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Nourish supports food work in Mi'kma'ki, the unceded and ancestral territory of the Mi'kmaq, across five regions (Kespukwitk, Sipekne'katik, Eskikewa'kik, Unama'kik, and Piktuk)

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## NOURISH NEWS - FEBRUARY 2024



For gardeners, this is the time of year for planning and dreaming: what seeds to buy or trade; where to plant; how to amend the soil, and with what. It feels similar at Nourish as there is an exciting season of growth ahead - including the relaunch of Grow, Eat, Learn, our school community garden program which hit rocky soil during its initial pilot in winter/ spring of 2020.

This spring, Nourish will be supporting the establishment or expansion of school community gardens in at least eight sites with garden grants, coaching, and support from our new School Community Garden Facilitator, Jess Ross ([jess.ross@nourishns.ca](mailto:jess.ross@nourishns.ca)). Imagine that we are planting a garden of edible perennials - starting small and planning for years of growth and harvests in the long term.

Small grants are helpful in turning winter dreams into reality. Please [get in touch](#) for help to apply for:

- [A Farm to Cafeteria Canada](#) grant (up to \$10,000 for activities over three years) - open now, with webinars in February and an early April deadline
- [A Whole Kids Garden Grant](#) (up to \$3000 for “to support a new or existing edible educational garden”) - deadline March 1 .
- A small grant (\$500-\$1000) for a new Farm to School Snack program. ([link?](#))  
Thanks to [the Nova Scotia Federation of Agriculture](#) for their support of this Nourish Nova Scotia program!!

Warmly,



Lisa Roberts, Executive Director  
Nourish Nova Scotia

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## NOURISH IN THE COMMUNITY

Nourish has been supporting several community-led programs intended to increase food access in local communities with the support of the Medavie Foundation. This has included a series of intergenerational cooking sessions in Cape Breton, bulk-baking sessions for school breakfast programs in HRM, and youth drop-in cooking classes in Dartmouth North.

Below are some testimonies from the wonderful folks involved in organizing and leading these events. For more details on how Nourish is supporting community food access, check out our upcoming [blog](#) post for the more details!

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***From a Bay St. Lawrence Community Centre program coordinator:***

*"Fantastic week #2 for our multi-generational cooking! We made chicken fingers from scratch, basmati rice, and steamed broccoli. [...] Big thanks to all 25 people who came! While the food was cooking, we played bingo together, prizes were items to encourage baking at home."*



***From Noreen, a Baking for Breakfast program volunteer:***

*"I love everyone working together to complete a positive task for the benefit of others. I so appreciate food programs for how they nourish and nurture others."*

***From Nourish staff and co-facilitator of MYST drop-in cooking session***

*“Seeing the youth come together to work toward the common goal of making a meal, and then sitting down around a table to share it together was really special. Each youth participant learned something new, and some tried peppers and guacamole for the first time.”*



**JOIN TEAM NOURISH at the  
2024 Blue Nose Charity Challenge**

The Blue Nose Marathon is just two months away and Nourish is once again lacing up as an official charity! Our team page is live and so far, Nourish supporters have raised almost \$500 to support healthy food programs for youth and children across the province.

Can't make it to the in-person event on May 17-19? You can still [join #TeamNourish](#) to participate virtually from anywhere across the province - walking, running, wheeling, swimming - however you want to move your body! Stay tuned for more updates as the date gets closer!



JOIN OR DONATE TO TEAM NOURISH

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**The Great Big Crunch: March 7, 2024**



The **Great Big Crunch** is back again this year! Throughout the month of March, many thousands will gather in-person and virtually to make noise in support of healthy school food.

Be sure to **register your Crunch** and mark your calendar for the virtual event on March 7 at 1-1:30pm EST with special guest Jenna Sudds, Minister of Families, Children and Social Development. Download the Activity Toolkit below for fun, curriculum-linked lesson plans and activities to bring the Crunch to life for children of all ages at home or safely in the classroom.

[Download the Activity Toolkit](#)

[Téléchargez la boîte à outils d'activités](#)

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## Recipe: Valentine's Day Snacks

Cooking together is an opportunity to share healthy, soul-filling food with those you love. Try these Valentine's Day snack recipes to nourish your heart, body, mind, and soul!

[Recipe Resource \(ENG\)](#)

[Ressource de recettes \(FR\)](#)



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## Learning Corner: African Heritage Month

February is African Heritage Month, a time to recognize and celebrate the history and culture of people of African descent in Nova Scotia and across the globe.

Nova Scotia has more than 50 historic African Nova Scotian communities with long, deep, and complex histories dating back more than 400 years.

African Heritage Month provides us with the opportunity to celebrate and promote the culture, achievements, and contributions of people of African descent across the province, past, present, and future.



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### Resources:

From the Black Cultural Society of Nova Scotia (BCC NS): [calendar of events](#) throughout the rest of the month.

From the Halifax Black Film Festival: [event schedule from Feb 23 - Feb 27](#)

From the Africville Museum: [The Africville Kitchen: The Comforts of Home](#), a multi-generational recipe book created by Africville residents - proceeds go toward the Africville Museum Scholarship Fund.

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Nourish Nova Scotia  
27 Farrell Street  
Dartmouth, Nova Scotia B3A 4B2

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