



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



**Promoting Food Literacy**

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

**59%**

cooked with a new fruit, vegetable or herb

**57%**

have an increased understanding of the importance of supporting healthy fundraisers

**72%**

plan to purchase directly from a farmer or farm market in the future

**% based on survey responses**



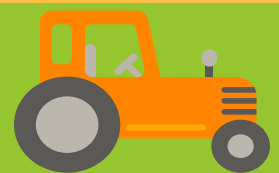
**126**

**Schools and Childcare Centres**



**13,382**

**Farm Boxes Sold**



**26**

**Farm Partners**

**Investing in Healthy School Food**

**\$112,897**

raised by schools to support their own healthy food programs i.e.; breakfast, snack, school food gardens & cooking skills



**Investing in Local Farms**

**\$248,418**

of revenue generated for the local farm economy in Nova Scotia



## In 2019 Nourish Your Roots...

More than 360 NYR boxes were purchased and donated to individuals, families, food banks, school and school wide celebrations.

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.

This year L'nu Sipuk Kina'muokuum School and Plymouth School participated in a day of cultural learning including a celebration to kick off their Nourish Your Roots campaigns.



*"I will continue to support the school and this fundraiser is my favorite. Great produce, price and taste!!!"*  
- Parent

*"I think it encourages our kids and their families to be excited about fresh produce, and perhaps try something new that they might not otherwise purchase. It also exposes our kids to what we are able to grow in our own communities."*  
- Principal

*"We support this program because it has a positive effect on our local communities in many ways."*  
- Farmer

*"This is a wonderful fundraiser and the community really enjoyed that this was food being supplied by local farmers. This gave more incentive for people to buy a box of food as they knew they were not only supporting our school, but also supporting local farmers and not a big retail outlet."*  
- Principal

*"Loved the box this year! Beets!!! Yummy"*  
- Parent

*"The variety and quality of the vegetables was impressive!"*  
- Parent

**Supporters, sponsors and donors who helped make the campaign possible included Select NS, Staples, Maritime Paper, individual and corporate donors to Nourish and the Province of Nova Scotia.**

**For more information on Nourish Your Roots visit  
[www.nourishns.ca/nourish-your-roots](http://www.nourishns.ca/nourish-your-roots)**