

Collective project implemented in the **DES SOURCES REGION** by the **CDC des Sources**.

# A NURTURING COMMUNITY is...

...a living environment that is **COMMITTED** to promoting a sustainable, local and resilient food system, ensuring food autonomy and access to healthy eating for all, at all times.

## Project GOALS?

**1** **FACILITATE**  
access to healthy eating

**2** **IMPROVE**  
the population's health and eating habits


**3** **DEVELOP**  
a nurturing community around each school in the region

**4** **PROMOTE**  
food security

**FOR MORE INFORMATION:**  
819 809-9145  
gestion.agir.cdc@cdcdessources.com  
www.cdcdessources.com  
Val-des-Sources

**Several partners are already involved:**

Contribution financière :

 Agence de la santé publique du Canada / Public Health Agency of Canada



With the participation of schools in the des Sources region.



**For a healthy, nurturing community**



# NURTURING COMMUNITIES

## Nurturing school environments

**GOAL:** Promote access to healthy food and nutritional education for all students in the region's ten schools.

**HOW?**

### OFFER

agri-food initiatives according to the neighborhood's needs (for example: vegetable gardens, discovery workshops, etc.)

### ADD

development agent expertise to facilitate the implementation of activities

### MOBILIZE

students, parents, the school and the community

## Food brigade

**GOAL:** Introduce all elementary school children in the area to basic culinary techniques in a fun environment through easy, nutritious recipes, featuring local food.

**HOW?**

### ENABLE

more than 1,920 students to learn to eat healthy

### PRESENT

workshops to young people in class and at day camps

### ADD

food brigade agent expertise

### ALLOW

young people to learn basic culinary techniques such as cutting, cooking, preparing and, above all, having fun

# FOOD TRANSFORMATION

**GOAL:** Set up food transformation workshops in each municipality to promote culinary discovery and healthy eating. Intended for people whose current situation presents an obstacle to healthy eating.

**HOW?**

### OFFER

one or two workshops a month in each municipality allowing the discovery of low cost, healthy food

### CONTRIBUTE

to improving the population's food security

### ALLOW

this activity to be offered free of charge to participants, in collaboration with *Cuisine Amitié*

