

## **NEWS RELEASE**

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**Wednesday, April 5, 2006**

**Subject: Eat Smart! Certification**

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**CATHOLIC DISTRICT**  
SCHOOL BOARD OF  
**EASTERN ONTARIO**



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### **Eat Smart Certification earned by Seven CDSBEO High Schools**

**Kemptville, ON** –The **Catholic District School Board of Eastern Ontario** announced that all CDSBEO High Schools with cafeterias are now **Eat Smart!** certified.

The schools, the local Health Units and the food service providers have been working together for over a year in order to offer healthy food choices to the students and to certify the schools with the **Eat Smart! Award of Excellence**.

To be certified, a food service establishment has to offer a wide variety of healthy food choices on the menu. The food choices follow Canada's Guide to Healthy Eating and emphasize the importance of including a variety of grains, fruits and vegetables in the daily diet. The establishment also has to have high standards in food safety, including trained kitchen staff certified in safe food handling, and high inspection standards.

In schools, an additional educational component adds to the experience for students and encourages them to make healthy choices.

**Eat Smart! Awards of Excellence** were presented to 5 Catholic High Schools while 2 Catholic High Schools were re-certified.

**Superintendent of Education Paul Lattanzio** presided over the ceremony presenting the certificates of excellence to cafeteria representatives and school administration. "This is a wonderful achievement," said **Mr. Lattanzio**. "We are quite proud of the food providers, school staff and students as they worked towards insuring that healthy, nutritious choices are offered in all of our cafeterias."

Principal Tom Whelan of **St. Mary Catholic High School in Brockville**, Principal Terri Brady of **St. John Catholic High School in Perth**, Principal Mark Musca of **St. Michael Catholic High School in Kemptville**, Principal Paul Brady of **Notre Dame Catholic High School in Carleton Place**, Principal Sergio Coccia of **St. Francis Xavier Catholic High School in Hammond**, Principal Richard James of **St. Thomas Aquinas Catholic High School in Russell** and Principal Jack McCue of **St. Joseph's Catholic Secondary School in Cornwall** were in attendance to receive the certification on behalf of their students and staff.

**Ms. Carole Badenoch, Nutritionist for Chartwell School Dining Services**, said she is quite proud that all CDSBEO High Schools in her jurisdiction are certified under the **Eat Smart!** program. "This award also shows Chartwell's commitment to healthy eating for all students," added **Ms. Badenoch**.

Also honoured were **Glen Fine Foods**, food service provider for **St. Joseph's CSS** in Cornwall, and **Jaques' Cookhouse**, food service provider for **St. Francis Xavier CHS** in Hammond.

**CDSBEO Board Chair Ronald Eamer** thanked all food service providers for their continued efforts. "The Board is quite appreciative that our food service providers take such active roles in the health and welfare of our students. When we started with the goal to have all of our High Schools certified just 18 months ago, we knew we had excellent partners committed to making this endeavour a success."

**Director of Health Promotion for the Leeds, Grenville & Lanark District Health Unit Brent Dalgleish** said all involved put forth a solid effort. "The students and staff at the high schools and their partners in the cafeterias have done an excellent job in earning these awards. The Eat Smart! Program is proud to present the certificates of excellence to recognize their contribution to students' health."

**Director of Education Ann Perron** stated, "The Eat Smart! Awards of Excellence celebrated today with all of our secondary schools and partners are living proof of the shared vision of our Board, administration, students, staff and parents. It is not a coincidence that this program is supported by the Ministry of Health and Long Term Care of Ontario. One of the greatest gifts you can give yourself is eating healthy foods and making healthy choices in life. Our students are the greatest advocates in demonstrating this, both inside and outside school cafeterias."

Eastern Ontario Health Unit representative **Nadine Stumpf** explained that, "Schools are the perfect place to help achieve the goals of the Eat Smart! Program, which are to contribute to the reduction of chronic diseases, such as heart disease, diabetes and cancer, and also to reduce food borne illness in Ontario."

The schools earning their first certifications included **St. Mary Catholic High School in Brockville, St. John Catholic High School in Perth, St. Michael Catholic High School in Kemptville, Notre Dame Catholic High School in Carleton Place, and St. Thomas Aquinas Catholic High School in Russell.**

**St. Francis Xavier Catholic High School in Hammond, and St. Joseph's Catholic Secondary School in Cornwall** were re-certified under the program.

**Holy Trinity Catholic Secondary School in Cornwall** received its certification in November of 2005.

The **Catholic District School Board of Eastern Ontario** operates 51 elementary and secondary schools **across 8 counties**. The **CDSBEO** offers excellence in Catholic education through provincial-leading programs to approximately 15,000 students.

***We are people of God... Transforming the World!***

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