



Food First NL

ANNUAL REPORT 2015-2016



2015-2016 BY THE NUMBERS



3,099

MEMBERS



325⁺

PARTNERS



215

MEETINGS & EVENTS



109

PRESENTATIONS & WORKSHOPS



54

MEDIA APPEARANCES



33

PUBLIC DISPLAYS



16

FILM SCREENINGS



8,699

MONTHLY SITE VIEWS



18,612

MONTHLY SOCIAL MEDIA REACH

A MESSAGE FROM THE FOOD FIRST NL

Board Chair & Executive Director



Eleanor Swanson
CHAIR OF THE BOARD



Kristie Jameson
EXECUTIVE DIRECTOR

When we talk about food in Newfoundland and Labrador, we often discuss the complex barriers that many people in the province face in accessing enough good food to flourish.

Newfoundland and Labrador relies heavily on outside food sources. Our largest food industry—seafood—is primarily for export. Many households struggle to afford healthy food and rely on food banks or family and friends where emergency food programming is absent. Northern communities are facing increasing challenges to accessing traditional, wild foods due to changes in climate and wildlife patterns.

All of these barriers impact access to healthy food, and contribute to Newfoundland and Labrador having the lowest rate of vegetable and fruit consumption in Canada, and some of the highest rates of diet related health issues.

Although these challenges are important to discuss in order to place food security as a critical issue in Newfoundland and Labrador, they can make the issue seem daunting and unreachable, and can allow us to lose sight of the fact that food is deeply personal.

Food touches all of our lives. It can provide us with a sense of comfort, help us meet our cultural and social needs, and improve our physical and mental health, social connectedness, and overall wellbeing. On the other hand, when we face challenges accessing food, it can cause great anxiety.

We all hold great power to impact the food system in Newfoundland and Labrador through how we choose to engage with food; whether we're hunting, growing, cooking, sharing, or celebrating it.

At the heart of Food First NL's work, is collaborating with communities across the province to catalyze and support programs that overcome local challenges to accessing adequate, healthy food. What we've seen this year, is that it is often seemingly small, simple acts by individuals and groups of people that inspire the greatest impact and meaningful change.

Through the Our Food in Nunatsiavut Project, we've seen what growing a tomato, organizing a Good Food Box, or learning a new cooking skill can do to help individuals realize their power to challenge the status quo, rewrite the stories of their communities, and reclaim their food systems.

With the Seniors Food Celebrations, we've seen how something as simple as gathering to eat a good meal, swap stories, and share knowledge can help strengthen social inclusion and mental wellness among seniors in NL.

Using Everybody Eats, we've catalyzed a provincial dialogue on the future of food in NL, and demonstrated the impact that starting a conversation can have in inspiring interest, engagement, and action on food security.

Time and time again, we are reminded that food is a deeply personal and powerful thing.

We are excited to share this 2015-2016 Annual Report, highlighting stories, projects, and individuals that have used food as a powerful tool to make positive change in communities across Newfoundland and Labrador.



GUEST

33

SPEAKERS

BROADCAST

4:03:22

TIME

TOTAL

338

LISTENERS

Healthy Food for All

A live radio broadcast celebrating our launch as Food First NL

After 17 years as the Food Security Network of Newfoundland and Labrador (FSN), 2015 marked the launch of our new brand as Food First NL. This change reflected our desire to simplify the issue of food security and to bring it to the forefront.

To mark this exciting and momentous change, and to recognize the efforts of all those who had contributed to the organization over the years, we took to the airwaves.

It was a clear fall day as the Food First NL staff filed into Lester's Farm Chalet, armfuls of broadcasting equipment in hand. You could feel the butterflies buzzing through the room, like the radio waves we'd soon be sending out across the province.

Over 30 guests came to listen in-person, with more than 200 tuning in online. Over the course of the next 4 hours, 33 speakers would join the broadcast to debate, discuss, recount, and reminisce about the past, present, and future of Food First NL, and food in Newfoundland and Labrador. Topics ranged from the role that food heritage plays in our future, to how schools interconnect with the food system and engage younger generations in food knowledge, skills, and education.

Between interviews, guests enjoyed music by Megan Marshall and Katie Baggs—both talented musicians and passionate foodies.

The event was an appropriate way to cap off 17 years as FSN, and left the crowd excited about what's to come in our next phase, as Food First NL.

To listen to a recording of our broadcast, visit foodfirstnl.ca/radio.



"Check 1, 2. Check-check. Hi. Hello! Hello to everyone in the room, and to everyone listening online. This is Food First NL Radio, live for the very first time."

--Elling Lien | Food First NL



“ At first I struggled to think of an event that would simultaneously engage the public across the island, cover 17 years of history as FSN, and discuss the issues Newfoundland and Labrador continues to face when it comes to food security, but once I settled on the idea of a live broadcast it all fell into place.

Live broadcasts have a real urgency and intimacy to them, allowing those who couldn't join us at Lester's to still experience the excitement and spontaneity of the in-person event. It was tricky to squeeze so many microphones into the room, but a real honour to host and coordinate the event, and showcase so many people who have and continue to have a huge impact on improving food security in the province.”

Farm to School

Connecting young people with local food—and with food security

Recognizing the vital role that schools play in our food system, Food First NL has partnered with Farm to Cafeteria Canada to support schools through Farm to School NL. Farm to School initiatives aim to bring healthy, local food into schools, and provide students with hands-on learning opportunities that foster food literacy, all while strengthening the local food system and enhancing community and school connectedness.

Food First NL has supported Farm to School through three main activities:



Farm to School Salad Bar

In response to students' desires to see more healthy, local options in their cafeteria, Food First NL supported the development of a Farm to School Salad Bar at St. Bonaventure's College in St. John's—the first of its kind in NL.

The all you can eat, self-serve salad bar features a colourful array of vegetables and fruits, as well as homemade buns and local chicken. Parents volunteer to chop vegetables the day before, and students both prepare and oversee the salad bar during lunch. Where possible, the food is locally sourced from Lester's Farm.

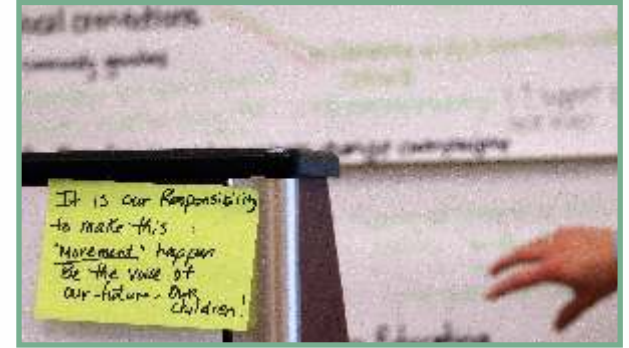
Organizers are hopeful that the salad bar will inspire similar initiatives in schools across NL.



Farm to School Learning Lab

Food First NL partnered with the School Lunch Association (SLA) to facilitate a series of learning labs, aimed at supporting the advancement of Farm to School within the SLA's network of schools. With plans to serve 825,000 meals in 25 schools in 2016-2017, the SLA has an important role to play in moving the Farm to School vision forward in the province.

The Learning Labs brought together representatives from 18 different organizations and helped the SLA establish valuable partnerships. Eastern Health Regional Nutritionists now provide ongoing support to ensure menus meet School Food Guidelines, while a collaboration with Lester's Farm seeks to put more local produce—like fresh, crisp carrots—on students' plates.



Advancing Farm to School Provincially

Food First NL is aiming to increase provincial knowledge sharing, awareness, and skills around Farm to School among the diverse players already engaged in school food activities and programming.

To this end, we are working to plan a Provincial School Food Gathering for September 2016, which will see key stakeholders across a variety of sectors come together to discuss the present and possible futures of school food in NL.

We hope this event will offer a platform for identifying challenges and opportunities for future collaboration within school food in Newfoundland and Labrador.



“ We’ve seen the students express a degree of ownership over the program that was lacking last year. The salad bar is becoming a part of the fabric of the school—it has become normal to eat salad, to be eating healthy. It’s not a marvel anymore. That’s what’s exciting: when vegetables become not the focus but part of the everyday fare.

The salad bar offers an alternative to the dominant narrative in our society that salad is for rabbits, that vegetables have no place in the school cafeteria. Or further, that they will be too expensive and out of reach.

The only way for us to counteract the notion that Newfoundland cannot grow its own food is to eat and champion locally grown food. We need to do this publicly. It needs to be celebrated. And the salad bar program is a vehicle to do this.”

--Chris Peters
HISTORY TEACHER
ST. BONAVENTURE’S COLLEGE



EVENTS

23

HOSTED

TOTAL

1,039

PARTICIPANTS

SENIORS FAIRS

6

ATTENDED

Seniors Food Celebrations

Bringing seniors together to improve healthy food skills & knowledge

Over the past year 1,039 seniors participated in 23 diverse Seniors Food Celebrations across the province. The idea behind the Celebrations is a simple one: to create a space for seniors to share, celebrate, and learn about food.

The idea may be simple, but for the seniors involved, the impact is anything but.

These events—unique to the needs and desires of each location—do more than just provide a nourishing meal in a welcoming setting. Bringing people together to share food and celebrate in each other’s company is powerful, and from many organizers we heard that social inclusion and mental wellness benefits were among the highest valued outcomes of the celebrations.

“They were really proud of themselves because the quiche turned out and they made it, and they had never made it before. They really enjoyed sharing time and participating together,” said Karen Lily, organizer and host of a Seniors Food Celebration for the Green Bay Regional Caregivers Network.

The celebrations provide seniors with an opportunity to learn new food skills, share their knowledge, and become better connected to existing resources. They also give Food First NL a chance to form partnerships with seniors groups, local leaders, and municipalities, expanding our reach across the province.



“The biggest benefit was getting seniors out for a hot meal. 90% of them are home alone, with family gone and spouse passed away. Most don’t have a vehicle and don’t make real meals.”

--Julia Francis | CN Pensioner’s Group



“ For me, the greatest rewards were getting to meet, collaborate, and form new partnerships with incredible people across the province, and to learn about their communities. Each event better connected us in a region, teaching us about grassroots efforts and local priorities.

A big part of Seniors Food Celebrations this year was the connection to our Everybody Eats report. It was important for us to hear from seniors about the food issues that matter to them, and solutions they think can work. These events brought seniors—who may be isolated socially and restricted in their access to healthy food—into the provincial dialogue about food security in a really big way, and I’m proud of that.”



EVENTS

14

AND MEETINGS

PEOPLE

800

ENGAGED

HOURS OF

1,800

ENGAGEMENT

Everybody Eats

A discussion on food security in Newfoundland and Labrador

Since the launch of Everybody Eats: A Discussion Paper on Food Security in NL in November 2015, Food First NL, in partnership with the Newfoundland and Labrador Public Health Association, has been engaging people from across the province in a conversation about the future of food security in NL.

Through these conversations we've heard about the food security challenges the province faces—from our dependency on outside food sources, to the high costs of food. Alongside these challenges, however, lies an amazing capacity to come together around solutions.

Our incredibly rich food traditions of eating from the land and sea—including fishing, hunting, and foraging—represent a strong foundation upon which we can build the future of food security.

With more community organizations, businesses, governments, researchers, and citizens aware of and working on this issue than ever before, the time was right to unify activity through a provincial dialogue.

The input collected throughout this past year will be synthesized to identify common themes and opportunities for action that, in 2017, will culminate in a provincial food security planning forum. This forum will bring together key organizations and stakeholders to identify priorities and develop a common roadmap to guide our work into the future.

We're incredibly excited to see where this process takes us, and can't wait to share the results.



“Through Everybody Eats we've seen the power of food as a unifying issue. Everyone has a connection with food that encourages them to participate and find common ground.”

—Kristie Jameson | Food First NL



Craig Pollett
CEO
MUNICIPALITIES NL

“As Food First NL has communicated with Everybody Eats, access to healthy, fresh food is about more than what you can or can't find in your local grocery store, and recognizing this means taking a serious look at the policies, regulations, and infrastructure that affect food in NL. At MNL, we saw how municipal governments could directly influence the availability of healthy food.

Our unique contribution to Everybody Eats was our ability to integrate food policy directly into conversations that municipal leaders have all the time. By facilitating Everybody Eats discussions at each of our Regional Meetings in 2016 we raised food policy issues in terms that leaders knew well, like land use, transportation, and business regulation. Doing so showed how they could have an impact using tools they already have and use every day.”

What we've heard so far

Some highlights of what we're hearing in response to our four Everybody Eats discussion questions:



If you had a magic wand and could change food in Newfoundland and Labrador, how would you change it? What would it look like?



What do you believe is our greatest strength for improving food security in Newfoundland and Labrador?



What do you see as the greatest challenge we face in achieving food security in Newfoundland and Labrador?



What is the most important thing that needs to be done to improve food security in Newfoundland and Labrador?

"There is a whole generation that has never had any involvement in agriculture. Farming is not a reality for everyone, but interest in this field, whether large scale or just at home needs to be reinvigorated."



"There would be gardens and greenhouses in all schools and public institutions, and throughout our communities. These spaces would be accessible to all, and the required knowledge and know-how would be widely shared so everyone could contribute."




"We need to harness the tremendous and transformative power of gardening, harvesting and eating fresh produce at a young age to foster an interest in food security, through hands on experiences, for the K-12 grade levels."



"We have a strong history of self-reliance and resourcefulness, and are culturally accustomed to living off of what is available from the land and sea."





"People need to understand that local produce doesn't just taste better and isn't just more nutrient dense. They need to see locally produced food as part of the very fabric of their culture."



"The growing public awareness of food security challenges, together with our access to land and water for food, gives us space to question the sustainability of importing out of season products from thousands of miles away."



"During extremely bad weather, when food prices are affected, vulnerable populations in NL are hit hardest. We need to make sure people aren't going hungry because they cannot access food or afford to eat."



"Grocers, corner stores, and community markets would be stocked year-round with affordable fresh local produce, fish, and healthy wild meats, so we could return to eating what was seasonal."



"The persistence and dedication of NL farmers has led to a number of unconventional and innovative solutions for local growing."



"We have to educate the younger generation, to pass on our once innate food growing and harvesting knowledge"



"Everyone would have a living wage, and healthy foods would be more accessible to those with lower incomes."



"We need to provide whatever is required (education, encouragement, resources, and financial support) to individuals, families, communities, and small businesses, so that more of our food is produced within our province."





INDEPENDENT NL

475⁺

CORNER STORES

AVALON PENINSULA

78

STORES SURVEYED

FOODS SURVEYED

98

PER STORE

Healthy Corner Stores

Bringing healthier food options—and better business—to convenience stores

In 2015, Food First NL teamed up with Dr. Catherine Mah and the Food Policy Lab at Memorial University, along with regional nutritionists and health promotion practitioners with Eastern Health, on the Healthy Corner Stores NL project - an effort to make it good business sense for corner stores to improve their selection of quality, affordable, healthier, and local food.

Food First NL worked with Careen's Convenience, in Branch, to pilot the project, reconsidering and reworking the store layout, products offered, as well as future options for change or growth.

In 2016, the team took efforts one step further, with the launch of the Pick Me Up campaign. Pick Me Up is a healthy retail branding campaign aimed at promoting newly introduced prepared food products and other healthier options through effective merchandising.

The bright and colorful branding is an engaging, visual way to highlight and promote healthier food items, and can be found in use all over the store. The results so far have been promising, and the community is responding well to the in-store changes.

The Pick Me Up campaign also consists of resources and training for store staff, guiding the use of branded signage for the floor, fridges, freezers, shelves, and individual products.

This project demonstrates the power of collaborating across public and private sectors in changing the food retail environment to help people have better access to healthier food.



“Merchandising in stores often promotes less healthy items. Most people won’t reach for vegetables if they aren’t hungry, but they might grab a bag of chips. Pick Me Up aims to promote healthier items.

--Stephanie Pomeroy | Healthy Corner Stores NL



“ Corner stores are a microcosm for understanding how our decisions as a society affect public health. Smaller communities face a balancing act in terms of access to resources, economic development, and well-being. Rural stores have a long history of being more than businesses; of serving as community hubs. A healthy corner store strengthens that role, and needs good public policy supports to do so.

Some of our policy research has looked at how entrepreneurs are inclined to support each other to grow their collective potential here, rather than seeing each other as direct competitors. This, together with small store owners’ capacity to innovate and respond to the local market, represents a wealth of possibility for building a healthier, more equitable, and resilient food system in NL.”

Food Security on the Northern Peninsula

Bringing food skills, knowledge, and capacity to Newfoundland's northwest coast

Thanks to a partnership with and funding from the International Grenfell Association, Food First NL had the opportunity to expand our food security work to the Northern Peninsula. The new and vital connections formed through this work will allow us to more effectively serve local communities, build interest in food security, and better integrate more rural and isolated areas into the wider food security discussion.

Food First NL's activities on the Northern Peninsula encompass three objective areas:



Building Food Security Capacity

Food First NL has built new relationships with 16 organizations in the region—including municipalities, schools, community groups and public health agencies—and has distributed a wealth of food security resources among these to support them in their food security efforts. Additionally, 6 educational workshops were hosted in partnership with community groups and Labrador Grenfell Health, and a full day train-the-trainer workshop was hosted in St. Anthony, equipping the group of community organizers in attendance to better engage others in food security work.



Building Food Skills & Knowledge

Through various partnerships with groups across the region, 8 educational events were hosted on a range of topics, including food preservation and cooking workshops with community groups, and a hands-on food security presentation at the Truman Eddison Memorial School. Funding and support was also provided to the town of Bird Cove for the construction of a small greenhouse, and to the Town of St. Anthony to start a community garden—both of which are enabling agricultural education, and the growth of delicious vegetables, in the communities.



Convening a Food Security Dialogue

In March 2016, Food First NL hosted a regional food security forum in St. Anthony. 18 attendees set the Haven Inn abuzz with chatter as volunteers, municipal leaders, public health officials, and more discussed the food security issues affecting the region. Chief among these were the desire for greater access to healthy food options, and education for community members to get involved in gardening and growing their own vegetables. Some in attendance lamented the loss of traditional food skills and encouraged reinvigorating interest in gardening, hunting, fishing, and food preservation as a key strategy for advancing food security in the region.



“ We had a busy summer this year, but when the greenhouse got started the kids were very interested and involved. That was the best part: seeing the kids’ enthusiasm as they watched their peppers grow. They were so eager to pick them and bring them home, to show everyone the food they had grown.

We’re excited to get an earlier start next year, and complement the greenhouse with a small garden.”

--Chianna Kennedy
PROGRAM COORDINATOR
GOING HEALTHY PROGRAM

NiKigijavut Nunatsiavutinni: Our Food in Nunatsiavut

Communities in northern Labrador working to overcome food insecurity

The communities of Nunatsiavut face a complex system of food security challenges that impact access to both traditional wild food and contemporary store-bought food. Overcoming these challenges means intervening at critical points in the food system.

With a focus on improving access to healthy food, as well as building healthy food skills and capacity at an individual, institutional, and community level, Our Food in Nunatsiavut is contributing to a vision where all residents of Nunatsiavut have sustained access to foods that are both healthy and culturally-appropriate.

This happens primarily through a community-led food assessment (CLFA), which brings residents together to examine issues affecting access to food, and develop solutions that will overcome these challenges in a locally-appropriate manner. Through Our Food in Nunatsiavut, CLFA's have been carried out in three communities: Nain, Hopedale, and Rigolet.

This work has led to the creation of four new, and expansion of two existing, programs aimed at addressing local food security challenges. Key challenges identified in the communities include social, environmental, and economic barriers to accessing traditional, wild foods, as well as the high-cost, limited availability, and poor quality of store-bought food.

Among the new programs established are: a Good Food Box program in Rigolet, a Community Gardening Program in Hopedale, and a Community Cooking Program in Nain.



“Food First NL got people thinking, just because I live in a community that’s isolated, that doesn’t mean I don’t deserve to eat good quality food.”

--Carlene Palliser | (Former) NiKigijavut Rigoletimi Coordinator



The innovation of NiKigijavut Nunatsiavutinni lies in its community-led approach. In Nunatsiavut, Inuit food security extends beyond the individual and is linked in a big way to environmental, community, spiritual and ecological well-being. The CLFA approach allowed us to enhance how we understand northern food security and design interventions that go beyond a household’s ability to buy food from a store.

I feel strongly about our peoples’ connection to the land and sea in this Province. I see it as a really intimate bond, and I enjoy exploring how cultures here have evolved through that bond. This work has allowed me to deepen my understanding of Nunatsiavut, my relationships with the people there, and to chronicle that experience. I am honoured to tell this story.”



Good Food Box

NiKigijavut Nunatsiavutinni

Our Food in Nunatsiavut · Rigolet



Food First^{NL}

BAKER LAKE |

COMMUNITY-LED FOOD ASSESSMENT

As a result of the success of Our Food in Nunatsiavut, Food First NL established partnerships with the Nunavut Food Security Coalition and the Hamlet of Baker Lake to support the expansion of this model to Baker Lake, Nunavut.

Baker Lake is a community of roughly 2,000 people. Located in the geographic centre of Canada, it is the only inland Inuit community in the country.

Through a CLFA completed in 2015, which engaged a wide-range of local residents in the community, key food security issues arose, including increasing barriers accessing adequate traditional, wild food; high costs and poor quality of store food; and need for improved healthy food knowledge and skills within the community

As a result, a Community Kitchen Program was implemented as the priority initiative, which aims to improve basic food knowledge and skills, as well as access to nutritious meals for residents.

NUNATSIAVUT |

FOOD SECURITY SUMMIT

On June 23 2016, the Our Food in Nunatsiavut Food Security Summit was hosted in Nain. The day brought together 33 stakeholders—including representatives from each community, the Nunatsiavut and provincial governments, national organizations, and research bodies—to discuss food security challenges and opportunities, highlight the accomplishments of the Our Food in Nunatsiavut project, and inspire continued action to improve access to healthy, culturally appropriate food in the region. Across the board, participants were supportive and eager to continue to work together to advance access to healthy, culturally-appropriate food in Nunatsiavut.



COMMUNITY FREEZER

The Hopedale Community Freezer Program aims to provide members of the community with better access to traditional wild foods.*



the community freezer was either important, very important, or essential in meeting their needs.



the community freezer helped them meet their wild food needs.



GOOD FOOD BOX

The Good Food Box Program was designed to overcome high costs, limited availability, and low quality of fresh, healthy store food in Rigolet.*



the Good Food Box Program was important, very important, or essential in meeting their needs.



they were satisfied with the selection of food available through the Good Food Box Program.



BACKYARD GARDENING

The Rigolet Backyard Gardening Program aims to build healthy food skills and improve access to local, fresh produce.**



they felt confident that they could independently maintain their gardens.



their gardening skills improved through the Program (e.g. spacing seeds, mixing soil, and harvesting).



COMMUNITY COOKING

The Nain Community Cooking Program aims to improve healthy meal preparation, knowledge, and skills, using traditional and store-bought food.** ^



their cooking skills improved through the Program (e.g. baking bread, using healthier ingredients).



they made healthy lifestyle changes through the Program (e.g. cooking more at home, sharing more food in the community).

These figures are from annual intervention surveys conducted in the fall of 2015.

* The surveyed participants for the Community Freezer Program and the Good Food Box Program represent a sample of program participants.

** The surveyed participants for the Backyard Gardening Program and the Community Cooking Program represent all program participants.

^ This program works closely with a small group of participants to provide a tailored program and make a greater individual impact.



Carlene Palliser
(FORMER)
NIKIGIJAVUT
RIGOLETIMI
COORDINATOR

Juliana Flowers
NIKIGIJAVUT
HOPEDALIMI
COORDINATOR

Martha Winters-Abel
NIKIGIJAVUT
NUNATSIAVUTINNI
REGIONAL
COORDINATOR

Regina Dicker
NIKIGIJAVUT
NAINIMI
COORDINATOR

“ Now in its third year, we continue to be excited about NiKigijavut Nunatsiavutinni—and are very proud of how it has helped so many of our community members in Nain, Hopedale, and Rigolet.

Our communities are accustomed to eating traditional, wild foods, however these foods have become harder to access, especially for seniors, low-income households, single mothers, and those who do not hunt. The alternative—store-bought food—is expensive, often poor quality, and not as healthy as traditional food.

Programs like the Good Food Box, Community Freezers, Community Cooking, and Community Gardening Programs, however, are changing this by helping people to get good quality, fresh foods that otherwise wouldn't be available. They have supported people—both young and old—to rely less on store-bought food, and built good food skills like gardening, traditional and store-food cooking skills, budgeting, and healthy eating awareness.

But the benefits go beyond access to food, skills, and knowledge. The community cooking programs in Nain and Hopedale, for example, teach women and men to cook their own meals using traditional and store food in ways that they have not used before; but more importantly, it teaches them confidence. The program provides an opportunity for participants to build new friendships in a really powerful way through food. Because of this confidence, they can pass these skills onto their children, transforming the next generation.

All of these programs do good for our communities, and we're excited for what's in store next through NiKigijavut Nunatsiavutinni.”

Sharing Stories & Resources



NUNATSIAVUT FOOD SECURITY STORIES

www.foodfirstnl.ca/stories

These stories come from Nain, Hopedale, and Rigolet, and belong to those who have taken part in, and been impacted by the NiKigijavut Nunatsiavutinni Project. They are stories of the land, harvesting trips, food programs, and people.



HEALTHY EATING IN NL RESOURCE CENTRE

www.healthyeatingnl.ca

The Resource Centre aims to offer a comprehensive, engaging, and user-friendly inventory of relevant, up-to-date, and reliable information about a wide variety of topics, to promote and support healthy eating in Newfoundland and Labrador.



NEWFOUNDLAND & LABRADOR GOOD FOOD CHALLENGE

www.foodfirstnl.ca/gfc

The annual Good Food Challenge is a month-long, province-wide discussion about food and food issues, featuring daily discussion cards designed to spark conversation and encourage people to learn more about food, as a way toward healthier eating.

PARTNERS & FUNDERS

This year's activities would not have been possible if it weren't for generous support from all of Food First NL's organizational and government partners, collaborators, and funders. We would like to sincerely thank all of those that have been involved in our work over the past year. Without your support, knowledge, resources, and input, we would not have been able to accomplish all that we have, and we look forward to continuing to work collaboratively toward our goal of ensuring access to adequate, healthy food for all.

In 2015-16, Food First NL had funding support from the following sources:

Department of Children, Seniors, and Social Development, Government of Newfoundland & Labrador provides annualized funding to support Food First NL's activities. In 2015-16, this Department also provided funding for Everybody Eats, Seniors Food Celebrations, and the development of the Healthy Eating in NL Resource Centre.

Public Health Agency of Canada, Innovation Strategy on Achieving Healthier Weights in Canada, Government of Canada provides funding support for Food First NL's NiKigijavut Nunatsiavutinni: Our Food in Nunatsiavut Project running from 2013-2017.

Nourishing School Communities funded by **Canadian Partnership Against Cancer through Coalitions Linking Action & Science for Prevention** provided support for Farm to School NL activities.

Eastern Health, with funding from **Health Canada**, provided support for Healthy Corner Stores NL activities.

International Grenfell Association provided funding support for the Northern Peninsula food security programming.

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