DAILY TIP
GET DIRTY
Exposure to soil bacteria Mycobacterium vaccae is like a natural antidepressant, activating brain cells that improve mood, reduce anxiety and facilitate learning.
PHOTO: MATTHIASQ
30x30
NATURE CHALLENGE
#NatureIsCalling

farm to School

Healthy, local foods on every plate!

Our Farm to School program is part of a growing network of Farm to School programs championed provincially by the New Brunswick Food Security Action Network and nationally by Farm to Cafeteria Canada.

It is also a part of the Nourishing Schools Communities initiative funded by the Canadian Partnership Against Cancer and Health Canada through the Coalitions Linking Action & Science for Prevention (CLASP) initiative.

For more information about Farm to Cafeteria Canada and Nourishing School Communities visit
www.farmtocafeteriacanada.ca

Vital Source
NUTRITION

Tuesday, 9 June, 15

a/news/1691941/school-district-adds-local-food-options-to-cafet

://www.cbc.ca/player/News/Canada/NB/ID/2659691904/

Challenges

Communication

Balance: Demands of new F2S program with demands of full time teacher and mother