took kids on a journey from seed to plate by offering elementary school students the opportunity to plant and nurture veggies and fruit in their nearest community garden, and enjoy eating the food grown at community events and harvest feasts.

1,912 students participated in school/hub sessions
21 schools and children's programs participated
19 volunteers were trained
499 adults and 393 children attended
7 community events

Adventures in Cooking for Kids and Families

Staff and volunteers who work with children received training, materials and support to be able to deliver the Adventures in Cooking Program to children ages 9 to 12.

42 adults were trained
13 new program sites received equipment
8 training sessions held



Pop Up Produce Markets

The Good Food Box MARCHÉ held Pop Up Fruit and Veggie markets in two neighbourhoods where grocery store access is limited. As a pilot project, the market operated over the summer and fall and sold fresh fruit and veggies at cost to local families.

708 children benefited
435 families shopped at the markets



12 weekly markets held in 2 neighbourhoods





ENFANTS EN SANTÉ

GRAND SUDBURY

Bulletin de rendement du thème 3 de l'action communautaire Enfants en santé

Des fruits et des légumes dans mon assiette D'avril à décembre 2017

Des fruits et des légumes dans mon assiette!

L'action communautaire Enfants en santé adopte un nouveau thème tous les neuf mois en vue d'aborder des domaines précis de la santé des enfants. Elle a exploré le troisième thème, « Des fruits et des légumes dans mon assiette! » d'avril à décembre 2017. Ce thème a encouragé les enfants et les familles à manger davantage de fruits et de légumes, par l'entremise de tout un mélange d'initiatives touchant la formation, l'équipement, la programmation et l'éducation.

Qu'est-ce que l'action communautaire Enfants en santé?

La Ville du Grand Sudbury compte parmi 45 collectivités de partout en Ontario qui prennent part à l'action communautaire Enfants en santé, une initiative du ministère de la Santé qui favorise la santé et le bien-être des enfants dans la communauté.



IL FAUT BOUGER!

Faites bouger les préados

L'action communautaire Enfants en santé a offert des fonds à des partenaires communautaires, y compris les Centres d'accueil pour les jeunes de la Ville du Grand Sudbury et le YMCA, en vue d'offrir des activités hebdomadaires gratuites et amusantes dans des gymnases et des installations un peu partout dans la ville. Des employés sympathiques étaient sur les lieux en vue d'aider à organiser toute une gamme d'activités (baseball, ballon chasseur, yoga, etc.).

1 259 visites
376 jeunes y ont pris part
141 séances offertes
10 emplacements

Le défi « Marchons ou roulons vers l'école »

Durant la semaine du 5 au 9 juin 2017, des élèves d'un peu partout dans le Grand Sudbury ont relevé le défi « Marchons ou roulons vers l'école ». Ensemble, ils ont parcouru 1 389 kilomètres! Cela correspond environ à la distance que l'on parcourrait à pied, en vélo ou en trottinette pour se rendre de Sudbury à Montréal et en revenir.

1 389 km ont été parcourus
.....X
157 élèves ont relevé le défi

Le Défi de la cueillette de bleuets

L'action communautaire Enfants en santé a mis les familles au défi d'entreprendre une aventure de cueillette de bleuets. Le concours a démarré en force la saison de cueillette de bleuets sauvages de 2017. Les familles ont pris des photos de leurs délicieuses aventures dans la ville.



Faites bouger votre quartier (FBVQ)

L'action communautaire Enfants en santé a aidé les groupes communautaires à organiser des activités dans leurs quartiers. Le programme FBVQ est offert à tous les groupes communautaires et à tous les citoyens. Il soutient leurs activités en leur procurant des collations et des boissons saines, en leur prêtant de l'équipement de sport et en les aidant à faire de la promotion.

839 adultes
717 enfants y ont pris part
16 activités ont reçu du soutien

La Semaine d'Enfants en santé au Marché

Des familles d'un peu partout dans la ville sont venues avec leurs enfants pour profiter des avantages que procurent les marchés agricoles. Les enfants ont reçu des « dollars du Marché » pour acheter leurs fruits et légumes préférés.

515 enfants ont acheté des fruits et des légumes frais avec des dollars du Marché
6 marchés y ont participé

Prêt gratuit d'équipement de tennis

En partenariat avec les succursales de la Bibliothèque publique du Grand Sudbury, nous avons organisé le prêt gratuit d'équipement de tennis en vue d'aider les familles à mener une vie plus active.

49 trousses ont été empruntées

Nos rapports avec les familles

Facebook 2 205 personnes nous aiment
Site 35 976 pages vues

Programmation communautaire

Une éducation communautaire sur la saine alimentation avec les **Super Collations!**



Nos mascottes, les Super Collations, se sont déplacées dans notre communauté, s'amusant avec les enfants et leur enseignant tout plein de choses sur les collations saines. Elles ont apporté fruits et légumes du mois afin que les enfants puissent y goûter.

3 400 enfants ont reçu leur visite
3 000 enfants ont reçu des fruits et des légumes à déguster
76 visites des Super Collations



Le concours Bouchées Brillantes pour les écoles élémentaires

Le concours Bouchées Brillantes encourageait les élèves, les enseignants et les dirigeants scolaires à rehausser la nutrition dans leurs écoles. Les écoles participantes ont apporté des changements sains, ont accumulé des écussons, ont remporté des prix et ont été reconnues dans les médias sociaux.

268 écussons ont été accumulés
184 enseignants et dirigeants scolaires se sont engagés
8 écoles y ont participé

Le jardinage communautaire avec le programme « Cultivez votre quartier »

Le programme « Cultivez votre quartier » a guidé les enfants dans une aventure menant des semences jusqu'à l'assiette. Il a donné aux élèves du palier élémentaire l'occasion de planter et de cultiver des fruits et des légumes dans un jardin communautaire de leur région et de manger les aliments cultivés dans le cadre d'activités communautaires et de fêtes de la récolte.

1 912 élèves y ont participé dans les écoles et les carrefours
499 adultes et
21 écoles et programmes pour enfants y ont pris part
393 enfants ont pris part à
7 activités communautaires
19 bénévoles ont reçu une formation

L'aventure de la cuisson, pour les enfants et les familles

Le personnel et les bénévoles qui travaillent avec les enfants ont reçu une formation, du matériel et du soutien en vue de livrer le programme « L'aventure de la cuisson » aux enfants de 9 à 12 ans.

42 adultes ont reçu une formation
13 nouveaux emplacements ont reçu de l'équipement
8 séances de formation ont été offertes



Des marchés agricoles éphémères

Le MARCHÉ de la Boîte de bonne bouffe de Sudbury a fait des escales dans deux quartiers dont l'accès à des épiceries est limité. Ses marchés éphémères, offerts à titre de projet pilote, ont circulé tout au long de l'été et de l'automne et ont vendu aux familles locales des fruits et des légumes frais à des prix abordables.

708 enfants en ont profité
435 familles ont fréquenté ces marchés



12 marchés hebdomadaires ont été offerts dans 2 quartiers

