



GOOD FOR YOU!

Dietitians Help **You** Find **Your** Healthy



NutritionMonth2021.ca

Farm to School Helps Students Find *their* Healthy!

March is Nutrition Month and this year's theme is "Good for you!" This simple concept centres on the idea that healthy eating looks different for everyone.

Farm to Cafeteria Canada's new Nutrition Month video shares how schools are developing farm to school programs in innovative and creative ways that are rooted in their own community and local food system.

The three-minute video shows students growing, harvesting, preparing, and enjoying healthy local food whether it's served in a salad bar or from a fire pit.

"Some of the most exciting and sustainable initiatives that we see often come from student ideas and also their own cultural traditions and heritage. It really breathes life into the programs and it's an opportunity for students to have a real sense of pride and even develop leadership because they bring these ideas to their teachers and they have an opportunity to explore them. They see their ideas come to life and it's something that they see permeate through their whole school."

To watch the video and learn more about Dietitians of Canada's Nutrition Month 2021, check out our blog post:

Farm to School Helps Students Find their Healthy!



Make some noise for Healthy School Food with the 2021 Great Big Crunch

The Great Big Crunch has heard 1,246,668 crunches since it first began in 2008.

This March, don't miss your chance to join in the next Great Big Crunch — anyone can participate!

This year, the Coalition for Healthy School Food is hosting a coordinated Canada-wide virtual Great Big Crunch on **March 11th at 2:30 p.m. EST** with Chef and Author **Joshna Maharaj!**

But you can participate in and register a “crunch” any time in March that works for you.

For more info check out our blog post:

2021 Great Big Crunch



Introducing the Edible Education Community of Practice!

The Edible Education CoP aims to provide a supportive space for those working on Edible Education initiatives (e.g., farm to school programs, land-based learning, school gardens, cooking programs, outdoor education) to connect with, learn from, and collaborate with other practitioners across the country.

This CoP is intended for school food practitioners who are involved with an Edible Education initiative anywhere in what we now call Canada. Members may include representatives from community organizations; teachers and school staff; parents and volunteers; and more.

For more information and to register for the first CoP meeting on March 10th, visit our Edible Education webpage:

Edible Education Community of Practice

In case you missed it - NEW on our blog!



International Year of Fruits and Vegetables - 2021

The United Nations General Assembly has proclaimed 2021 the International Year of Fruits and Vegetables (IYFV).

IYFV 2021 is aimed at raising awareness about the important role of fruits and vegetables in human nutrition, food security and health — with an appeal to improve healthy and sustainable food production through innovation and technology and to reduce food loss and waste.

Read the full post:

International Year of Fruits and Vegetables 2021



Farm to school impact videos!

In these 11 videos, seven in English and four in French, we hear from our farm to school grantees including teachers, parents, public health professionals, and community partners, who share some of the positive short and long-term impacts they are seeing from serving healthy food in schools and engaging students in food education.

These videos share stories about students' excitement for the salad bar, how the salad bar increases access to good food and vegetable consumption, how it improves student behaviour and learning, how it creates a sense of community, great cross-curricular connections, and how farm to school even inspires students' future paths in life!

Watch the videos here:

Sharing our Farm to School Impact Videos



Earth to Tables: a multimedia tools for educators

Since 2015, a group of food activists have come together to develop and launch the [Earth to Tables Legacies project](#), a multimedia educational package focused on food justice and food sovereignty. The website offers a plethora of resources including compelling videos and facilitator's guides supplemented by insightful commentary from activists & academics across Turtle Island (North America).

Learn more & access the toolkit here:

[Earth to Tables: a multimedia tool for educators](#)

Public Health Impacts of Farm to School

"We have seen some amazing changes in the knowledge of food choices of our students. The impact both immediate and for years to come will ripple through our community and continue to positively impact food choices for our students. "

- Elementary School Teacher

Learn more about the impacts of farm to school!

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](#).

Do you have a story to share for the next edition of our newsletter?
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