

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

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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*

