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Nourish supports food work in Mi'kma'ki, the unceded and ancestral territory of the Mi'kmaq, across five regions (Kespukwitk, Sipekne'katik, Eskikewa'kik, Unama'kik, and Piktuk)

NOURISH NEWS - MARCH 2024



I often think with gratitude of the gardener who decades ago planted chives and rhubarb in my backyard. As I enter my last month as Executive Director – watch for a message from my successor in April! - I hope my work will likewise be fruitful for many years to come.

Thanks to collaboration with partners, effort by staff and volunteers, and support from donors and funders, Nourish Nova Scotia is now helping school support staff to run cooking programs with students, garden mentors to plant food forests on school grounds, bakers to produce healthy and economical squares for breakfast programs, food service staff to dream up tasty cycle menus, and youth to develop skills and confidence as food leaders.

Last week's provincial budget included a commitment to implement a universal school lunch program, beginning in elementary schools this fall. Lindsay Corbin, the coordinator of the Nova Scotia chapter of the [Coalition for Healthy School Food](#), puts this wonderful news in context [here](#). Like parents, students and school administrators, we have many questions – and ideas! - about the “how.” Nourish is ready to help make this huge advance for children and youth.

Warmly,



Lisa Roberts, Executive Director
Nourish Nova Scotia

P.S. As part of my leave-taking from Nourish, I am going to share my most reliable, personal recipes. Follow our social media or watch our website for a blog post.



DONATE OR JOIN
#TeamNourish at the 2024 Blue Nose
Marathon Charity Challenge

This year's Blue Nose Marathon is just over 2 months away. Our fantastic Nourish supporters have raised over \$1,000 so far!

Join [#TeamNourish](#) by creating a sub-team to raise funds in support of healthy eating initiatives across the province, or by [donating to a team](#).

Remember! If you're unable to make this in-person event May 17-19, you can still participate virtually from anywhere across the province. Stay tuned for more updates as the date gets closer!



Staff Spotlight: Welcome Jess!



Jess started in February at Nourish working as the School Community Garden Facilitator. Originally from south-eastern NB, Jess has lived in Nova Scotia for twenty years.

Jess is long-time farm and food worker, following her passion and gaining skills in many aspects of food planting, growing and preparations. After running a bakery for 15 years, Jess went back to school during lockdown and studied Environmental Education and food systems. Jess is excited to bring her experience and excitement into supporting school gardening across the province.

We asked Jess a few more questions to get to know her better.

[Learn more about Jess here!](#)

NOURISH IN THE COMMUNITY

Our volunteers were at Dartmouth North Community Centre last month making upwards of 140 carrot breakfast squares and 160 veggie and hummus snack packs for Harbourview and John MacNeil Elementary schools.

Our next sessions will be on March 18 at the St. Andrews Community Centre in Halifax and March 26 at the Dartmouth North Community Centre. If you're looking to volunteer to help students have access to healthy food - we'd love to have you!

[Sign up for our next session!](#)



NYR 2.0 with Bramble Hill Farm

Nourish is excited to announce our partnership with Bramble Hill Farm for [Nourish Your Roots 2.0!](#)

This year, we're collaborating with Bramble Hill Farm for **the Micro Garden School Fundraiser!** This will help fund healthy eating programs in schools while also promoting food literacy.

Nourish NS Executive Director Lisa Roberts and Bramble Hill Founder and Farmer spoke with Global News Morning last week to share how this partnership is a win-win-win for farmers, schools and communities.

[Watch the interview here](#)



The Great Big Crunch is HERE!



Today is the last call to [register](#) for [The Great Big Crunch](#) virtual event! Throughout this month, many thousands will gather in-person and virtually to make noise in support of healthy school food.

The virtual event is tomorrow, March 7 at 2-2:30pm AST with special guest Jenna Sudds, Minister of Families, Children and Social Development.

Farm to School Snack

Farm to School Snack is on the move! With the support of a \$10,000 grant from the **Nova Scotia Federation of Agriculture**, Nourish is able to support schools that want to initiate a monthly snack of local produce with a grant of between \$500 and \$1,000.

Two schools in Nova Scotia, John Martin Junior High School and Antigonish Education Centre, will be receiving their first [Farm to School Snack](#) delivery on the day of the Great Big Crunch!



March is Nutrition Month!



March is Nutrition Month™ and we'll be celebrating all the ways that youth are helping to shape Nova Scotia's food landscape.

Stay tuned to our social media for links to upcoming posts – and if you are a youth who is developing your food skills we'd love to hear from you! Share a recipe and a little about your food journey [here](#).

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