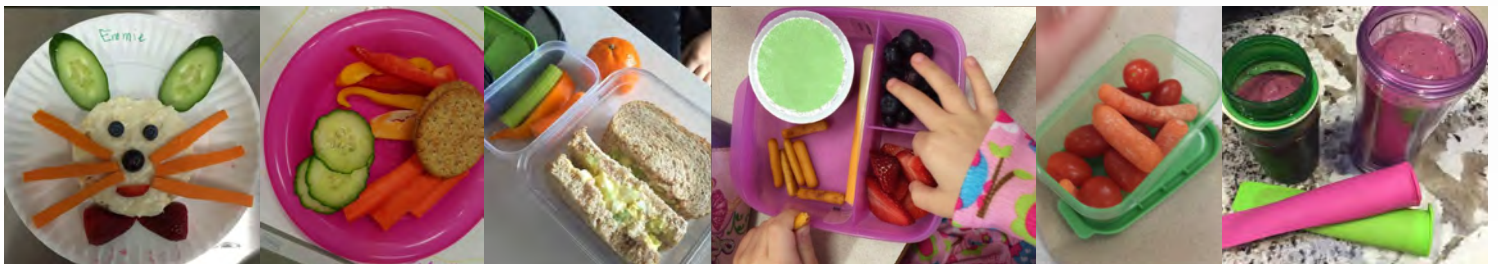




nourish

NOVA SCOTIA

2016 ANNUAL REPORT



July 1, 2015 - June 30, 2016

If you are reading a printed copy of this report
and wish to access the live links
(shown in bold throughout the report),
please view our online version:

nourishns.ca/our-story/news-and-reports

TABLE OF CONTENTS

Vision, Mission and Purpose	3
Leadership Message	4
Engagement Governance	5
Awareness	6
Financial Sustainability	7
Programming	8
Volunteer Engagement	9
Audited Financial Statements	10
Donors ~ Partners ~ Volunteers	11 & 12

VISION, MISSION AND PURPOSE

Vision

All Nova Scotia children and youth are well nourished to live, learn and play.

Mission

Nourishing children and youth in Nova Scotia by promoting and supporting food and nutrition programs in partnership with communities and schools.

What we do:

- Provide grants and resources to support food and nutrition programs.
- Advocate for the nutritional health and well-being of children and youth.
- Cultivate nutrition knowledge, food skills and healthy eating practices through education and awareness building activities.

Purpose

To cultivate generations of healthy eaters.



LEADERSHIP MESSAGE

Since 2013, Nourish has been a leader, funder, collaborator, advocate and partner for healthy school nutrition programming. As a young, innovative organization we're constantly welcoming new opportunities as a way to fulfill our vision. Often ahead of ourselves in terms of capacity, we're unafraid to take a leap in pursuit of our mandate. As we continue to grow, authentic collaboration is key to engage new partners and further our collective work.

We have been very determined in our efforts to support healthy food environments for children and youth. Working with school boards, alongside our partners and colleagues and with support from the provincial government, public and private donors, we have continued to fund, develop and resource school breakfast programs. As a result of this year's collaboration with new partners, we will realize a provincial consultation with partners and grassroots stakeholders for a new Edible School Garden (ESG) program for Nova Scotia schools in November 2016. Building on breakfast programs, ESGs will add another layer to support healthy food environment in schools. With links to curriculum, ESGs are poised to support the health and education of all students with hands-on learning opportunities and transferable take home skills. Additionally, plans are in place to expand the wildly popular Nourish Your Roots (NYR) healthy farm-to-school fundraising program. A jewel in our crown, this program has already surpassed our expectations. Since the pilot program in the fall and its evaluation, we've learned that schools and parents truly want to promote healthy fundraising in schools. Supporting the local farm economy, and directing funds raised to sustain healthy school food programs is the added bonus of this program.

We're in our final year of the strategic plan envisioned in the spring of 2014. For each step taken along this path we have lived our values, stayed true to our purpose and engaged others in our work. This manner of working will continue to define us as an organization that is truly focused on the health and well-being of Nova Scotia's children and youth.

In the coming year you'll see us working with more partners and collaborators and growing our staff complement to continue to create and support healthy food environments. Breakfast programs are now a mainstay in 90% of schools in the province. Principals tell us, it's one of the most important offerings they can give students to support their health and learning. Our provincial consultation will be the first and most important step for developing a provincial Edible School Garden program. We will build on the momentum of school gardens currently operating in nearly 100 schools, and learn from the wisdom that has contributed to their success. Nourish Your Roots will continue to serve schools and the community by sustaining local economies and healthy food programs in schools.

Our newsletter and social media presence also tells our story. We invite you to follow us in "real time" and engage with us on Twitter and Facebook for our most up to date information and happenings. Throughout this report we've highlighted a number of activities and stories, aligned under our priority areas.

At Nourish we invest in the future health and prosperity of Nova Scotia through our programs and activities. We believe it is important work and we hope it inspires you to become involved, be a champion or offer support to our organization. This coming year we will continue to work hard, motivating each other, as staff and volunteers, to be healthy food advocates in every sense of the word. We will be persistent healthy food role models and we will tell our story as a way to inspire, engage and empower others to co-create a healthy food future for this province.

Won't you help us grow?

Janice Silver

Janice Silver, RD
Chair



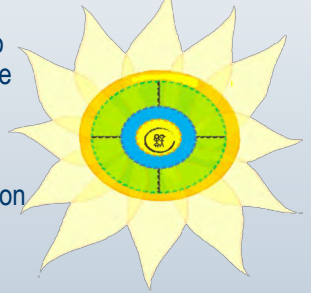
Margo Riebe-Butt

Margo Riebe-Butt, RD
Executive Director

THE NOURISH MODEL

Building on the principles of participation and collaboration, Nourish follows engagement governance to encourage sharing among board, staff, volunteers and grassroots champions. The result is joint-ownership, empowerment and accountability, where the teams are able to make decisions relative to their responsibility areas, provide direction to the organization and inform board decisions.

The four leadership teams of Nourish encourage those most closely vested in the interests of the organization to participate meaningfully in the work of the organization, supporting Nourish's strategic priorities while keeping the "business of the board" effective, following legal and fiduciary requirements.



What is truly magnificent about this model is the amount of work that is accomplished, with a small and nimble staff to support. As an organization we are able to achieve a great deal because of the effort, input and dedication of our team volunteers.

Business Team

Responsible for business oversight including planning budgets, financial reports, creating and implementing a fund development plan, oversight of administrative functions such as annual reports, receipting, donor/sponsor recognition, legal obligations such as contracts, MoU development and adherence to policy and procedures as outlined in the organizational manual. Human resources management including payroll, benefits and annual performance reviews of staff are housed here. This team is also the primary contact for government relations.

Communications Team

Responsible for general communications including: news/newsletters, website oversight and management, social media planning and implementing, as well as public and media relations. Tasked with creative design and development for all aspects of the organization as well as program resource development in conjunction with the program team. Guides coordination of "Nourish" events.

Program Team

Responsible to guide and support programs in the areas of capacity building, volunteerism and resources. Also responsible to determine fund dispersals in programming areas, following established protocols. This team also helps inform new program development, identifying new and existing stakeholders. The Program Team currently consists of designated breakfast program representatives from across Nova Scotia from school boards and district health authorities, Nourish board members and staff. The Nourish Your Roots program is housed here, as is the development of our Edible School Garden program.

Volunteer Team

Responsible for volunteer engagement for Nourish, which includes recruitment, orientation, development, integration, and communication for all volunteers. The Volunteer Team leads volunteer orientation events, volunteer retention and satisfaction, and also recruits and manages volunteers for special events and activities. Professional development and organizational learning for staff and volunteers, are housed here as well as succession planning for the board of directors.

"I'm proud to be part of the Volunteer Team as we think strategically about how to effectively engage volunteers to ensure that this is a meaningful experience for them, that they feel valued and that their contributions are making a difference." -Nourish Volunteer

Organizational Volunteers

Volunteers whose primary contributions fall outside the responsibilities of the teams are considered to be organizational volunteers. Currently, these volunteers contribute to our organizational and program evaluations.



Name	Board and Staff as of June 30, 2016
Janice Silver	Chair
Jill White	Vice-Chair
Debbie Madore	Treasurer
Sherry Jarvis	Director
Kelly Sherwood	Director
Margo Riebe-Butt	Secretary (Ex-Officio) and Executive Director
Kimberley Hernandez	Director, Ex-Officio
Natalie Flinn	Director, Ex-Officio
Janice MacNeil	Development Coordinator
Caroline Whitby	Nourish Your Roots Coordinator
Melissa Stewart	Health Promotion Intern & Summer Student

AWARENESS

We were pleased to be recognized as a **Doctors Nova Scotia Strive Award** finalist for the Nourish Your Roots program.



During Nutrition Month, Nourish challenged Nova Scotia schools to show their healthy "school eats." We were inspired by the 217 #100school eats entries which highlighted some amazing healthy, nutritious school breakfast, snack and lunch ideas. All submissions were entered into a random draw for \$150 towards promoting healthy eating in the classroom. Ms. Chesnutt's class at Inglis Street school was the lucky winner. Two Nourish prize packs also went to École acadienne de Truro and Port Williams Elementary.

The fall was a busy time for Nourish in the News with appearances on CTV Atlantic: First at Five, **New school fundraiser puts the focus on healthy, farm fresh foods** and CTV Morning Live, **Locally grown produce helping healthy initiative in schools**, both of which focused on Nourish Your Roots, a healthy fundraiser to support food related health promotion activities in schools and not-for-profit childcare centres through the sale of fresh, healthy, sustainable Nova Scotia food. Nourish was also featured in several local newspapers as well.



March is Nutrition Month™ and the 2016 theme was "The 100 Meal Journey" which encouraged Canadians to make small changes to improve health, one meal at a time. To help promote Nutrition Month™ to the school community - including students, staff, teachers, families and volunteers - Nourish created resources for schools to use during the month of March.

Good Eating = Good Thinking!

School nutrition announcements were shared with NS schools with 20 tips in total suited towards either Elementary Schools or Junior/Senior High Schools.



Advocacy is an important part of the work we do to support healthy food environments for Nova Scotia children and youth. Our involvement with the Coalition for Healthy School Food (CHSF) is part of that commitment. The Coalition is an active national voice calling on the federal government to support a universal healthy school food program for all Canadian students. In Nova Scotia, individuals, businesses, social organizations, charities and the provincial government all make investments in healthy school food programs. At Nourish we believe the federal government should make investments in healthy eating and school food too, and we're active in trying to make that happen.

We've had some great feedback from schools regarding the **Nutrition Tips for School Newsletters**. As promised, we've updated the page with additional tips. Feel free to use any or all of the tips and please remember to acknowledge Nourish Nova Scotia (www.nourishns.ca) in your newsletter. This page will continue to be updated throughout the school year, so please check it out regularly. Enjoy!

Nourish also created resources to support Holidays/Special Events in schools. **Valentine's Day** and **Easter** resources were shared with our school board partners. These resources highlight healthy treats that are easy to make and add a loving touch to these celebration days, whether it is a classroom party, a breakfast program or a gathering with family and friends.



Thank you for helping **nourish** grow
1000 TWITTER FOLLOWERS
 Nourish expanded its social media presence and followers.

Nourish teamed up with **Devour!** to deliver the Scotiabank Big Picture Program - a series of educational screenings for children and youth. Three exceptional films were screened to engaged young audiences, followed with interactive discussions to 'digest' the movie themes and content.

Also as part of Devour! the Nourish Food and Film Challenge invited children and youth of all ages to make a short film about some serious food issues. Horton High grade 11 student, Rose Schoonhoven was the 2015 winner, with "The Leftovers" which highlighted food waste issues. In addition to receiving a handcrafted "Golden Tine" award, Rose also received a \$500.00 prize for her film. Rose requested the prize be used to support the Horton High School Breakfast Program. Kudos to Rose!



FINANCIAL SUSTAINABILITY

#NourishBrownBag Challenge launched in September 2015. A fundraiser to help support healthy school food programs across Nova Scotia, it was also a fun way to get all Nova Scotians excited about sharing and enjoying healthy food.



From traditional brown bag lunches, to creative corporate events, the #NourishBrownBag took on a life of its own - with volunteers, supporters and businesses sharing healthy food and supporting the nutritional health of NS children.

We invited social media shares of the lunches, which included a video montage from **Master Merchant Systems**. A chain kicked off by Chameleon Halifax made its way around many downtown Halifax businesses. Another chain included some recognizable faces including Mayor of Halifax, Mike Savage, Chief of Halifax Regional Police, Jean-Michel Blais, Community Services Minister, Joanne Bernard, and Premier Stephen McNeil. Visit nourishns.ca/brown-bag-challenge for highlights and to view our **#NourishBrownBag Storify!**

Nourish is fortunate to have corporate partners who believe in and support the work of the organization. From in-kind office space at **NewNet** in Bedford to renewed annual donations from **Atlantic Credit Unions** and **Bell Aliant**, financial support translates into opportunities for program development, funding, and resources province-wide.



We were pleased to welcome a generous financial contribution - as well as marketing support including the Chronicle Herald ad seen here - from **Gordon Stirrett Wealth Management**.

Nourish was the charitable partner for the first Harvest Dinner at **Fresh Twenty One** (teaching and learning restaurant), **NSCC Akerley Campus**. NSCC culinary students and staff harvested and prepared fresh produce from the new Akerley garden,



which inspired the locally sourced meal. More than 60 guests gathered first in the garden, before enjoying the delicious meal. Nourish received a donation of \$3,700 from the evening's proceeds.



Our future depends on the development and growth of new programs. The expansion of Nourish Your Roots and the consultation for our Edible School Garden program development were supported by our private donors as well as designated grants from the departments of Agriculture, Community Services, Education and Early Childhood Development, and Health and Wellness.

Nourish's card campaigns encourage donors to make a gift in recognition of someone special in their life. The **Holiday Campaign** offers a great alternative to traditional giving during the holidays and the **Show Your Teacher You Care Campaign** encourages students to say thanks to their teachers with a gift to support student learning. Honourees are acknowledged with a card or ecard. Many of Nourish's repeat donors are giving through card campaigns.



Team Nourish 2016 participated in the **Scotiabank Blue Nose Charity Challenge**, and raised \$9,580 to support the health and learning of Nova Scotia's children and youth.

This year, **Halifax Naturopathic Health Centre** was our top fundraising team, raising \$2,225. Special mention to the Nourish Rockets, Nourish Runners and HRSB Team Nourish, which each raised well over our \$1,000 suggested team goal.



In September 2015, Nourish established a monthly giving option which gives donors an opportunity to have a sustainable impact on the organization. Monthly donors help us grow and plan for a solid future.

PROGRAMMING

Nova Scotia Breakfast Programs



351
School Breakfast Programs



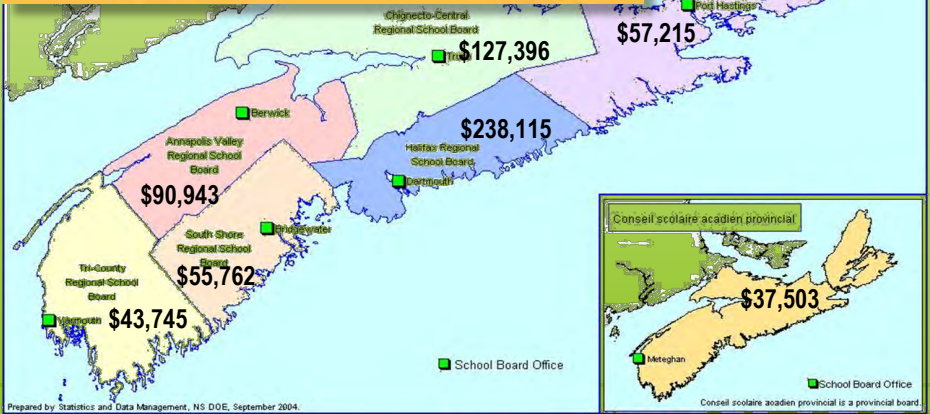
5 Million
Breakfast Meals



3600+
Volunteers

"Having the school breakfast program ensures that students have access to a healthy breakfast in a safe, supportive, supervised environment to help them start their day and get ready to learn. It helps to improve their attentiveness, perform problem solving tasks and support their success in the learning environment." - Vice Principal, Elementary School

Data based on 2015-2016 school year

Breakfast programs in Nova Scotia are volunteer driven and community owned.



We recognized 3600 dedicated volunteers, with certificates for each breakfast program in Nova Scotia during April's **Volunteer Month**. This year we included stickers for volunteers to share with the children and youth at their breakfast programs.



Building Capacity: Nourish Nova Scotia collaborated with Halifax Regional School Board and Public Health to plan and facilitate an annual HRSB Breakfast Workshop in February 2016.



Together, with HRSB breakfast program volunteers, we explored the provincial breakfast program standards and how breakfast programs strive to achieve and maintain all seven. After tapping into the knowledge and experience of the breakfast program volunteers, resources were created and can be found [here](#).

nourish YOUR ROOTS

Nourish Your Roots is a healthy school fundraiser that connects children and families to the healthy, local and sustainable food choices available from Nova Scotia farmers.

Developed in partnership with Nova Scotia farmers, NYR was piloted to 13 sites in the Halifax and Valley areas in the fall of 2015, and following a thorough evaluation, thoughtfully expanded in the spring to plan for fall 2016 deliveries.

Watch the **CTV news clip** of their visit to Oldfield Elementary School.



Nourish has committed to co-creating an **Edible School Garden** program alongside partners, stakeholders and grassroots contributors and we've partnered with the Ecology Action Centre to co-lead the work and move it forward. Respecting and building on the wisdom, local knowledge and diverse skills and experience of contributors, this framework will support school communities to develop and sustain an ESG program, wherein all school communities in Nova Scotia can see themselves reflected.



In November, we will convene and host Growing Together: Edible School Gardens in Nova Scotia. This provincial consultation is to gather the wisdom and experience of those currently working in ESGs. Building from the consultation, we are committed to developing the program components alongside partners, stakeholders and grassroots contributors. Our long term vision is to attract new resources and funds to sustain an Edible School Garden program in Nova Scotia.

The Coxheath Elementary home and school committee - working on the installation of a nature based playground - thought an edible school garden seemed like a good fit. Created as a learning experience for students for growing and enjoy vegetables from seeds, it was a learning experience for parents too. They found partners like Pauline Singer, a school parent and owner of Mountain View Farms, to help build and plant the beds.

Families spent time learning, growing their own delicious vegetables and tasting some new ones.



Find more great program stories [here](#).

VOLUNTEER ENGAGEMENT

Volunteers are the magic ingredient to Nourish's success. From program volunteers in schools across the province to Nourish volunteers, they share their time, skills and passion to create healthier learning environments for our children and youth.

Nourish volunteers include:

- board of directors - including many of our founding members, who also participate on the teams
- team volunteers - leaders and supporters of our organizational priorities
- casual volunteers - supporters through activities and events such as Blue Nose Charity Challenge participants, cooks at events, and #NourishBrownBag challenge champions



A Volunteer Profile was added to our **Nourish Newsletter**.

Sherry Jarvis was recognized in the February 2016 Newsletter for her contributions to the Volunteer Team and her dedication as a Blue Nose Charity Challenge Nourish Team Captain. Sherry volunteers with Nourish because she believes "a healthy breakfast is important for the physical, mental, social, and intellectual development of children and youth."



In the May 2016 Newsletter, Christina Tucker's profile highlighted her rich contributions to the Nourish Communications Team. Christina is encouraged by the numbers - from meals served to social media hits - and is motivated by watching Nourish play a key role in the school food movement across Nova Scotia.

The Annual Spring Supper, organized in part by the Volunteer Team, brought volunteers and supporters together to celebrate our successes, welcome and orientate new volunteers, and learn more about opportunities to engage in the work of Nourish while sharing a healthy meal together.



Once again, in April 2016, Nourish board, staff and volunteers gathered for a Strategic Session to review and build on the four strategic priorities established in April 2014:

Awareness
Financial Sustainability
Volunteer Engagement
Programming



Volunteers are key to Nourish's success. From joining one of our teams highlighted on page seven of this report, to participating in events like the #NourishBrownBag challenge, the Spring Strategic Session or the Blue Nose Charity Challenge - we invite volunteer support in a variety of ways throughout the year.



The Nourish Fall Gathering and Annual General Meeting on October 22, 2015 kicked off with a program visit to John MacNeil Elementary School. Staff and students invited Nourish volunteers, board members, supporters and staff to join students and staff for breakfast. Following breakfast, at the new Dartmouth North Community Food Centre, we met for the formalities of the AGM followed by welcoming new volunteers and bringing together team volunteers for information sharing and team collaboration. Our visit included a tour of this amazing and innovative community food facility.

Our new volunteer orientation process, created and implemented over the past year, helps welcome and inform newcomers.

Our goal is to inform new volunteers so they may be empowered to speak and work on behalf of the organization, while ensuring Nourish's vision, mission, purpose, principles and values are held in the highest regard.

The Volunteer Team is striving to expand team volunteers, casual volunteers and the board of directors, to strengthen our impact and broaden our reach.

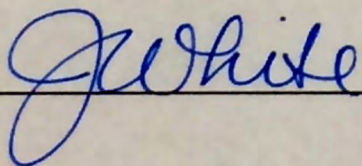
"Nourish is an organization that you get to know, and honestly, you can't walk away from! The passion, the drive, the mission and the results make this a very rewarding place to volunteer." - Nourish Volunteer

FINANCIAL STATEMENTS

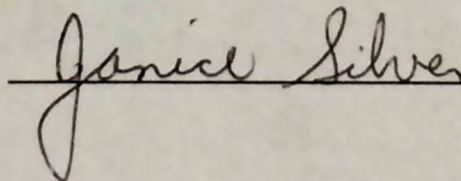
Nourish Nova Scotia Society Statement of operations

Year ended June 30	Programs and Development	Administration	Total 2016	Total 2015
Revenues				
Grants - general	\$ 145,869	\$ 26,710	\$ 172,579	\$ 163,472
Grants - programs	750,000	-	750,000	750,000
Donations	42,997	-	42,997	28,906
Other (Note 6)	16,077	2,266	18,343	19,042
	<u>954,943</u>	<u>28,976</u>	<u>983,919</u>	<u>961,420</u>
Expenses				
Advertising and promotion	1,110	152	1,262	6,407
Bank and other charges	-	470	470	264
Depreciation	846	114	960	2,076
Fund development	2,455	335	2,790	2,636
Grants paid	755,500	-	755,500	763,980
Meeting expense	1,253	171	1,424	929
Office expense	6,856	916	7,772	6,267
Professional development	259	35	294	161
Professional fees	388	5,928	6,316	6,352
Program development and resources	5,259	-	5,259	-
Rent expense	14,148	1,929	16,077	16,077
Wages and benefits	123,822	16,885	140,707	123,757
	<u>911,896</u>	<u>26,935</u>	<u>938,831</u>	<u>928,906</u>
Excess of revenues over expenses	\$ <u>43,047</u>	\$ <u>2,041</u>	\$ <u>45,088</u>	\$ <u>32,514</u>

On behalf of the Board



Director



Director

DONORS ~ PARTNERS ~ VOLUNTEERS

Donors

Gavin Anderegg ~ Linda Andross ~ Paula Baker ~ Janet Barre ~ Jean Michel Blais ~ Marie Brown ~ Lori Cadelli ~ Sherry Calder ~ Kathleen Cameron ~ Jennifer Campbell ~ Cape Breton Victoria Regional School Board ~ Holly Chessman ~ Mary Clancy ~ Christina Clarke ~ David Clarke ~ Terri Cooper ~ Paula Dumaresq ~ Floors Plus Employees ~ Richard Florizone ~ Lori Foran ~ Ray Frizzell ~ Gabrielle Gallant ~ Chameleon ~ Sarah Gillis ~ Shana Graves ~ Greater Fredericton Social ~ Laura Hennigar ~ Elaine Horne Duarte ~ Jenn Huber ~ Sherry Jarvis ~ Melodie Joy ~ Vanessa Jubis ~ Nova Agri Inc ~ Sara Kirk ~ Raeesa Lalani ~ Joyce Laviolette ~ Kaitlan Lundrigan ~ Cailin MacDonald ~ Maureen MacDonald ~ Kenda MacFadyen ~ Mary MacKenzie ~ Janice MacNeil ~ Matthew Madden ~ Debbie Madore ~ Master Merchant Systems ~ Jessie-Lee Mclsaac ~ Mike McMahon ~ Chris Morrissey ~ Carolyn Newbery ~ #NourishBrownBag Donors ~ NS Department of Justice - Judicial Assistants ~ Michael Phillips ~ Colleen Riebe ~ Margo Riebe-Butt ~ Monica Rodriguez ~ Exie Sciocchetti ~ Scotiabank Blue Nose Charity Challenge Donors ~ Karen Seamone ~ Alison Shears ~ Kelly Sherwood ~ Janice Silver ~ Jeffrey Simpson ~ Beverley Simpson ~ Springvale Elementary Staff ~ Lee Stafford ~ Robert Strang ~ Pierre Tabbiner ~ Tara Taylor ~ Carolyn Taylor Aucoin ~ Kerry Tench ~ Kathryn Thiel ~ Christine Tompkins ~ Sharon & Jean Guy Trudel ~ Larry Turnbull ~ United Way Donors ~ Caroline Whitby ~ Jill White ~ Marsha White ~ David Wright ~ Denise Wright

Community Collaborators and Volunteers

Annapolis Valley Farm to School
Dalhousie ARCH
Devour! Food and Film Fest
Doctors Nova Scotia
Ecology Action Centre
Fall River Yoga
Food Secure Canada
I Promise Performance Inc
Mount Saint Vincent University Students
Nourish Your Roots Farm Partners
Nova Scotia Alliance for Healthy Eating and Physical Activity
Nova Scotia Health Authority
Nova Scotia School Boards
Nova Scotia Community College
Nova Scotia Department of Agriculture
Nova Scotia Department of Health and Wellness
Department of Education and Early Childhood Development
Urn Song Pottery

Team and Organizational Volunteers

Business Team

Janice Silver (Lead) ~ Don Grant ~ Kris Legere ~ Jodi Posavad ~ Megan Spidle

Communications Team

Jill White (Lead) ~ Kate Comeau ~ Kelly Sherwood ~ Gina Monk ~ Christina Tucker

Program Team

Debbie Madore (Lead) ~ Francis Kangata ~ Chrissi Lynch ~ Nancy MacKinnon ~ Mark MacLeod ~ Everret MacPherson
Richard Marchand ~ Shelley Moran ~ Amanda Northcott ~ Lori Sigfridson ~ Michelle Thompson ~ Erin Todd ~ Jill White

Volunteer Team

Sherry Jarvis (Lead) ~ Mina Dhir ~ Erin MacRae ~ Monica Rodriguez ~ Kate Willison

Organizational Volunteers

Ismay Bligh ~ Natalie Flinn ~ Ted Grant ~ Kimberley Hernandez ~ Elaine Horne-Duarte ~ Julia Kontak ~ Jessie-Lee Mclsaac

Nourish Your Roots Advisory

Patricia Bishop ~ Nicole Burkhard ~ Dawn Hare ~ Elaine Horne-Duarte ~ Jeff McMahon
Margo Riebe-Butt ~ Janice Silver ~ Nancy Tregunno ~ Caroline Whitby ~ Jill White

Volunteers regularly contribute to more than one team. Staff participate on all teams.

The Breakfast Program provides the nourishment and daily positive support to so many of our students. They sit and eat in welcoming surroundings with warmth and caring volunteers that serve them a healthy breakfast with their peers. This instills the importance of healthy food choices in their lives and sets them up properly for their day of learning and development.

– Breakfast Program Volunteer, Elementary School



NOVA SCOTIA

Donors and Partners

SUSTAINING



GOLD



SILVER



Teams & Supporters

BRONZE



Todd McDon-

nsc



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