
FOR IMMEDIATE RELEASE

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NOURISH NOVA SCOTIA LAUNCHES LOCAL FOOD LUNCH TOOLKIT

Bedford, NS – Nourish Nova Scotia has launched the Local Food Lunch Toolkit, a new resource to support preparation of wholesome, from-scratch meals using locally sourced ingredients in schools, homes and community settings.

The Local Food Lunch Toolkit was built to strengthen local food systems while supporting healthy food environments for Nova Scotia children and youth where they live, learn and play. The toolkit, available in both French and English, offers 22 delicious recipes and menu-planning tools designed with both busy families and food service professionals in mind. Every recipe included in the toolkit aligns with Canada’s Food Guide while incorporating the bounty of foods grown and produced in Nova Scotia.

“We know there are many barriers and challenges associated with serving wholesome, from scratch meals in schools and at home,” explains Nourish ED Margo Riebe-Butt. “That’s why we have designed the toolkit with step-by-step instructions and tips for success. All recipes have been kid-approved and can be applied to the home kitchen as easily as they can be in cafeterias.”

“The farming community is pleased to assist with the vital mission of creating more access to healthy locally produced food for Nova Scotia youth. We look forward to continued collaboration with Nourish NS and all others who have an interest in creating healthy food options for Nova Scotians,” says Richard Melvin, chair of the Nova Scotia Federation of Agriculture’s Grow Nova Scotia committee.

Funding for this project was provided by the Nova Scotia Federation of Agriculture, Western Kings Memorial Health Society and Farm to Cafeteria Canada. Nourish Nova Scotia provided in-kind support for development, design, graphics and communications, along with hosting the toolkit on their website.

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For Information:

Margo Riebe-Butt RD
Executive Director, Nourish Nova Scotia
margo.ribe-butt@nourishns.ca
902.456.1771

About Nourish Nova Scotia:

Nourish Nova Scotia is a non-profit organization and provincial leader for school and community based healthy food programs – providing resources, advocacy and food education.