



QUINTE MOHAWK SCHOOL NUTRITION PROGRAM

ABORIGINAL DIABETES INITIATIVE FOOD SECURITY PHOTO ESSAY 2013



Our Volunteers work hard at QMS
to provide our 302 students with
Healthy Well-balanced Nutritious Meals!



A Healthy Start for Healthy Minds



It's really good food and helps us learn!!



Encourages us to try New Foods!!



We learned about Food Security by planting, growing and harvesting our school gardens!



We are learning to make healthier food choices!



Meals are Healthier with Fresh Ingredients!



Good Nutrition helps to keep us Active!



Teaches Us Food Security!



Date: September 22/13

**Kakhwi:yo "Good Food"
Quinte Mohawk School (QMS)
Nutrition Program Survey**

In order to better serve our community we ask that you take a few minutes of your time to answer the following questions. You do not need to sign your name, please simply fill out the questionnaire.

- 1) How many of your children attend QMS? 2
- 2) Did your child/children take part in the Nutrition Program last year? ☒ Yes ☐ No
- 3) Do you feel the program met your child's nutritional needs? ☒ Yes ☐ No
- 4) How many months would you like to see the nutrition program run?
☐ 4 months ☐ 6 months ☐ 8 months ☒ All 10 months
- 5) To assist the nutrition program, would you be willing to:
 - a) Pay for the service? ☒ Yes ☐ No
*If you answered YES, how often? ☒ Weekly ☐ Monthly ☐ Year
 - b) Volunteer? ☐ Yes ☒ No

Please list any comments or suggestions to improve the Kakhwi:yo Nutrition Program:

I would love to see this program again. More
staff, more funding, bigger kitchen.

Nia:wen kowa!

Quinte Mohawk School Nutrition Program Survey

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Nia:wenkowa!! Aboriginal Diabetes Initiative

FOR SUPPORTING THE QUINTE MOHAWK SCHOOL NUTRITION PROGRAM