

News Release

FOR IMMEDIATE RELEASE

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“Literally Nutritious” Cooking Program Combines Healthy Eating, Literacy & Skills Based Learning

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Tri-County Regional Centre for Education (TCRCE) has once again partnered with Nourish Nova Scotia to bring back “Literally Nutritious.”

First launched last year, “Literally Nutritious” is a virtual nutrition literacy program made possible with the assistance of a community food grant through the Nova Scotia Department of Communities, Culture and Heritage.

This year, the program combines healthy sheet pan meals with skills based learning at TCRCE’s Alternate High School. As part of the coursework for their media class, students at the Alternate High School tested and reviewed sheet pan recipes, took photographs, and created instructional videos to assist families in preparing these easy and nutritious meals.

“Our students were thrilled to have an opportunity to work on Literally Nutritious,” says Malizza Brunette, teacher at the Alternate High School. “We know students learn best by doing and that practical experience can help them master a skill. That’s why our media class and this program fit so well together, our students received hands on experience while preparing materials that will appear in print and on TCRCE’s website.”



A student tests out the recipe for Bibimbap (a Korean mixed rice dish). Preparing and critiquing the recipe, along with filming instructional videos were part of the coursework for a media class and will be used for TCRCE’s nutrition literacy program, Literally Nutritious.

The goal of “Literally Nutritious” is to increase literacy skills through reading text in recipes, promoting healthy eating, and creating opportunities for families to spend time together. Seventy-five families throughout TCRCE were identified to receive support through the program including receiving sheet pans and food boxes.

“Nourish is thrilled to be involved with this fantastic program,” says Nat Quatham, Program Development Coordinator at Nourish Nova Scotia. “The recipes we have developed have been tested by TCRCE youth, and showcase diverse food backgrounds while remaining accessible, nourishing, and

delicious. We look forward to hearing the stories of culinary growth and exploration from participating families."

Visit www.tcrce.ca/cook for more info and to view the video series. As well, the Nourish Nova Scotia website offers a number of resources at www.nourishns.ca/food-literacy.

About the Tri-County Regional Centre for Education

The Tri-County Regional Centre for Education (TCRCE) serves approximately 6,000 students in Digby, Yarmouth, and Shelburne counties. It is at the south-western tip of Nova Scotia and covers over 7,000 square kilometres. TCRCE provides equitable and diverse educational options, including an increased number of online course opportunities. TCRCE encompasses 22 schools, including 13 elementary schools, 6 high schools, 1 middle school, and 2 elementary/high schools.

About Nourish Nova Scotia

Nourish Nova Scotia is a provincial non-profit organization providing support for school and community based healthy food programs through resources, advocacy and food education. Nourish receives core funding from the Province of Nova Scotia along with individual and corporate donations to fulfill its mandate.

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