



nourish
NOVA SCOTIA

ANNUAL REPORT

2021-2022

MESSAGE FROM LEADERSHIP







Lisa Roberts
Executive Director

I joined Nourish Nova Scotia as incoming Executive Director in mid-May, just about forty-five days before the end of the fiscal year covered in this annual report. My learning journey involves looking back at all that Nourish has done since it was founded; looking around at what else is happening and who else is working to advance food security and literacy; and looking forward into the future when Nourish may take on new roles with the same purpose: cultivating generations of healthy eaters.

After hearing the phrase in an early conversation, I've started calling Nourish a treasure trove—of relationships, resources and ways of working. That treasure trove—or, better put, the treasure itself—becomes more valuable when it is shared.

Treasures available at [Nourishns.ca](https://nourishns.ca)

-  **Kid-tested recipes for cafeterias, Family Resource Centres and family dinners**
-  **Food literacy resources for P-12 and Early Childhood Educators**
-  **Ideas for fundraising with healthy food, or without food at all**
-  **Garden Lessons from planning to harvesting in a backyard, school or community garden**

Whenever Nourish's treasure is put to use—in schools or communities, with teachers or cafeteria workers or teens—our vision is advanced: a Nova Scotia where all children and youth are well nourished to live, learn and play.



Debbie Madore, RD
Board Chair

As we move forward, we continue to see COVID-19 in our rear-view mirror. It has shown us the reality of food insecurity in Nova Scotia and brought us into new community partnerships. This year, alongside our provincial colleagues, we hope to build and strengthen our connections with our local schools and broader communities to support food programs.

Margo Riebe-Butt was our Executive Director for the past 10 years. As a founding member of Nourish Nova Scotia, she worked diligently within our core values to create support for school food and brought Nourish to where it is today. We wish Margo the best of luck on her new path and welcome Lisa Roberts as our new Executive Director. She is bringing to Nourish a strong appreciation for our mission and purpose, along with many bright, fresh ideas to move us forward to create healthy food environments for our youth.

SHAPING THE CONVERSATION

Advocating for a National School Food Program



In June, outgoing Executive Director Margo Riebe-Butt told MLAs at Province House about two impacts of inflation: the cost of food has gone up and so has the number of children accessing food at school. Nourish invited principal Joy King to join us before the Public Accounts Committee, and then quoted her remarks in an Op Ed published in the Chronicle Herald:

“We know if we fuel their little bodies, their minds are going to grow,” said King, who has spent as much on food in the last three-month period as she did for all of the last school year.

The solution to stretched school food budgets is within reach. Nourish is part of the Coalition for Healthy School Food (CHSF), which is advocating for a federal investment in a universal healthy school food program. While the 2022 Federal budget did not commit funding, it did mandate Ministers to pursue a National School Food Policy, setting the stage for consultation, negotiation, and eventual funding.

In 2021, Nourish raised the issue of school food during both provincial and federal elections, and then brought stakeholders and champions together to form a Nova Scotia advisory to the CHSF with a part-time coordinator. As a trusted voice in the public conversation about school food, Nourish is active on the national CHSF steering committee, as well as the provincial one. Membership in the Coalition is growing with more organizations—including municipalities and community health boards—endorsing its principles that can ensure our collective investment in school food improves children's lives, strengthens communities, and transforms food systems.

Securing School Food Funding



Nourish secured funding from the Federal Department of Agriculture and Agriculture's Emergency Food Security Fund in 2021 to support both school and community. In 2022, we continued to support community partnerships as their programs came to fruition, and also secured \$630,000 in additional funds for the Regional Centres for Education and the Conseil scolaire acadien provincial for school food programming. To support our ongoing commitment to Equity, Diversity and Inclusion (EDI) in our work, \$77,000 was secured specifically for Mi'kmaw Kina'matnewey to support Indigenous school food programs. Read more in the **"What We Heard" Report**.

FOOD LITERACY

Engaging Youth Through Film



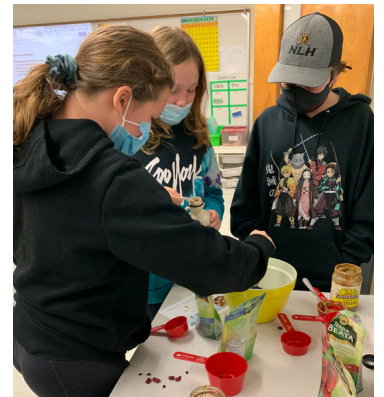
Nourish partners with Devour! The Food Film Fest to present the Big Picture Program, a live educational event that encourages youth to learn about food through film. In 2021, the program was delivered both in-person and virtually to classrooms across the province. On stage after screenings in the Al Whittle Theatre in Wolfville, Nourish addressed the themes of climate anxiety, Indigenous food sovereignty, school gardens and reconciliation through activities and discussions with youth in attendance. Virtually, classrooms teachers could stream films and use curriculum-linked activities developed by an HRM-based teacher.



Our youth-led annual ReelTalk event at the Halifax Central Library celebrated the top Food and Film Challenge entries from 2020 and 2021. Attendees watched the films, discussed topics inspired by the theme *Food for a Brighter Future*, and enjoyed Q&As with the youth filmmakers.

Celebrating Nutrition Month

During Nutrition Month™ this past March, Nourish focused on the theme of food justice. Youth from local universities shared their needs and wants via a focus group, informing new shareable videos and social media content to explain the basics of the topic and how to get involved. Nourish also launched the “Celebrating Our Food Heritage” recipe contest, which encouraged students and the general public to share recipes honouring their food culture. The winning students used their prize to invite Nourish’s Program Development Coordinator into their classroom to run a hands-on food literacy activity.



Winning Recipe: Acadian Snack in a Cup

Contributed by Saylor, Callie and Violet from Atlantic View Elementary School
Serves 4

Ingredients

- 4 Clear cups
- 1 Cup (250 mL) Granola*
- 1 Cup (250 mL) Yogurt
- 1 Cup (250 mL) Raspberries
- 1 Cup (250 mL) Blueberries
- 8 slices of Banana

*Nut-free if preparing in school

Directions

1. Layer the following in each cup, in order: 2 Tbsp granola, 2 Tbsp yogurt, 1 Tbsp granola, 1/4 cup raspberries, 1/4 Cup yogurt, 1/4 Cup blueberries
2. Cut slices of banana into a star shapes and place one the inside of each cup so it can be seen from the outside.
3. Add 1 Tbsp granola, a star-shaped banana slice, and any other desired toppings on top.



FOOD LITERACY

Launching the Local Food Lunch Toolkit

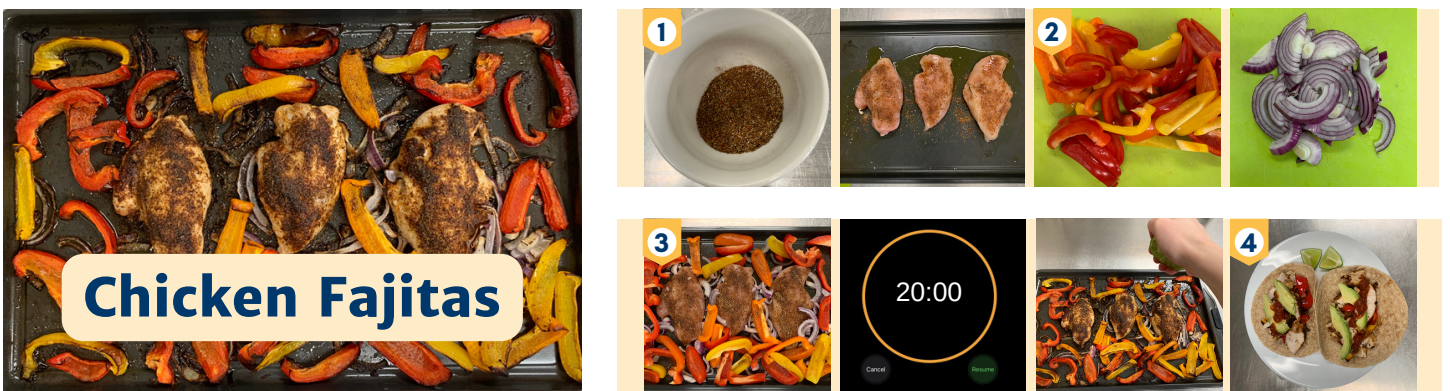
With support from the Nova Scotia Federation of Agriculture, Farm to Cafeteria Canada and the Western Kings Memorial Health Society, Nourish launched the Local Food Lunch Toolkit on September 1, 2021.



Authored by passionate food service consultants Jenny Osburn and Rosie Gair, the toolkit includes 22 delicious, kid-tested recipes and menu-planning tools in French and English to make mealtime easy, accessible and affordable for families and food service professionals alike. If adopted in many school cafeterias, the toolkit has the potential to to strengthen local food systems while supporting healthy food environments. Each recipe incorporates ingredients grown and produced in Nova Scotia. Read more in the [Local Food Lunch Toolkit](#).

Cooking Simple Meals with Literally Nutritious

With a grant from Communities Culture and Heritage (CCH), Nourish collaborated for a second year with TCRCE to offer the food literacy program “Literally Nutritious.” Nourish curated and tested six delicious and accessible sheet-pan meals from a variety of food cultures into a [recipe booklet](#), offered alongside a box containing food and helpful kitchen tools, for the 70 families participating in the program.





62
community
partners



1560
donated
boxes



86
schools & child
care centres



17
farm
partners

NOURISH YOUR ROOTS

Nourish Your Roots is a farm-to-school fundraiser where boxes of farm-fresh Nova Scotia produce are sold to the greater community in support of school food programs across the province. Nourish created this healthy fundraiser in 2015 to help schools meet requirements of the *Food and Nutrition Policy for Nova Scotia Public Schools* while connecting kids and schools with local food from Nova Scotia farmers.

Nourish Your Roots was a successful fundraiser for many schools across the province in 2021. Unable to return to school deliveries due to the pandemic, Nourish updated our e-commerce site, called on community partners to support pickup locations, and challenged corporate sponsors like Sysco and DSM to buy boxes for their employees or donate them to the broader community. More than \$39,000 was generated in funding for RCE and CSAP schools across the province, with another \$3,000 going to MK schools.



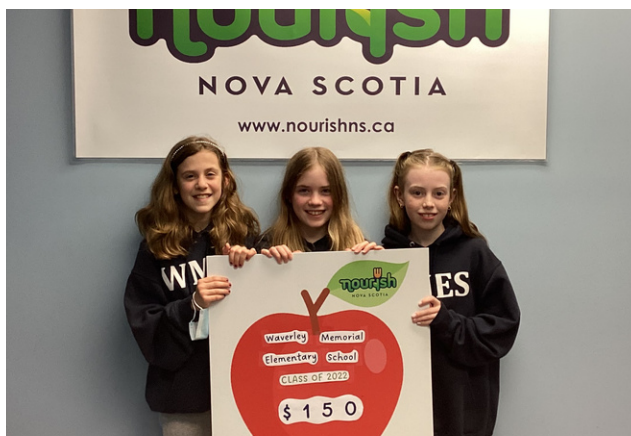
"I love that it is a practical, healthy, local fundraiser that supports schools and farmers!"

"It was nice to get local, in season produce and help fund schools. It encouraged me to try new [...] ingredients."

**- NOURISH YOUR ROOTS
CUSTOMERS**



GATHERING SUPPORT



Inspiring Nova Scotia children and youth to eat, enjoy and value food that fuels healthier people, and a healthier environment is big work and we know we can't do it alone! This year we were once again both amazed and humbled by the tremendous amount of support for Nourish's work from funders, champions, and volunteers. Whether they inform our work, collaborate on projects, or make financial contributions, Nourish is grateful for partners and donors.

Valuing Volunteers

Volunteers are the magic ingredient to Nourish's success. They help share information, support events and inform the development of Nourish resources.

As part of April's Volunteer Month, we sent some gratitude in the mail to Nourish's dedicated volunteers. They received cards with locally-produced seeds and growing instructions. We also helped schools show their appreciation to breakfast program volunteers across the province by providing volunteer thank-you certificates.



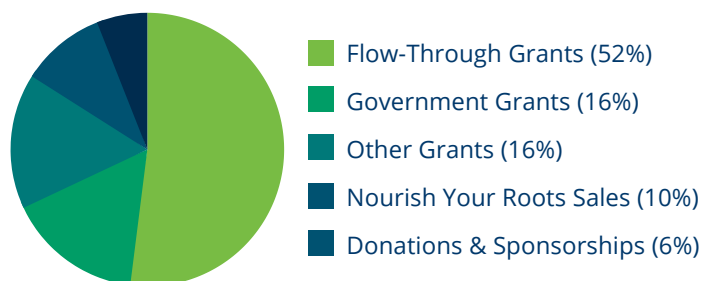
Yearly, Nourish recognizes an outstanding volunteer through the Golden Carrot Award. This year's winner, Heather Morse, has advocated for healthy food environments for children and youth for more than 20 years and has been a valuable member of the Nourish Board for the past four.

As a former teacher-turned-school administrator, she has seen how food impacts the day-to-day lives of students and continues in her retirement to be a champion for her community and province.

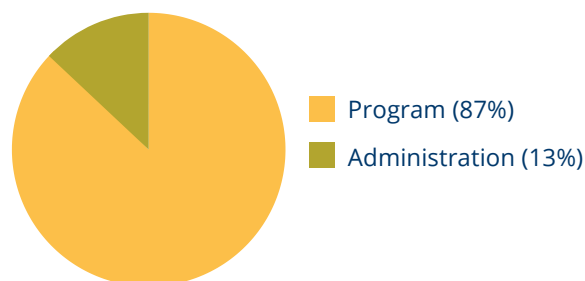
FINANCIAL SUSTAINABILITY

Financial sustainability is key to our ongoing work. The continued support from our core funder, the Province of Nova Scotia, enables us to strengthen and expand programs across the province. Monthly and one-time donors, organizers of third-party fundraisers, corporate sponsors and community champions all help to cultivate future generations of healthy eaters.

Annual Revenue \$1,671,869



Annual Expense \$1,639,498



The GivingTuesday / Holiday Giving campaign was very successful again in 2021. Donors could choose to make a donation to Nourish and we would send them our beautiful holiday giving cards to give to their loved ones. More than \$3000 was raised from individuals through card sales and donations.



In December, past Executive Director Margo Riebe-Butt had the opportunity to present to Digby Care 25. As the successful presenter, Nourish received \$3250 through Digby Care 25 to support Digby Elementary School reopening their cafeteria as well as for equity meals.

With the new year came a new partnership opportunity with Javablend through their Community Cups Campaign. For the month of January, \$1 from every bag of School Days coffee beans sold was donated to Nourish, as well as all proceeds from drip coffee sales on Community Cups Day in January.

Team Nourish participated in **two Blue Nose Marathon Charity Challenges** in 2021 / 2022.



48 participants
\$30,100 raised



From 2020 to 2021, Nourish saw a **36% increase** in monthly donors.

July 2021

25 Monthly Donors



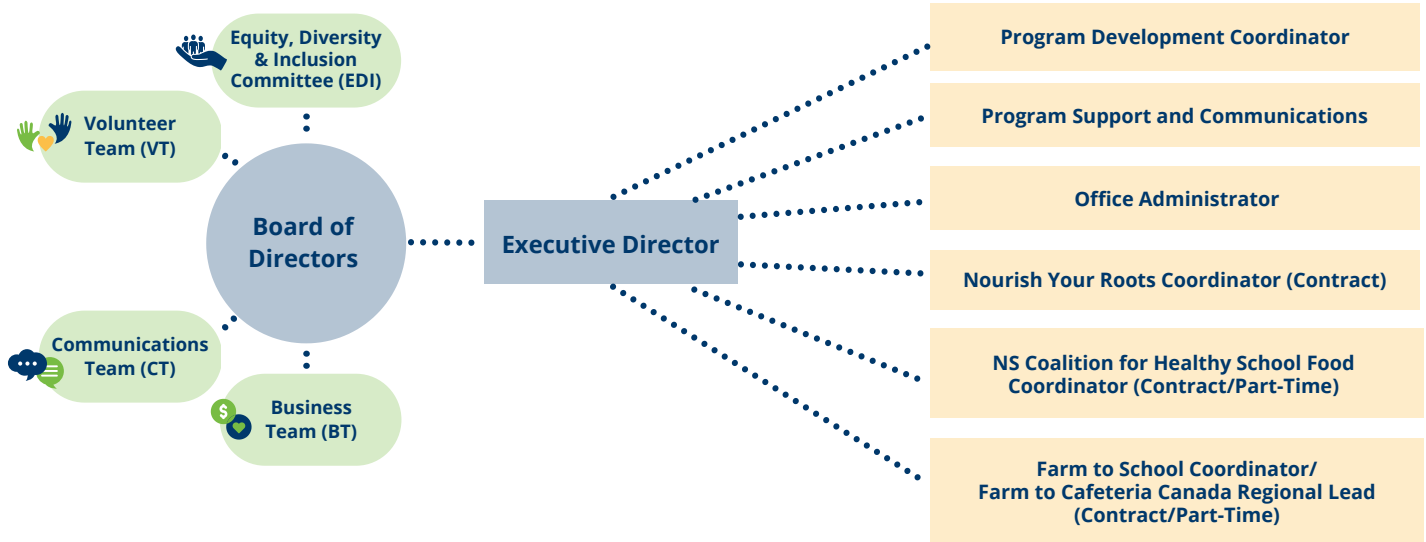
June 2022

34 Monthly Donors



ABOUT NOURISH

Organizational Structure



Board of Directors

Debbie Madore
Chair

Aimee Gasparetto
Vice-Chair

Janice Silver
Treasurer & BT Liaison

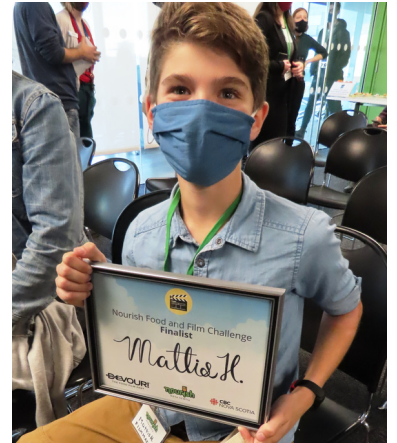
Kelly Sherwood
Director & CT Lead

Jodi Posavad
Director

Heather Morse
Director

Maria Wilson
Director & VT Liaison

Margo Riebe-Butt (out-going)
Lisa Roberts (in-coming)
Secretary (ex-officio)



WE ARE BETTER, TOGETHER

Donors & Sponsors

* = Monthly Donors

Maritza Adams
Zahraa Al-Ali*
Patricia Alisch
Jacqueline Amirault
Jana Amirault
Jean Amirault
Edythe Amirault
Debra Applejohn
Poppy Balsler
Janet Barre
Lori Barton
Jennifer Berry
Graham Black
David Bluteau
Debra Bondy
Debra Boudreau Everett
Amanda Bradley
Wendi Bradley
Christopher Brazeau
Nola Brennan
Shannon Brown
Lisa Brown
Callista Burrige
Andrea Cann-Tracey
Linda Carty
Tiffany Chase
Vicki Clark*
Julia Clark
Kate Comeau
Sue Crawford
Marion Croft
Judy Crowell
Jeffrey Cullis
Jason Daddario
Lesley Dagley
Kathy Dahn*
Christine D'Ambrose
Nick Dearman
Lynne DeNuke Winchester
Josee Desjardins
Susan Devost
Gail Dewland
Pat Dix
Rachel Dondale
Kathy Doucette
Sharon Doucette
Krista Durand
Craig Durling*
Beth Earle
Christine Eisenhauer*
Jodi Eye
The John and Jeanne
Eyking Family Foundation
PSPC Atlantic Metro
Volunteer Committee
Kris Foley*
Chris Ford
Shelley Francis

Rhonda Fraser
Cathy Fraser
Bonnie Frost
Aimee Gasparetto*
Verna George
Melissa Gibbons
Erin Gill
Pauline Gillis
Tony Gracey
Loretta Haight
Linda Haight
Debbie Haight
Marj Hales
Lisa Haliburton
Sheree Halliday
Joan Halliday
Suzanne Hamlyn
Sara Harrigan
Ruth Hart
Nancy Hartnett
Megan Haslam
Candice Hayman*
Maria Hersey
Gail Hersey
Donna Hewey
Cheri Howe
Andrea Hoyt
Mary Hublely
Maja Husistein
Christine Hutchins
Yuki Inoue
Kelli Janson
Pearl Janson
Sherry Jarvis*
Christine Johnson
Emily Johnson*
Roberta Journeay
Holly Keans*
Karen Kinley
Sara Kirk
Danielle Kowalchuk
Johanna Kwakernaak
Lori Lahey*
Nathan Lane
Sarah LaRoche
Krista Leck Merner
Brenda Leil
Pat Levings
Michelle Levings
Margo Levy Nesbit
Niki Lewis
Lorraine Lewis*
Anne Littlewood
Brett Lockwood
Katherine Lum
Brent MacBean
**Maria, Anna & Rose
MacDonald***

Arlene MacIntosh
Marilyn Mackintosh
John Macleod
Melanie MacNaughton
Janice MacNeil*
Jillian MacNutt
Auly Macphee
Marion Macsween
Debbie Madore*
Jay Malone
Sharon Marshall
Tracey McBride
Carolyn McClafferty
Scott McClure
Janette McDonald
Jessie-Lee McIsaac
Glen and Margaret McKee
John McNeil
Heather Meldrum
Debby Miller
Patricia Miller
Jacinta Moore
Angela Morgan
Heather Morse*
Erika Muir
Judy Mullen
Carolyn Newbery
Cindy Ng-Ivanoff
Nicole Nickerson
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Angela O'Neil
Vivian O'Neil
Jennifer Ozon
Kalen Park*
Our Lady of the Assumption
Chapel
Jodi Posavad*
Joy Pratt
Sarah Price
Deborah Pyne-Young
Jami Quatham
Nat Quatham*
Danielle Quinlan
Diana Quinn
Satya Ramen
Garrett Reddy
Henry Reimer
Ariel Rice
Pat Rice
Carol Richards
Colleen Riebe
Erin Riebe*
Colleen Riebe*
Margo Riebe-Butt*
Vickie Robbins
Monica Rodriguez*
Elizabeth Rogers

Sarah Romkey
Betty Roop
Cheryl Ross
Doreen Samuels
Shayna Sanford
Ruth Scheringhong
Karen Seamone*
Diana Shafer
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Kathryn Sivret
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Diane Stanton
Sheila Stevenson*
Sylvie Stewart
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Joanne Thomas
Jacqueline Titus-Smith
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Monika Treleaven
The Trudel Family*
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Lisanne Turner
Angela Turner
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Verna Wagner
Melissa Wallace
Candace Wear
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Jessica Wengqianmu*
Rosemary Wheelock
Beth White
Marie White
Sheri White*
Brittany Williams
Waverley Memorial Elementary
Judi Wilson
Carol Winchester
Donald Wolsey*
Jaime Wombolt
Helen Wong
Michael Wood*
Barb Woolnough
Christine Wright
Daniel Yanez Sanchez
Susan Young
Stewart Young
Muriel's Legacy
Jave Blend Coffee Ltd.
O2 Wellness and Fitness

WE ARE BETTER, TOGETHER

Community & In-Kind Sponsorships

Canada Broadcasting Corporation (CBC)
Devour! The Food Film Fest
Food Secure Canada
Farmers' Markets of Nova Scotia
Farm to Cafeteria Canada
Good Food Bus
Halifax Public Libraries
Jenny Osburn and Rosie Gair
Just Food HFX

Mobile Food Market
Nova Scotia Community College (NSCC)
Perennia
Staples
Taste of Nova Scotia
UpLift
Immigrant Services Association of Nova Scotia (ISANS)
Nova Scotia Federation of Agriculture
Urn Song Pottery

Community Grant Recipients

Conseil scolaire provincial acadien (CSAP)
Regional Centres for Education (RCEs)
Allison Bernard Memorial High School
Annapolis Valley Action Program for Children
Bayers Westwood
Bedford and Forsythe Education Centre
Cape Breton Family Place Resource Centre
Cape Breton Family Place Resource Centre
East Preston Day Care Centre
Family Matters; the Annapolis County Family Resource Center
Family Service Association of Western Nova Scotia
Farmers Markets of NS

Hope Blooms
Kids First Assoc.
L'nu Education Center
L'nu Sipuk Kina'muokuom
MacPhee Centre for Creative Learning Society
Maggies Place Cumberland
Mi'kmawey School in Potlotek First Nation
New Dawn Enterprises
Paqtnkek Education Centre
Pictou Landing FN School
We'koqma'q Mikmaw School



WE ARE BETTER, TOGETHER

Nourish Your Roots Supporters

Community Partners

Captain William Spry Library	Maritime Dance	Second Story Women's Centre
Dan K Stevens Memorial Arena	Meadowbrook Meat Market	Sipekne'katik First Nation Rec Centre
Elmridge Farm	Museum of Industry	Smith's Cove Volunteer Fire Dept
Halifax Forum	New Dawn	Sweet Spot Chocolate Shop
Hank's Farm Market	New Ross Home Hardware	Truro Agromart
Hubbards Barn	Noggins Greenwich/Sante Centre	Walkers Livestock Feed and Supplies
IKEA	O'Bees Food Market	Whycocomagh Volunteer Fire Dept
Indian Garden Farm	Riverview Produce	Wilson's Home Hardware Building Centre
Kingston Recreation Hut	Scotchtown Volunteer Fire Dept	Windsor Home Hardware
Longspell Farm	Seaport Farmers Market	Youth Live

Donation Partners

Allison Bernard Memorial High	Leaside Strait Women's Centre	Parent's Place Family Resource Centre
BGC Greater Halifax	Loyalist food Bank	Shelburne Family Resource Centre
Black Cultural Centre	LSK Centre	Shelter Nova Scotia
Captain William Spry Library	Maggie's Place	South Shore Family Resource Assoc.
Dartmouth North Library	Memory Lane Family Resource Centre	St Vincent de Paul Society
Digby Family Resource Centre	Mobile Food Bus	TapRoot Farms
East Hants Family Resource Centre	Mobile Food Market	The North Grove
Kids First	Naomi Society	West Hants Family Resource Centre
Kings County Family Resource Centre	New Ross Family Resource Centre	Whycocomagh Education Centre



Coporate Benefactors

A.A. Munro
Bear River First Nation Health Centre
Bedford Eye Care
Bluteau Caseley Wealth Management Group
Canadian Tire Sydney
Community Food Centres Canada
David Bluteau
Freeman's Little New York
Killam Apartment REIT
Nova Scotia Chicken Farmers
O'Regan's National Leasing
Patrick Casey
Roddis Communications Inc.
Stewart Mckelvey Law
Sysco Atlantic
Virtira Consulting Inc.

Farm Partners

Alder Meadow Farms
Elmridge Farm
Hank's Farm
Indian Garden Farms
Longspell Point Farm
Noggins Corner Farm
Riverview Produce
Sawler Gardens
Spurr Brothers Farms
TapRoot Farms

SUSTAINING PARTNER



CORPORATE & ORGANIZATIONAL DONORS



community food centres
CANADA good food is just the beginning



Agriculture and
Agri-Food Canada

Bell Aliant



DOMUS
REALTY



ATLANTIC CENTRAL





VISION

All Nova Scotia children and youth are well-nourished to live, learn and play

MISSION

Nourish children and youth by promoting and supporting food and nutrition programs in partnership with communities and schools



PURPOSE

To cultivate generations of healthy eaters

