



Transforming how food is experienced, learned and celebrated in all schools across Canada.



March is an exciting month for school food in Canada

The Vernal Equinox and longer days bring new life to school gardens and forests, and March is also when Nutrition Month, International School Meals Day and World Home Economics Day are all celebrated!

This year's theme for Nutrition Month, which is hosted every year by [Dietitians of Canada](#), is *unlocking the potential of food*. Here at F2CC, we believe that food - and school food in particular - has a lot of potential. Schools are at the heart of our communities, and supporting school food systems can lead to lasting change.

Throughout this school year we've been celebrating the [power of food to connect us](#) to so much of the world around us. In recognition of Nutrition Month, inside this newsletter we are pleased to share some exciting ways to unlock the potential of school food to connect us!

We hope you find inspiration and get connected through food in your school community in whatever way feels meaningful to you this spring.



Map the change you want to see in school food!

What better way to connect to others in the school food space than getting on Canada's School Food Map? The map is an important tool for documenting school food activity across the country and helps to inform school food program and policy development.

We have a big goal to get 1,500 map entries by the end of the school year, and we need your help to get there!

If you represent a school, community organization, farmer or other local food producer, then you can register on the map!

If you're a **SCHOOL**, getting on the map will let you:

1. Share/celebrate your school's efforts
2. Help other schools connect with you
3. Contribute to the national data of school food activity in Canada that will help inform program and policy development

If you're a **FARMER, FOOD PROVIDER** or other **COMMUNITY PARTNER**, getting on the map will:

1. Communicate what you can offer to schools and other partners working in this area
2. Find schools to connect and share your services with
3. Contribute to the national data of school food activity in Canada that will help inform program and policy development

Will you help us reach our goal and contribute to transforming school food systems in Canada?

[Register here!](#)



Nominate a school food champion in your community!

Who is a school food champion?

Anyone can be a school food champion!

School food champions look different in all communities but they have one thing in common: a passion for connecting students to healthy food and the people and systems that produce it.

To honour school food champions across Canada, we're launching "*Food Connects Features*" a series of profiles that will be featured on our website and in upcoming newsletters to celebrate the people who help make vibrant school food programs possible for students in Canada.

For example, a champion could be an educator, school and district administrator, farmer and other local food provider, chef, Elder, staff from community organizations and businesses, parent and other community volunteer, public health practitioner, or local government official.

Do you want to see a school food champion from your community featured?

[Submit a nomination](#)



≡ The 2023 Great Big Crunch La Grande croquée 2023 ≡

Make some noise for healthy school food!

Every March the **Great Big Crunch**, facilitated by our friends at the **Coalition for Healthy School Food**, is a Canada-wide event that demonstrates anti-silence in support of a universal school food program by crunching together at the same time in an apple (or other crunchy fruit or vegetable). This year's virtual crunch was hosted on March 9th, which is International School Meals Day.

But don't worry if you missed it because there's still time to participate! Crunch anytime before the end of March to show your support for healthy school food.

Learn more about how to share your Crunch, and access a student activity guide here:

[Great Big Crunch](#)



Connecting generations through food

School community gardens are a great way to create intergenerational connections! Our latest case study, *Seniors & Students Growing Together*, explores this topic in Maple Ridge, British Columbia, where you'll find an Intergenerational Garden that has been nourishing its community for almost 10 years. Through the garden project, young students, seniors and teachers are growing and learning together. Seniors are passing down important knowledge, and young people are learning how to grow food and care for a garden.

[Read the case study](#)



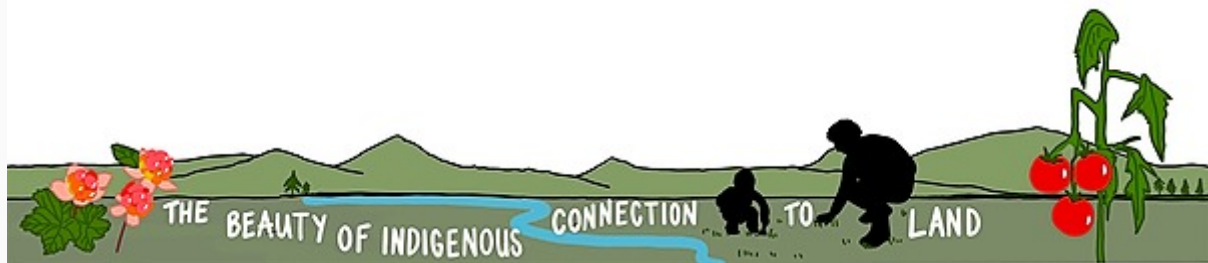
10 Ways to Get Involved!

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

Donate

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](#).



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