



2022-2023 **ANNUAL REPORT**

## Land Acknowledgement

We live and work in Mi'kma'ki, the unceded land of the Mi'kmaw people. We are humbly committed to living under the the Treaties of Peace and Friendship and to building relationships with Mi'kmaw-led partners.



### A new home for Nourish:

In June, we moved our office to 27 Farrell St. in Dartmouth (Punamu'kwati'jk, meaning "at the tomcod place").

Find the original name for where you live and work in Mi'kma'ki at [placenames.mapdev.ca](https://placenames.mapdev.ca).

## Vision

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



© Gustave Le—Chebucto Heights Elementary School

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## 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





“What’s your jam?”

My jam is cranberry-apple, stewed and lightly blended, with very little sugar. It is delicious and keeps a long time in the fridge!

Nourish’s “jam” is supporting the healthy nourishment of children and youth, and in 2022-23, we explored how best to do that through evaluation (like of Nourish Your Roots, see p. 8), reflection (e.g., on what we mean by “healthy food”, see p. 10) and experimentation (like with the Nova Scotia School Food Fund, see p. 15, and supporting food service workers, see p. 7). We also remained constant—as a founding member of the Coalition for Healthy School Food—in our advocacy for a federal investment (see p. 6).

As Nourish marks 10 years, we are poised to have great impact in this time of high demand for food access in both schools and in community.

Lisa Roberts  
*Executive Director*



I often describe Nourish Nova Scotia using the quote from Lao Tzu, Chinese philosopher, "Give a man a fish and you feed him for a day. Teach him how to fish and you feed him for a lifetime." When Nourish launched in 2013, its foundation program was school breakfast. The success of school breakfast programs across Nova Scotia is largely due to our early work. In support of upstream programs, or "the fishing rod", Nourish is growing its work in school and community environments with food literacy and farm-to-school connections. We aim "to cultivate generations of healthy eaters."

In October of 2018, I proudly took on the role of Board Chair for NNS. As a founding member, I had a passion and desire to move forward with Nourish and contribute to its success and longevity. The past five years have been busy, with unplanned events including COVID-19, leadership and staff changes, and restructuring at the provincial table. Through it all, Nourish has maintained its integrity and leadership for the nourishment of children and youth where they live, learn and play.

At this time, I am stepping down as Board Chair, so new leadership can continue to guide Nourish into the future. This does come with mixed emotions for me, but I will continue on with the board as past chair and support the Nourish team in whatever way I can.

Thank you,

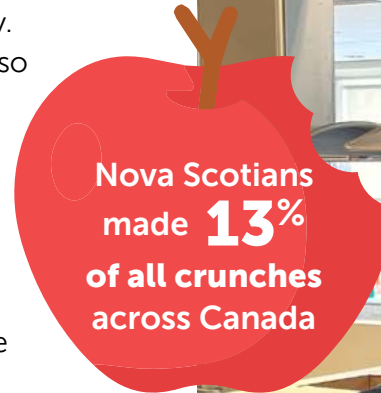
Debbie Madore  
*Chair*

## Advocating for Canada to #NourishKidsNow

Nourish continues to host the Nova Scotia chapter of the Coalition for Healthy School Food (NS-CHSF), coordinated by Lindsay Corbin. In the fall of 2022, the federal government consulted on a pan-Canadian School Food Policy. Several NS-CHSF members were able to have their voices heard. Youth also participated and, with national colleagues, we advocated for consultation to happen specifically with colleagues in the Black Food Sovereignty movement. Several NS-CHSF members met in-person with federal Minister Karina Gould at Acadia University.

Nova Scotia crushed the Great Big Crunch, as some 20,000 students made noise for school food—about 13% of all crunches heard across the country, despite having only about 2% of the population!

The NS-CHSF gained a new member this year- the Cape Breton Food Hub—and six new endorsers including the IWK Health Centre and the Nova Scotia Teachers Union.



At Frank H MacDonald School's Great Big Crunch, Lindsay spoke with Premier Tim Houston about school food.



Every time we engage with partners—be they youth, educators, food service workers or volunteers—we learn! Often this results in a new resource to share with others.



### From engagement with food service workers in Tri-Country Regional Centre of Education

(Spring 2023)

### Developed based on a workshop with Halifax Recreation youth leaders

(June 2023)



Challenge	Suggested Solutions
Low participation from students	<ul style="list-style-type: none"> <li>Set a goal for meals sold each day. It's best updated when the goal is met. Suggest a goal of 5-25% of students participating.</li> <li>Enter the help of staff, administration, health team, students, and community.</li> <li>Communicate menus, daily specials, and food photos in multiple areas in the school as well as announcements, newsletters and socials.</li> </ul>
Preparing multiple menu items is time-consuming and makes inventory management overly complex	<ul style="list-style-type: none"> <li>Offer one main meal per day with a salad, fruit and vegetable side, or salad bar.</li> <li>Offer free water in a dispenser with cups rather than selling drinks.</li> <li>For high schools, offer only a small number (1-2) of "grab-and-go" selections in addition to the main meal (e.g., wrap or sandwich of the day/week, yogurt and granola parfait, etc.)</li> </ul>
Multiple price points require more time to manage at point of sale and are confusing to customers or Multiple menu items are time-consuming to prepare and may "compete" with the main dish or Order processes are difficult for families and students to understand and participant in	<ul style="list-style-type: none"> <li>Price all meal items the same. Aim for overall 40% food cost (e.g. \$2 food cost average with a sale price of \$5). Note: This means some meal food cost can be higher, balanced with lower cost meals. Freshness and to adjust only price weekly if needed.</li> <li>Offer pre-ordering at elementary and middle schools, preferably weekly with some flexibility for late orders. A Google Form can be sent via email to collect and organize orders quickly, with a paper form provided for those who need it.</li> <li>At high schools, offer cards with 5/10 meals per card, pre-ordering, or a hybrid.</li> </ul>
Elementary school cafeterias struggle accommodating last-minute orders.	<ul style="list-style-type: none"> <li>Make plenty of main meals to ensure that those who want it get it. Leftovers can be frozen for next time if appropriate, add an option to staff or an alternative meals that next day.</li> <li>Track sales of each meal to improve estimates over time.</li> </ul>
High school cafeterias don't know how many orders they will need	<ul style="list-style-type: none"> <li>Offer staff meal cards.</li> <li>Create a staff table and encourage staff to eat in the cafeteria once per week or more. Encourage staff to order lunches and eat in the cafeteria as a message of support to cafeteria and students!</li> </ul>
Low participation from staff	<ul style="list-style-type: none"> <li>Develop a 4-6 week cycle menu for the whole year, and track sales of each item to help with future ordering and preparation.</li> <li>Create weekly task lists and supply lists.</li> </ul>
Creating monthly menus and grocery lists is time-consuming	

Find more resources and recipes at [nourishns.ca](http://nourishns.ca)



### Creating Welcoming Food Spaces for our Campers

This resource was created through conversations held by HRM Summer Staff at Needham Community Centre in June 2023.

**WHAT'S THAT SMELL?**

**EW!**

**Food is part of who we are.**

The foods we eat are tied to our memories and experiences. Everybody eats different foods.

We hear people make comments about food that make us feel uncomfortable. Like...

- Commenting on how much or how often someone eats
- Saying "that's not smart"
- Making "yuck" noises in response to food

We can create safe supportive spaces for campers by not commenting on food choices. Food is a good place to start conversations about culture.

**Messages about food are all around us.**

We see messages and advertisements online telling us what is healthy and unhealthy. Healthy means different things to different people. Social media tells us to focus on things like meal prep, body image and what we eat in a day. Influencers promote extreme lifestyles and meal preparation that isn't realistic.

The older we get the less we are impacted by negative comments about food, but our campers get a lot of food messages, which can impact how they feel. Negative comments made with good intent are still negative so it's important to be conscious of what we say to campers.

**Food is expensive.**

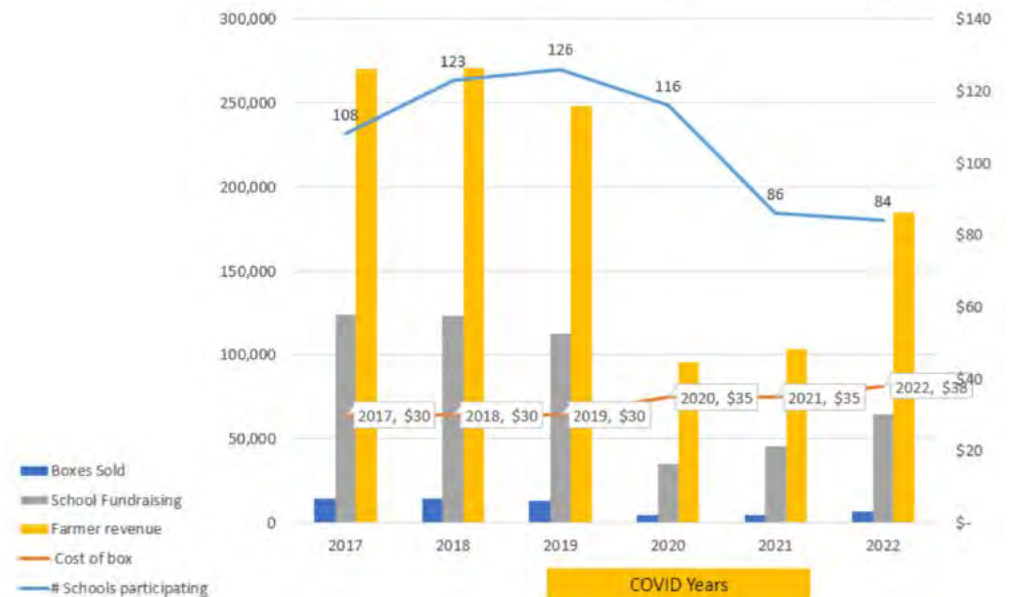
There isn't a lot of affordable food where you work, live, or go to school. There also isn't a lot of variety. Food is not affordable - our campers are impacted by that.





**Nourish Your Roots** resulted in more than \$500,000 for breakfast, snack, lunch and garden programs and almost \$1 million in revenue for farmers from 2017 to 2022. At the conclusion of the 2022 season, we reviewed Nourish Your Root’s performance against its goals—supporting healthy fundraising for school food and connecting schools with local farmers—and decided not to offer a one-size-fits-all program across the province in 2023. Instead, Nourish is fostering more local and flexible farm-to-school connections, both for fundraising and for ongoing procurement for cafeterias. Thank you to our farm partners and many loyal supporters of Nourish Your Roots.

### OVERVIEW OF NOURISH YOUR ROOTS PROGRAM 5 year Comparison





## Emerging work and new sources of support

In the winter of 2022, three North End Halifax schools that don't have cafeterias invited Nourish and HRCE to join a conversation about their struggle to provide food access for their students. We connected with five different community-based organizations that are supporting one or more of the schools with occasional or regular breakfast, snack and/or lunch. In June 2023, **Feed Nova Scotia** awarded Nourish an innovation grant of \$30,000 towards hiring a Community Food Facilitator to establish streamlined processes and imagine new delivery models.

The treasure trove of Nourish resources—including recipes and facilitation guides—are adaptable to many contexts. The **Medavie Foundation** granted Nourish \$85,000 to activate community kitchens with cooking and baking together sessions. We look forward to working with new and old partners with this support!

From November to June, Nourish hosted or co-hosted a series of webinars on best practices related to our mission: supporting the healthy nourishment of children and youth.



Nourish is working in partnership with the Mobile Food Market, Feed Nova Scotia, the Farmers Markets of Nova Scotia and others to establish a **Halifax Regional Food Hub**. The goal is to connect mainland food producers with wholesale customers - like schools!



### Neutral Body Descriptors\*

- terms like larger or smaller body
- terms for what a body does (e.g. play, move, digest)

\*These may not be neutral for all; respect how those in marginalized bodies describe themselves!

### Neutral Food Descriptors

- the food's name
- the food's characteristics (e.g. crunchy, sweet, tangy)
- how the food makes you feel (e.g. energized, warm, full)

### Replies to Unwanted Comments

"I don't want to try that food, thanks"

"Don't yuck my yum"

"My body, my business"

"I know my body best"

# Supporting healthy relationships with food and our bodies

Over many months, our Communication Team drafted and refined our statement on healthy eating:

Healthy eating involves a variety of foods that make us feel good and give us energy to do the things we love. There are no good or bad foods. Healthy eating includes sharing food experiences with others. Healthy foods nourish our body, mind, and spirit.

### DISCLAIMER:

NNS recognizes that the term "healthy" in relation to food means something different to every individual and group. We provide this statement not to define it for you but rather to clarify for our audience what we mean when we use the term and keep it standard across our content. We understand not everyone has access to the foods they enjoy and consider healthy. We also recognize the term healthy is often used to oppress and stigmatize people, in particular those living in larger bodies, those with disabilities, lower-income folks, and BIPOC individuals. As we listen and learn from a widening variety of groups who have faced health or body-related oppression, this statement will evolve.

## Bluenose

Two teams of Nourish supporters joined the Bluenose Charity Challenge—including Michelle Garcia, a SchoolsPlus worker in Dartmouth, and her husband Allastair Collins. They completed a 10K wearing costumes provided by Nourish—and raised more than \$500!

Team  **nourish**  
2023

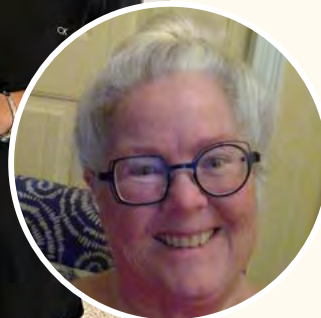


Michelle Garcia and Allastair Collins

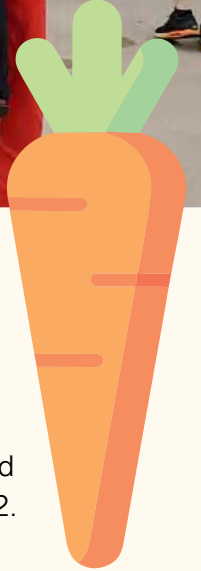


## A Golden Carrot and a Green Sprout

Each year, Nourish recognizes an outstanding volunteer with the Golden Carrot Award. This year, board member **Maria Wilson** was presented with the Golden Carrot by chair Debbie Madore. Maria is co-lead of the Volunteer Team and served on an ad hoc Equity and Diversity Committee that met throughout 2021 and 2022. Maria always shows up with good energy and we are grateful for her.



New this year, we began recognizing a new volunteer with the Green Sprout award. **Nancy Saul-Demers** is the inaugural recipient. We connected with Nancy through Devour! The Food Film Fest and she stepped up to co-lead our Business Team and sit on the Communications Team. Nancy is also an active fundraiser for Nourish through the Bluenose Charity Challenge. Thank you, Nancy!



# Individual Donors

\* = Monthly Donors

Caroline Adams

**Zahraa Al-Ali\***

Anonymous

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## Individual Donors

\* = Monthly Donors

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Jami Quathamer  
David Redwood

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### **Margo Riebe-Butt\***

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### **Sheri White\***

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### **Michael Wood\***

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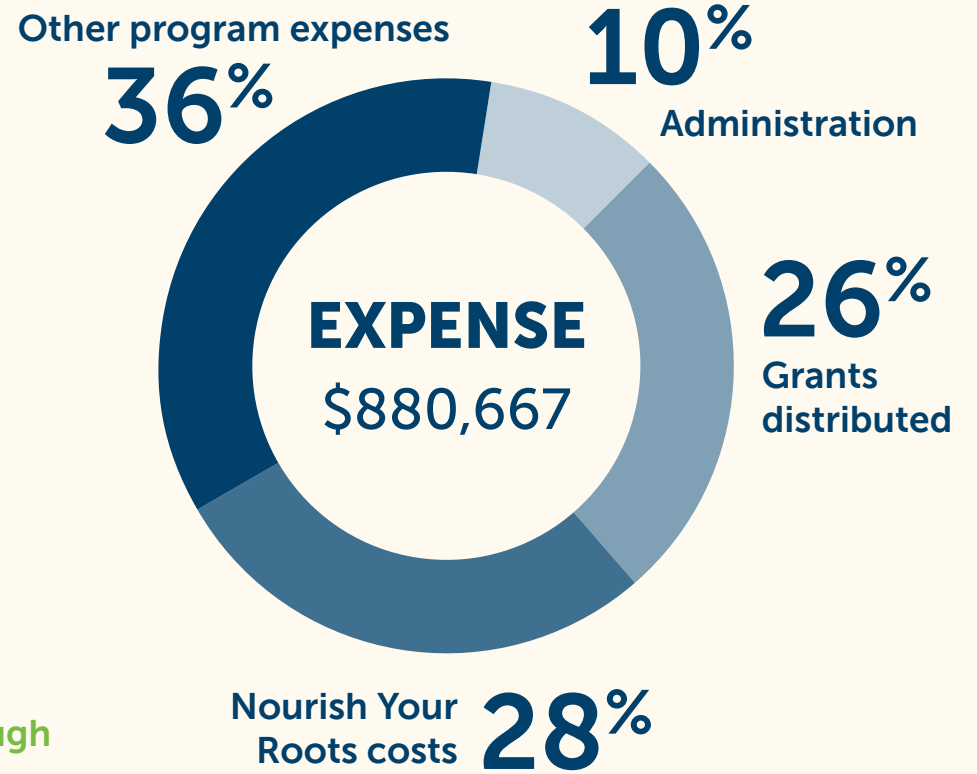
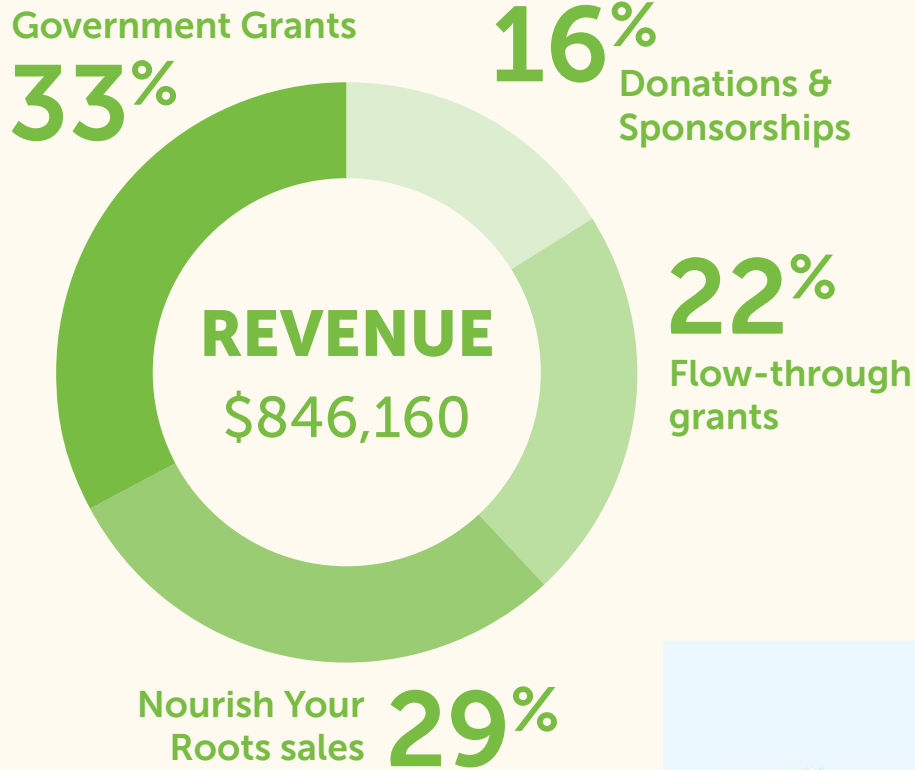
O'Regans

Tangier Lobster

The John and Jeanne Eyking Family Foundation

## Financial Sustainability

We value all our donors and partners who support Nourish Nova Scotia in order to promote healthy school food environments, access to food and food literacy. Thank you!



**Breakfast Club of Canada** contributed **\$190,000** to schools in Nova Scotia in 2022-23. Nourish received and distributed the funds to Regional Centres of Education and the Conseil Scolaire Acadien Provincial.

## Nova Scotia School Food Fund

With food inflation increasing demand for food at school and reducing the **purchasing** power of school food budgets, Nourish made an appeal in the fall of 2022 for contributions to the **Nova Scotia School Food Fund**. More than 70 different donors contributed **\$40,000**, which we distributed to our education partners, including Mi'kmaw Kinamatnewey. Thank you!

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