



Welcome

***Lunch for All:
Menus, Logistics, Parental Contributions***

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Nourishing Futures Forum - June 3, 2026



FSP overview

- Providing food for 40 years
- SNP Coordinators order food from list
- Volunteers pack 10 tons of food with value of \$25,000 weekly
- Staff deliver to all KFL&A 88 schools
- 16,000+ meals & snacks every week





The changing role of food at school

School meal programs have become the place where kids have access to the nutritious food they need.

Affordability crisis

- 1 in 4 families were food insecure in 2024 in Kingston area

Demand for food at school increasing

- students looking for more filling meals, not just snacks





New national funding

National School Food Program

March 2024

- Now in legislation- funding we can count on
- Goal to enhance and expand school nutrition programs





Our response: *Lunch is Ready!*

- Nutritious, complete meals delivered to students at school
- Complete meal: protein main, fruit and milk, age-appropriate portion, dietary/allergy options
- No charge, but option to Pay What You Can





Pilot Project

- Commercial kitchen with a Chef, an Assistant and volunteers
- Started with individually packed lunches one day a week in 7 schools
- Created menu engaging for students, packed with nutrition
- 12,00 complete meals: cost per meal, inclusive of food and wages was 1.50-4.50 per meal





Individually Packed Lunches

- Bento Boxes with fresh fruit, veggies, hummus, pita, cheese and pinwheel sandwiches
- Chicken Ranch Wrap
- Pasta salads, Cobb salads and Caesar salad
- Hot meals include pasta dishes, stir fry's and Breakfast bowls





Heat and Serve Meals

- Added a weekly meal which is not individually portioned
- School receives pans of mac and cheese or chicken alfredo, whole quiches or pots of soup and bowls/plates, cutlery
- Great way to boost the nutritional content of the meal
- School staff heat the food and serve to students in appropriate portions





Expansion to High School Cafeteria Kitchens

- Refurbished an unused High School cafeteria kitchen
- Worked very closely with the school board and high school staff
- Offering hot and cold individually portioned items, and a self-serve salad bar twice a week
- Will engage with students in culinary classes, life skills classes, co-op placements
- Will reinvigorate cafeterias at high schools
- Providing weekly hot individual meals for two elementary schools from this kitchen- just getting started!



What we are doing now

10,000 meals/month in total from 3 kitchens

42 schools (out of 88) receiving meals

- Individually packaged lunches with milk and fruit
 - 1900+/week in 13 schools in 3 kitchens
- Heat and Serve meals- casseroles, soup, quiches, egg bites
 - 750+/week in 27 schools from 1 kitchen

On target to reach 65,000 meals served in this school year



Expenses and Revenue

- Cost \$1.75- \$3.00 Individually packed lunches with container and fork
- Cost \$0.62-\$1.00 Heat and Serve meal with a container and fork

There is a Pay What You Can...

- 15% of orders were fully paid
- 15% are partial paid
- 70% no payment





Successes

- Students, even the “Picky eaters”, are trying new things
- Organic tofu is an amazing source of protein and if done right students love it
- Fresh fruit cups with berries and melon are a hit
- Volunteer Program
- Lunch is Ready! Is making a difference





Thank you!

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