



62
community
partners



1560
donated
boxes



86
schools & child
care centres



17
farm
partners

[Nourish Your Roots] connects families, staff and students in ways that educate all on the importance of food security as well as food-related programming.

- Principal

Nourish Your Roots raises essential funds to support healthy food programs

Because of Nourish Your Roots:

- **56%** of customers surveyed are now aware of policies governing healthy fundraising in schools
- **70%** of customers surveyed better understand the importance of supporting healthy fundraisers in schools



Huge thanks to Nourish Your Roots for 60 boxes of fresh, local fruits and vegetables. Not only will packages be distributed to people in the community, we're breaking out the pots for steaming batches of homemade potato and leek soup to serve in some of our facilities.

- Community Donation Partner

Nourish Your Roots supports the local farm economy and increases knowledge of local Nova Scotia produce

Because of Nourish Your Roots:

- **100%** of farm partners surveyed said that NYR positively impacted their farm's bottom line
- **70%** of customers surveyed plan to purchase directly from a farmer/farm market in the future



[The best part of participating in Nourish Your Roots is] helping the schools and the family resource center where our donated boxes went.

- Farm Partner



We enjoy fresh produce and trying new recipes. It was due to a [Nourish Your Roots] box that we learned about leeks and now enjoy them regularly.

- Customer / Supporter

Nourish Your Roots promotes vegetable and fruit intake and encourages family cooking time

Because of Nourish Your Roots:

- **49%** cooked with a new fruit, vegetable or herb



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