



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)

Welcome to Nourish News - October 2023



Over the past 10 years, Nourish has been instrumental in extending universal, healthy, daily breakfast programs to most public schools in Nova Scotia. But in the current context of scarce, expensive housing and high food costs, we know that school lunch is needed – to improve attendance, behaviour, students' ability to focus and learn, and their sense of belonging. And so it is past time that the promise of a pan-Canadian School Food policy and investment be made good. A federal investment in school food could be transformational, and our children deserve it. Nourish is a founding member of the [Coalition for Healthy School Food](#). Please see the link to the petition below.

Warmly,

A handwritten signature in black ink that reads "Lisa Roberts".

Lisa Roberts, Executive Director
Nourish Nova Scotia



Staff Spotlight: Welcome Emily Stevens



Emily Stevens (she/her) recently joined our team as our Program Development Coordinator. Emily grew up on the Eastern Shore and completed her nutrition and dietetics degree at Mount Saint Vincent University and her dietetic internship with the Nova Scotia Health Authority. We asked her a few questions to get to know her.

[Read Blog Post](#)

A petition for school food in Parliament

The Coalition of Healthy School Food has organized a [petition to the House of Commons](#) that is **live until Oct 20**. Please sign it and share with your networks. #NourishKidsNow
The petition reads, in part: “we, the undersigned, residents of Canada, call upon the Government of Canada to provide \$1 billion over 5 years for school food with an immediate investment of \$200 million in Budget 2024, an investment, negotiated with provinces, territories and Indigenous leaders, which will help children develop the food and nutrition habits they need to lead healthy lives and succeed at school.”



Feeding the youngest youth

Dawn Hare, our Farm to School Coordinator, and volunteer Olga Levin, facilitated a Baby & Me session at the Kingston Farmers Market in August. This was an opportunity for new parents to share experiences with infant feeding and introducing solid food. Over a dozen new families participated in the lively discussions on responsive feeding practices, recognizing signs of readiness, the many generational and cultural perspectives around food, as well as fun recipe ideas. Dawn is also a doula who has supported many families in the Annapolis Valley.



Grant Opportunities related to Healthy Food

The [School Health Grant for Youth](#), from the Public Health Agency of Canada, is open to applications until **October 25**. Farm to Cafeteria Canada is accepting applications for [Seed Grants](#) until **October 27**.

Learning Corner

October is Mi'kmaq History Month in Nova Scotia. Explore the resources at <https://mikmaqhistorymonth.ca/>

Won't you help us grow?

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