

Oats for Breakfast 2019

Final Report

Submitted to Saskatchewan Oat Development Commission

Project Reach

A total of 10 bursaries were distributed to five urban schools and five rural schools. Three larger urban schools were awarded \$400 each, the remaining seven schools were awarded \$300 each. A total of 2001 students, 114 staff members and 53 community members participated in the Oats for Breakfast events.

“Kids were exposed to healthy eating options and it opened up conversations about agriculture in our province. The students had a blast cooking in the big school kitchen” –Kelly Pollock, Kitchener Community School, Regina

Urban Recipients

- 1) Jennifer Mitchell, Westmount Elementary School, Moose Jaw. 346 students, 3 staff members. \$400 bursary awarded. School-wide oatmeal muffins and milk were provided.
- 2) Karen Anderson, McDermid Community School, Regina. 200 students, 20 staff members, 40 community members. \$400 bursary awarded. Students participated in preparing strawberry oat bars, banana oat muffins and chocolate chip oatmeal cookies.
- 3) Kelly Pollock, Kitchener Community School, Regina. 230 students, 6 staff members. \$400 bursary awarded. Fruit and ingredients for oat muffins were purchased.
- 4) Terri Jackson, Hugh Cairns VC School, Saskatoon. 250 students, 30 staff members, 10 community members. \$300 bursary awarded. Students prepared baked oatmeal for a school-wide pajama day breakfast prior to the Christmas break.
- 5) Gail Hendry, St. Michael Community School, Saskatoon. 150 students, 3 staff members. \$300 bursary awarded. Oatmeal was provided in the existing nutrition program. Students also prepared muffins and oat bars with the school elder.

“Our Nutrition Worker and our Elder were both thrilled with our students’ willingness to try something new” –Gail Hendry, St. Michael Community School, Saskatoon



Rural Recipients

- 1) Chantel Kitchen, Victoria School, Kamsack. 200 students, 5 staff members, 50+ community members. \$300 bursary awarded. Apple oatmeal and oatmeal granola with berries and yogurt were served at a 'Breakfast with Santa'. Students and families from the pre-K, kindergarten and daycare rooms were invited as well as grade 1-4 students in need of breakfast. A school-wide snack was also offered.
- 2) Amanda Kornaga, Churchbridge Public School, Churchbridge. 209 students, 22 staff members, 2 community members. \$300 bursary awarded. The muffins featured on the provided recipe cards were prepared for a school-wide snack. Personal notes were provided for each of the students, handwritten by the senior students that prepared the muffins.
- 3) Alicia Richels, LeRoy School, LeRoy. 103 students, 13 staff members, 1 community member. \$300 bursary awarded. An oat-based breakfast buffet was provided for staff and students including Cinnamon-Apple Baked Oatmeal, Apple Oatmeal Muffins, Peanut Butter Banana Baked Oatmeal, Berries with Whole Oats and Yogurt.
- 4) Marea Olafson, Wynyard Elementary School, Wynyard. 250 students, 10 staff members. \$300 bursary awarded. The funds were used to support an existing Banana Bread program. Students prepare and serve the snack once every six days. Using the Oats for Breakfast bursary, an Oat Banana Bread recipe was used in which wheat flour was replaced with oat flour and whole oats.
- 5) Marianne Aamodt, Kelliher School, Kelliher. 63 students, 2 staff members. \$300 bursary awarded. School-wide 'overnight oats' breakfast. Students prepared fruit and oatmeal the previous day for a shared breakfast.

"This program allowed us to impact students' knowledge of agriculture, baking/nutrition and was an opportunity to connect with families that we might otherwise not have had."-
Chantel Kitchen, Victoria School, Kamsack

Program Summary

The goal of the project was to promote oats as a healthy food choice, to support nutrition programs in high needs schools and increase awareness of ag education programming. Teachers of Saskatchewan (urban and rural) were invited to apply for a bursary intended to fund an oat-based breakfast for their school. The project was promoted through our



monthly Educator's Newsletter and social media communication. By promoting the project through our established communication channels, we were able to reach teachers that have been involved in past AITC initiatives.

"Our students often forget about oat when it comes to eating a healthy snack or breakfast. This was a great opportunity for them to enjoy a delicious oatmeal muffin and will encourage them to choose healthier options" – Jennifer Mitchell, Westmount Elementary School, Moose Jaw

We received 47 applications. Applications were assessed based on estimated reach, demonstrated need, urban or rural designation, description of agriculture education engagement, benefit to students and plan for use of funds. Memoranda of Understanding were signed with all teachers to ensure return of feedback and event photos. In order to promote oats as a healthy food choice, we created two oat recipe cards to be distributed to families. One featured Oat Crumble Muffins, the other Oat Granola Bars. 1500 cards were ordered and distributed based on reported student numbers.

"Breakfast made by students for students allowed independence and an empathy for each other." – Marea Olafson, Wynyard Elementary School, Wynyard

Benefit to Students

"The program was a great experience for all of our students. Not only did they learn how to cook with oats but they each got to try a muffin made with them. It was very cool to get a muffin and a hand-written note from our senior kids. It created an atmosphere of caring and giving." – Amanda Kornaga, Churchbridge Public School, Churchbridge

The majority of teachers surveyed cited the opportunity for a healthy meal and the experience of baking or preparing food as major benefits of this project. Many commented on the benefits of the community building opportunities that were created, including having families come together to enjoy the meal. Many teachers commented on the impact of the recipe cards to encourage oats as a healthy option at home. Others commented on the positive opportunity for students to try new foods. One teacher described the stigma-busting opportunity for all students to receive food together, rather than a marginalized



group receiving a handout. Another teacher described the benefit to students realizing that healthy foods can be enjoyable. One teacher had the students participate in all aspects from recipe selection to making a grocery list, baking and serving the muffins and felt that there was a great benefit to having students involved in the full process.

Impact on Understanding and Appreciation of Agriculture

“The Oats for Breakfast program was a huge success. We were able to invite our families in for a wonderful breakfast that their children helped to make. They also learned that our province helps to grow the oats that were used to make our breakfast. The students loved it.” – Karen Anderson, McDermid Community School, Regina

Teachers reported that the Oats for Breakfast program created opportunities to talk about oats and other crops grown in Saskatchewan. Many described conversations that stemmed from the student’s realization that the things we eat, including oats, come from agriculture. Students were keen to learn about the ingredients used in the breakfast foods and the farms that produce them. Some teachers took the opportunity to further the connection through videos and other resources. One teacher commented that the information shared on the recipe cards was very helpful in creating awareness of agriculture at home.

“To show our students how easy it is to make a healthy breakfast with products grown right in our province is just another tool to teach them about agriculture and where our food comes from.” – Alicia Richels, LeRoy School, LeRoy



"The Strawberry Oat Bars were delicious, and I had fun making them. I didn't realize oats could taste so good! Keep farming Saskatchewan!" – Student, McDermid Community School, Regina

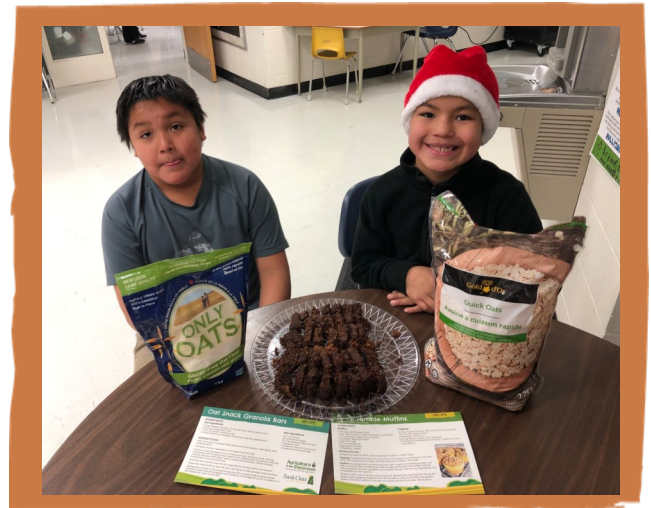
"This stuff is great! I didn't even know I liked oatmeal." – Student, Hugh Cairns VC School, Saskatoon



"I had a lot of fun cooking muffins at school and then my mom made muffins with us at home using oats." – Student, Kitchener Community School



I love the new recipe of banana bread with oats used in it. So tasty! – Student, Wynyard Elementary School, Wynyard



"I like that it made everyone happy." -Student, Churchbridge Public School, Churchbridge

"This was such a healthy breakfast option that was easy to prepare for a large crowd." – Student, LeRoy School





"The Strawberry Oat Bars were delicious, and I had fun making them. I didn't realize oats could taste so good! Keep farming Saskatchewan!" – Student, McDermid Community School, Regina

"I found out that I do like Granola! I didn't think I did because I didn't try it before, but it was really good on my yogurt!" – Student, Victoria School, Kamsack



"It was great fun to share the message of *Oats for Breakfast* with my school on the last day prior to holiday. The entire student body, clad in pajamas, enjoyed a hot breakfast at school. It was a great community building opportunity."

– Terri Jackson, Hugh Cairns VC School, Saskatoon

