

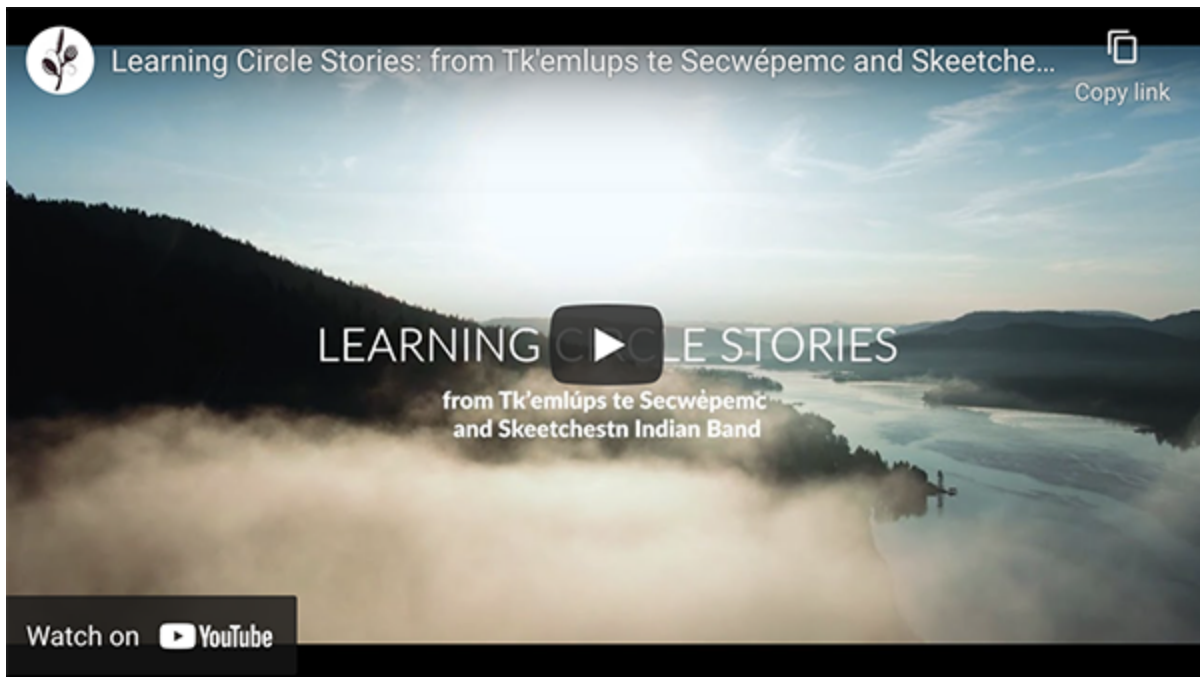


Unlock the Potential of Food Ingredients for a Healthier Tomorrow

Each year, Dietitians of Canada hosts **Nutrition Month** with a goal to create meaningful conversations around food and nutrition. This year's theme is "Ingredients for a Healthier Tomorrow" and the specific ingredients have been described in this **activity guide** as including: food literacy, food security, food sovereignty, sustainable food choices, and nutrition care & prevention.

This theme and these ingredients resonate with us here at F2CC as we work to support school communities to transform their food systems for the health of people, the planet and future generations.

So, in recognition of Nutrition Month we're sharing some of our most recent resources and stories and we hope you find inspiration to take action and unlock potential to contribute to a healthier tomorrow in your community through food.



Impacts of Farm to School Learning Circle

Learning Circle Stories: from Tk'emlups te Secwépemc and Skeetchestn Indian Band

In 2019, in partnership with the Social Planning & Research Council of BC, we provided a Local Food to School **Learning Circle Grant** to Q'wemtsín Health Society (QHS) to support Sk'elep School of Excellence, from Tk'emlups te Secwépemc, and Skeetchestn Community School to hold learning circles in their communities.

The circles set out to increase the amount of food in the schools that is local, and healthy while being reflective of Indigenous cultural practices.

[Read our blog post and watch the video here](#)

Teaching the Curriculum Through Food

Introduction



Teaching the Curriculum Through Food Video Series

You asked, we delivered! Farm to Cafeteria Canada and Growing Chefs! Ontario are proud to share six new videos to our Teaching the Curriculum Through Food video series.

These short (5-20 min) videos have been developed to support and inform teachers and volunteers across Canada who are looking to bring food literacy into their classrooms and engage students through food.

The topics covered in the video series range from the importance of food language to tasting strategies for youth of all ages.

Check out the video series



Eat, think, act: how farm to school supports climate action

We've been thinking a lot about the role that school food programs can play in climate action. After all, the way that food is handled all along the food supply chain impacts our energy, water and land use, greenhouse gas emissions, and soil quality. We've seen firsthand how farm to school programs can support a healthy environment — through the way we eat, the way we think, and the way we act. Check out our new post on how farm to school can support climate action.

[Learn more](#)



Farm to school programs advance the UN Sustainable Development Goals

In January 2022 the [Coalition for Healthy School Food](#) shared this visual, showing how universal healthy school food programs that are designed with the Sustainable Development Goals in mind have great potential to advance all of the UN SDGs.

We're excited to see such a visual representation of how farm to school programs overwhelmingly contribute to advancing the Sustainable Development Goals!

[Learn more](#)



Webinar series: Evaluation Tools to Support Farm to School Programs

Evaluation is important...but it can also be complex and tough to know where to start. That's why we are pleased to host a series of webinars that will help answer HOW school communities are putting farm to school evaluation into practice.

[Learn more and sign up for webinars in the series](#)



New UN FAO report: Public Food Procurement for Sustainable Food Systems and Healthy Diets

The UN Food and Agriculture Organization's recent report *Public Food Procurement for Sustainable Food Systems and Healthy Diets* makes a strong case for how institutional food procurement, with a strong emphasis on school food programs, has great potential to transform food systems to be more sustainable.

We're encouraged to see the UN FAO recognize the potential of public purchasing in schools! You can check out the report here - [Volume 1](#) and [Volume 2](#).

[Learn more](#)



✧ The 2022 Great Big Crunch La Grande croquée 2022 ✧

2022 | Great Big Crunch

**Mark your calendars - the Great Big Crunch is happening
March 10th at 1 pm EST!**

Hosted by [Coalition for Healthy Food](#), the Great Big Crunch (or GBC) is a national movement and annual moment of anti-silence where students, teachers, parents and others passionate about food make some noise for healthy school food. An original initiative of FoodShare Toronto, the event has been taking place every year since 2008.

Check out this year's toolkit and register to participate:

[Register here](#)

Year of the Garden Année du jardin



Did you know, 2022 has been declared the Year of the Garden in Canada? Whether you already enjoy gardening, recently discovered the pleasure of spending time in a garden, or want to learn more about how gardens impact so much of life, there's

something for everyone. Activities are hosted by the Canadian Garden Council and will launch on March 20th, the first day of spring.

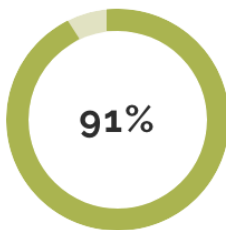
At home, at school or in your community, visit [Live the Garden Life](#) and discover the many ways you can celebrate today's vibrant garden culture in your community.

Impacts of Farm to School

COMMUNITY
ECONOMIC
DEVELOPMENT



Did you know?



of schools recognized themselves as leaders among other institutions in the procurement of healthy, sustainable, local foods.

[Learn more](#) about the impacts of farm to school!



10 Ways to Get Involved!

Whether you are brand new to Farm to Cafeteria Canada, or a long-time member of the community, there are lots of ways to get involved!

[Get Involved](#)

Stay connected!

Join our **Facebook Group** to stay connected to stories about farm to school, farm to campus stories as well as stories that touch on the many facets of food systems. You can also pose questions, share resources. We are also on **Twitter**.

If you know a colleague or friend who would like to know more about our farm to school work, invite them to **sign up here**.

*Farm to Cafeteria Canada's team and project partners acknowledge that we live, work and play on the ancestral lands of the diverse First Nations, Inuit and Métis people of what we now call Canada. Farm to Cafeteria Canada is committed to reflecting, honouring and amplifying Indigenous voices, perspectives and values in our work. To learn more please visit our **Nourishing Relations page**. To learn the traditional territories on which our individual team members are located, please visit our **team page**.*

Do you have a story to share for the next edition of our newsletter?
Email us at info@farmtocafeteriacanada.ca

For daily news follow us on



*Copyright © 2022 Farm to Cafeteria Canada, All rights reserved.
You are signed up for the F2CC mailing list and/or are a member.
Has this newsletter been forwarded to you? Subscribe [here](#)!*

For updates between issues, follow us on our [website](#), [Twitter](#) or [Facebook](#).

Contact us :
Farm to Cafeteria Canada
4445 Norfolk Street
Burnaby, BC V5G 0A7
Canada

For local F2CC or F2S news, contact the [regional lead](#) in your province.

