



### **Eating Like Champions Community Project (March 12<sup>th</sup> and 13<sup>th</sup>, 2009):**

On March 12<sup>th</sup>, the first day of the project, trained facilitators from Regina Home Economics for Living Project Inc. (HELP) visited two Grade 10 Home Economics classes at Thom Collegiate. The morning involved talking about healthy foods for teenage bodies and hands-on instruction about quick and nutritious snacks that the students could repeat at home. Both classes prepared scrambled egg wraps with chopped vegetables, fresh vegetables and dip plus fruit smoothie drinks. We noted some comments from the students such as “this is easy and I am going to make it for my Mom” and “I like scrambled eggs so I will try and make this one” and “I make blender drinks at home and use whatever fruit I have but now I will use yogourt too”. The morning wrapped up with the two classes talking about our return the next day and their opportunity to “give back” to the community.

The next day, staff from HELP along with the same Grade 10 home economics students and their teacher prepared full meals to be shared with 35-40 clients of Soul’s Harbour Rescue Mission in Regina. The meals consisted of a hearty vegetable soup, salad and bannock. Mr. Bird, an Elder from the community, joined us on the second day to share teachings about traditional first nations’ foods and to talk about the importance of eating healthy for the teenagers. At the end of the morning, a group of students and their teacher as well as Sask Energy representatives delivered the completed meals to Souls Harbour and experienced first hand the importance the students work made.

Through this unique partnership sponsored by **SaskEnergy**, the grade 10 students gained a better understanding of nutrition for the teenage body, food budgeting, easy and nutritious snacks, healthy meal preparation and the importance of giving back to the community. We thank Sask Energy for its’ continued support of worthwhile projects in the community.

We couldn’t have delivered such a project without the expertise of two of our facilitators, Deborah and Linda. All the research and thought you put into this project really showed!! A special thank you goes out to Cindi Orthner, a Home Economics Teacher at Thom Collegiate, for all the time and energy she put into this project.