Children, Food and the Future...
Cultivating Generations of Healthy Eaters
Breakfast...our foundational program from which we plan to grow....

What’s next for Nourish?

Edible School Gardens

New supports for the School Food and Nutrition Policy
Edible school gardens provide a hands-on learning opportunity that can be integrated into the school curriculum.
Edible school gardens provide the opportunity for students to:

- work in teams and build relationships
- learn about where food comes from
- taste new foods
Edible school gardens provide the opportunity for students to:

- learn about environment and sustainability
- engage in physical activity
- learn about math and literacy
- reinforce nutrition education
Nourish Edible School Garden Plan

Build a 3 year sustainable fund to support gardens for NS School Communities

Work with volunteers and partners to co-create a best practice model for programs

Develop resource package to support garden implementation and offer funds for programs
Support for the School Food and Nutrition Policy

Children and youth need healthy foods to learn, grow and develop.

Students who are well-nourished have better health and education outcomes.

The Food and Nutrition Policy for Nova Scotia Public Schools recognizes that health and education go hand-in-hand.
Our Commitment

To support health promoting policies and activities that provide for healthy, supportive environments where NS children and youth can live, learn and play.

Work with schools, school boards and partners to identify and develop resources to support health promoting policies and activities.
The Plan

Nourish website to host a resource depot containing useful, credible tools and supports for the provincial school food and nutrition policy.

With partners, develop a healthy fundraising program using local, healthy, wholesome Nova Scotia foods.
You can help!

Get involved, join a Nourish Team. Influence and help to develop programs—co-create tools and resources—make a difference!

Become a Nourish champion/supporter/benefactor help spread our “good word.”

Give to Nourish and support a local charity. 100% of donated dollars go to support children and youth right here in Nova Scotia.
Won’t you help us grow?