

## EAT TO LEARN

Children spend a third of their day in schools which makes them the ideal place to create and reinforce healthy food habits for life.

When healthier food and access to good food is well-considered in a school setting, it CAN and it WILL support Education's priorities:

- Attainment
- Attitude to learning
- Antisocial behaviour
  - Absenteeism
  - Physical Activity

## A HEALTHY EDUCATED FOOD SECURE THRIVING NOVA SCOTIA

Well-nourished children do better in health, education, and in life.

It is estimated that each 1% increase in graduation rates could result in a \$7.7 billion savings per year in Canada since high school graduates earn higher salaries, pay more taxes, have lower healthcare costs, are less likely to encounter the justice system, and are less dependent on social assistance.

## LOCAL POTENTIAL

With a potential "school food market" in Nova Scotia estimated at \$46M annually, there is large opportunity to replace imports with homegrown products.

# South Shore School Food Project

The South Shore School Food Project focuses on bringing food back into education to strengthen the foundations for the future of our children and Province by working together to build healthy menus in schools and make positive changes to food culture in cafeterias, classrooms and communities starting on the South Shore of Nova Scotia.

## FOUR PRIORITIES

- ★ **Healthy Menus in School Cafeterias**
- ★ **Food Education in the Classroom**
- ★ **Collective Local Procurement from NS Farmers & Producers**
- ★ **Food Security in School Communities**

Get  
Involved!



## Product & service development is underway to serve more South Shore schools starting September 2019

- ★ Developing school approved menus & recipes with local source
- ★ Determining local procurement, aggregation and delivery networks
- ★ Testing salad bar and build-your-own lunch programs
- ★ Trialling new Cookhouse Kids interactive food education in schools
- ★ Fostering training and support for Food Service Workers
- ★ Creating resources & promotional materials to increase the number of children choosing healthy local food and to grow community advocacy
- ★ Amplifying investment through partnership & fund development
- ★ Creating quality control standards and conditions of best practice by feeding those most in need and providing subsidy for all with the Munch Card program



**Partnering with the South Shore School Food Project to support development and build capacity for greater local source and better farm to school connections in N.S.**

**To make a donation to the Local Food Fund please go to:**

[www.localfoodns.ca](http://www.localfoodns.ca)

**Or contact:**

**Claire-Louise & Rosie at**  
[rootED@localfoodns.ca](mailto:rootED@localfoodns.ca)

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**South Shore**  
Regional Centre for Education