

Our Theory of Change

Nourish
Nova Scotia

Shaping Local Food Systems

- Contributing to school and community food initiatives.
- Advocating for food policies and programs.
- Influencing a thriving and resilient local food system.

Cultivating Vibrant Places to Gather and Learn

- Growing and harvesting food together.
- Connecting to the landscapes that provide for our food.
- Preparing, cooking, and sharing meals with each other.

Building Knowledge and Agency

- Fostering skills, confidence, and attitudes around food.
- Enjoying food that nourishes the mind, body, and spirit.
- Engaging in positive experiences with food.

Local News

YOUTH ARE TRANSFORMING
FOOD SYSTEMS IN NOVA SCOTIA

Our Mission: Young people in Nova Scotia are equipped to learn about food and transform the food systems around them.