

**FOR IMMEDIATE RELEASE**

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**NOURISH YOUR ROOTS FARM-TO-SCHOOL FUNDRAISER IS BACK IN NOVA SCOTIA SCHOOLS**

**Bedford, NS – The popular farm-to-school local food box fundraiser, [Nourish Your Roots](#) (NYR), is back at a school near you this fall. Funds raised help schools sustain their own healthy food programs such as breakfast, cooking in the classroom and food gardens while supporting local farmers.**

Each box, available to [purchase online](#) for \$35, contains 22 lbs of farm-fresh local produce. Contents vary depending on the farm they come from, but will include a variety of vegetables—particularly root vegetables—and fruit.

Once again, business and community partners across Nova Scotia have offered space for deliveries and pickups ensuring the program can run smoothly though COVID in the event of school shutdowns. Online ordering means anyone can buy or donate a box, choose the participating school they would like to support and pick up at one of 34 community locations closest to them!

Another feature new to Nourish Your Roots is the ability to donate a box. Working with 18 community organizations across the province, Nourish will ensure donated boxes are delivered to families in need. In 2020, Nova Scotians generously donated over 1200 boxes, many just in time for Thanksgiving.

“The *Donate-A-Box* option for Nourish Your Roots has been incredibly popular,” stated Margo Riebe-Butt, executive director of Nourish Nova Scotia. “Every box has the ability to do four good things: support food programs in schools, help local farmers, feed a family in need and reduce food miles! We hope to increase the number of boxes donated this year.”

Customers both new and returning were impressed with the quality of the box and the impact of the fundraiser in 2020. *“I love the initiative of helping the schools while also supporting local farmers. The food is fresh and I actually find the surprise of opening the box, wondering what is going to be inside, to be really fun!”* –Nourish Your Roots Customer

Nourish Nova Scotia is confident that, with so much enthusiasm to support local food initiatives and school food programs, Nova Scotians will step up to make this year’s fundraiser the most successful yet.

Nourish is currently [seeking volunteers](#) to support delivery and pickups at some community locations.

We encourage individuals, businesses and organizations to buy a box for themselves or donate a box today: [shop.nourishns.ca](http://shop.nourishns.ca)

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

A program of Nourish Nova Scotia, Nourish Your Roots (NYR) is a fundraiser that supports healthy food programs in schools and non-profit childcare centres since 2015. NYR partners with Nova Scotia growers creating a ready-made market to support NS farmers.

**For further information, please contact:**

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