

Healthy Living Supports Program 2017-18 Funding Recipients

Bike Brampton

Funding Received: <\$5000 for a 2-year project

Project: Bike Brampton's project is to provide facilities, bicycles and cycling services to the Brampton-Springdale community through the Brampton Bike Hub. Their goal is to encourage active transportation by displacing car trips with biking for short-range destinations, and the program is open to all community residents with particular support for recent immigrants, older adults, women and youth. Bike Brampton is an established volunteer group that advocates for safe cycling and walking choices. It encourages cycling through events and programs like Bike the Creek and Pedalwise. The Bike Hub also receives assistance from Punjabi Community Health Services (PCHS), Vélo Canada Bikes and the Federal Department of Environment and Climate Change.

Bristol Road Middle School

Funding Received: \$10,000-15,000 for a 1-year project

Project: Bristol Road Middle School's project involves introducing a table tennis program to their existing Physical Education Net Sports unit, to promote and increase physical activity during lunch, before and after school, and outside of class time. Their goal is to provide avenues for more inclusive sport like table tennis that will allow all students, staff and members of their surrounding communities to be physically active outside of popular competitive sports that requires athletic skills. Project partners include Table Tennis Ontario, Frank McKechnie Community Center and Peel Public Health.

Burnhamthorpe Public School

Funding Received: \$10,000-15,000 for a 1-year project

Project: Burnhamthorpe Public School is installing a water refill station to influence student self-regulation by decreasing consumption of sugar sweetened beverages. Monthly newsletters will be used to share the consumption ratio of sugar sweetened beverages versus water, and promote the benefits of switching to water. Their goal is to promote healthy behaviours by highlighting the benefits of drinking water and reducing the consumption of sugar sweetened beverage, and increase student mood and energy.

Caledon East Public School

Funding Received: \$5,00-10,000 for a 1-year project

Project: Caledon East Public School's project involves installing outdoor basketball nets to increase opportunities for physical activity for students during school hours, and the community before and after school. Games and activities will be organized during Daily Physical Activity breaks and Physical Education classes to encourage use. The nets are also going to be promoted to the community through community events like BBQ nights and Daily Physical Activity night. The basketball nets and play area

will provide an activity and space serving the community and the local YMCA as the community is underserved with spaces for play and communal physical activity.

Central Peel Secondary School

Funding Received: \$10,000-15,000 for a 2-year project

Project: Central Peel Secondary School's project is a healthy school cafeteria redesign. The goal is to encourage students to engage in healthy eating lifestyles. The cafeteria will be redesigned into a positive space that promotes healthy eating. Cafeteria redesign will incorporate round tables to foster a collaborative learning space to eat and learn. They will also be purchasing more microwaves to encourage students to bring a packed lunch. A repainting of the cafeteria with new wall art that inspires Central Peel pride will contribute to the positive space.

Christ the King Catholic Elementary School

Funding Received: \$5,000-10,000 for a 2-year project

Project: Christ the King Catholic Elementary School's project is a fruit and vegetable garden. The students will prepare and maintain the garden providing them with physical activity opportunities. The aim is that produce from the garden will increase students and the community's fruit and vegetable consumption and provide healthy options.

The Compass

Funding Received: \$10,000-15,000 for a 1-year project

The Compass' project is to renovate their food market space that provides customers with a wide selection of nutritious food products. A bigger and better organized food market will facilitate easier access and client flow through the market. The renovation of the food market addresses food security and access to healthy nutritious food challenges faced by clients to promote opportunities for healthy food choices.

Ecosource

Funding Received: \$10,000-15,000 for a 1-year project

Project: Ecosource's project involves creating a Grown in Mississauga Teaching Kitchen that offers skill-building activities that reach children, youth, older adults, culturally diverse communities and low-income populations in Peel. They will be installing kitchen appliances at St. Hilary's Elementary School in the Dufferin-Peel Catholic District. This would help create a community food hub at the local elementary school and engage community in gardening projects with the objective of increasing food literacy and healthy eating.

Grace Place Community Resource Centre

Funding Received: \$10,000-15,000 for a 1-year project

Project: Grace Place is improving their reception room community kitchen to provide more capacity for preparation of meals as their HLSP project. Improvement to the kitchen will allow for safe food preparation and enable guests to have access to safe and healthy food. Grace Place Community Resource Centre is a service provided by Grace United Church in Brampton which seeks to provide safe, economical, accessible and non-judgemental spaces to meet. They provide programs for the homeless, addiction recovery and self-help groups. Project partners are Regeneration Outreach who uses the centre's kitchen to provide food for those in need 365 days a year.

Great Lakes Public School

Funding Received: \$5,000-10,000 for a 1-year project

Project: Great Lakes Public School will implement painted playgrounds for kindergarten and other age groups to increase physical activity and decrease sedentary behaviour during recess. Play areas are used before and after school by the YMCA, during nutrition break, during the school day and on the weekends with families. The painted playgrounds will allow for activities and games for students to increase their physical activity and decrease sedentary behaviour.

Peel Aboriginal Network Indigenous Friendship Centre (PAN)

Funding Received: \$10,000-15,000 for a 1-year project

Project: PAN's project involves kitchen upgrades to the community kitchen, where cooking workshops and information sessions are held. This kitchen upgrade will allow for healthy cooking programs where adults, seniors and youth will learn healthy affordable recipes. Installing industrial kitchen equipment will allow clients to access safe and healthy food. PAN works closely with the Indigenous Diabetes Health Circle, the Mississauga Food Bank and Ecosource to ensure fresh vegetables and food items are available and used to prepare healthy meals for their clients.

Plum Tree Park Public School

Funding Received: \$10,000-15,000 for a 1-year project

Project: Plum Tree Public School is installing and promoting the use of two water refill stations to encourage consumption of water and reduce consumption of sugar sweetened beverages, as their HLSP project. To facilitate the use of the water stations, Plum Tree Park will provide each student with a reusable water bottle. This infrastructure will support the school in advancing healthy eating for their students along with other initiatives like OPHEA Healthy Schools Certification process and the Great Gulp. Their goal is to promote healthy behaviours and the benefits of drinking water among students, staff and parents.

St. Paul Catholic Secondary School

Funding Received: \$10,000-15,000 for a 1-year project

Project: St. Paul Catholic Secondary School's project will be to create an outdoor school community garden. The garden will have a variety of uses, including serving as an outdoor learning space; the Breakfast Club will plant produce and will involve students to be physically active in gardening. Edible produce will provide students access to healthy free food through the Breakfast Club. Also, a Salad Bar will be created over lunch using the produce harvested from the garden.