

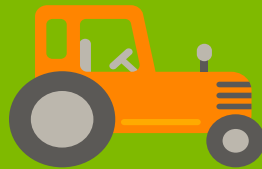


Nourish Your Roots (NYR) is a program of Nourish Nova Scotia supporting healthy school food and Nova Scotia Farmers



108

Schools and Childcare Centres



23

Farm Partners



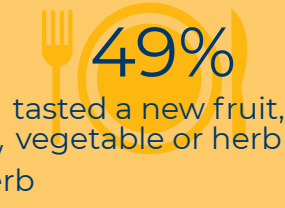
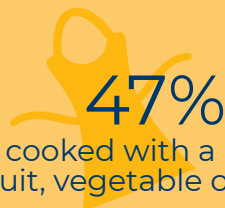
14,608

Farm Boxes Sold



Promoting Food Literacy

Surveys suggest NYR promotes fruit and vegetable intake, encourages family cooking time and increases knowledge on local NS produce.



% based on survey responses

Investing in Healthy School Food

\$124,268

raised by schools to support their own healthy eating programs such as: breakfast and snack, edible school gardens, farm to school programs, cooking skills and food literacy development



Investing in Local Farms

\$270,073

of revenue generated for the local farm economy in Nova Scotia

In 2017 Nourish Your Roots...



Students were engaged at the school level in selling, packing and unloading of the boxes, creating both excitement and curiosity for what was inside the boxes.

350 NYR boxes were purchased and donated to individuals, families, community food banks, school cafeterias and special school wide meals.

Supporters, sponsors and donors who helped make the campaign possible included NS Department of Health and Wellness, Select NS, Staples, Maritime Paper and individual and corporate donors to Nourish.



*"We raised money for our school's breakfast club and also for a whole school healthy eating activity."
-Elementary School Teacher*

*"I love this fundraiser! [...] I'm able to support the local school while also supporting local farms and receiving quality produce grown with care. Keep up the amazing work!"
-Parent*

*"This fundraiser supports our school, local farmers and provides nutritious vegetables and fruit to homes as well as donations to local food banks and families!
Win-win-win!"
- Elementary School Contact*

*"I was so impressed by the amount and quality of the food provided. It was a real treat opening the box with the kids and discovering what was inside - everyone was excited."
-Parent*

*"We had an overwhelming positive response from the school and surrounding community. They were so happy to see so much of the money stay in the community and promote health at the school."
-Parent Organizer*

**Full NYR 2017 Evaluation Report available at
www.nourishns.ca/nourish-your-roots**