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Partners in New Brunswick are working together for a brighter, healthier future for school children

New Brunswick (October 15, 2014) – This October as part of Canada's first national [Farm to School Month Campaign](#), the Heart and Stroke Foundation is announcing exciting school and after-school healthy local food initiatives in New Brunswick. Starting this fall, various partners across New Brunswick are working together to support important changes to school and after-school food environments – changes that shift policies and practices in a way that increases access to healthy local foods, learning about food and food skills.

As part of one of the largest food and nutrition investments in Canadian schools, *Nourishing School Communities* is investing \$2.4 million to support healthy local food environments for school children across Canada. As the first of its kind, the initiative aims to give school children a fresh new perspective on food. “Encouraging a healthy and local approach to food is one of the most important legacies we can leave to our children to help them lead healthy adult lives,” says Mark Holland, Director of Children and Youth for the Heart and Stroke Foundation. “Increasing the availability of nutritious food such as vegetables and fruit can help reduce the risk of heart disease by as much as 30 per cent”. The project's partners are working together towards a brighter, healthier future by engaging First Nations schools, public schools and after-school facilities.

The activities taking place across New Brunswick include:

- [Farm to Cafeteria Canada](#) is partnering with the [New Brunswick Food Security Action Network](#) to advance the farm to school momentum already underway in the province. Together these organizations are championing the establishment of a provincial Farm to School Committee to guide, link and grow existing initiatives and to fund eight new [Farm to School](#) programs at the following schools: École Notre-Dame, Salisbury Elementary School, Bernice MacNaughton High School, École René Chouinard, École Clément-Cormier, École Communautaire la Rivière, Cambridge-Narrows School, and Centreville Community School. “Each school is implementing its own unique program to get more sustainable, local food into the minds, onto the plates, and into the tummies of students”, says Joanne Bays, National Manager Farm to Cafeteria Canada. “By partnering with local farmers, making connections with curriculum, and involving the greater community, students will be



learning about where their food comes from while getting their hands dirty” says Rick Hutchins, Managing Director of the New Brunswick Food Security Action Network. [Read the full story.](#)

- The YMCA of Greater Moncton is implementing a new *Healthy Eating Framework for After-School Programming* at its after-school program sites. The framework is designed to guide staff to incorporate healthy eating throughout all aspects of the after-school program. “It supports children in developing positive connections to food and their lives by learning about and enjoying gardening, preparing and eating healthy foods in a hands-on fun way” says Cindy Butland, Director After-School and Camps.
- Dr. Mary McKenna from the University of New Brunswick will lead the work on creating policy tools focused on school nutrition. “New Brunswick is being recognized for its ability for starting to make healthy school and after-school food a reality, not just a theory” says Dr. Mary McKenna, Board Member of the Heart and Stroke Foundation of New Brunswick. “Policy aspects of this initiative can be used to help sustain improvements made to school nutrition.” Toolkits developed during the project will raise awareness of policies and help make it easier for schools and after-school programs to implement and sustain them.

What makes this initiative unique is how research, practice and policy organizations are working together to transform school, after-school and community food systems to include healthy, regionally sourced and sustainably-produced food. The key elements behind this initiative are partnerships, great ideas, and action. School community food is being reinvented in New Brunswick, with everyone — students, teachers, farmers and governments — hungry for more.

[Nourishing School Communities](#) is funded by the Canadian Partnership Against Cancer and Health Canada through the Coalitions Linking Action & Science for Prevention (CLASP) initiative. The lead partners, who bring a depth of expertise and experience to the initiative, include the Heart and Stroke Foundation, Farm to Cafeteria Canada, YMCA Canada, the Federation of Saskatchewan Indian Nations, Lunch Lady, University of New Brunswick and Propel Centre for Population Health Impact.



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About the Heart and Stroke Foundation

The [Heart and Stroke Foundation's](#) mission is to prevent disease, save lives and promote recovery. As a volunteer-based health charity, we strive to tangibly improve the health of every Canadian family, every day. Healthy lives free of heart disease and stroke. Together we will make it happen.

About the Canadian Partnership Against Cancer

The Canadian Partnership Against Cancer is an organization funded by the federal government to accelerate action on cancer control for all Canadians. More information on the [Coalitions Linking Action and Science for Prevention](#) (CLASP) is available online.

About Farm to Cafeteria Canada

[Farm to Cafeteria Canada](#) (F2CC) is the lead national organization championing a network of Farm to School programs, policy and practice from coast to coast. Advancing Farm to School is central to F2CC's mission "Together we educate, build capacity, strengthen partnerships and influence policy to bring local, healthy and sustainable foods into all public institutions."

About the New Brunswick Food Security Action Network

[New Brunswick Food Security Action Network](#) (NBFSAN) is the lead provincial organization championing a network of Farm to School programs, policy and practice in New Brunswick. This activity is central to NBFSAN's vision "all New Brunswickers have access to food that is healthy, local, and sustainably produced".

About YMCA of Greater Moncton

For over 130 years, the [YMCA of Greater Moncton](#) has provided thousands of children and adults with programs and services dedicated to personal growth and community development. A bilingual organization, the Moncton YMCA values include respect, responsibility, honesty, caring, inclusiveness, and FUN!



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About UNB

The [University of New Brunswick](#) is committed to building a better province through collaborating with partners to advance social, economic and cultural progress.

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