

Healthy Bites VOLUNTEERS NEEDED

Our Healthy Bites lunch program depends on Parent Volunteers to run smoothly. The program has recently lost some volunteers and is consistently short-staffed. Please consider volunteering for a three hour shift once a month or once every two weeks. (Shifts available to suit your schedule 9am – 12pm Monday through Thursday or 11am – 2pm Tuesday through Thursday)

Please contact Lisa at healthybites@johnenglish.ca or leave a message at the school office 416-394-7660 to volunteer or for more information.

Why I Love Volunteering at Healthy Bites

When my daughter transferred to John English I knew hardly anyone in the school community until I joined a fledgling lunch program starting up called Healthy Bites.

When I showed up for my first 'shift' I was a little intimidated by the efficient hustle and bustle and vocal camaraderie as I feared my meager cooking skills would be inadequate and I didn't know a soul.

Within two minutes I was warmly greeted, wrapped in a fresh apron, put to work chopping a rainbow of fresh veggies and engaged in conversation with another three parents. I felt at home with the program by the end of the morning.

Years later I still volunteer twice a month even though my daughter has moved on to high school. Through Healthy Bites I've met so many wonderful volunteers - moms, dads, grandparents, community members and students - who believe that a healthy lunch contributes to healthy and happy students. My cooking skills have also vastly improved.

I still marvel that a few daily volunteers can manage to feed over 200 hungry children, many of which come back for second helpings. I can only credit the hardworking women, past and present, who run the daily program so efficiently.

It truly takes an army of volunteers to feed an army of children. A tremendous group effort goes into planning, shopping, preparing and cleaning up to offer such a robust and affordable nutrition program that's expanded in days and students served.

Whether you are new to the school or not and would like to meet wonderful people while contributing to the health of our student bodies, I urge you to volunteer for just one shift at Healthy Bites. You, too, will get 'bitten'!

Jane Chapman