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## News Release

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For immediate release

### **KTHR celebrates Nutrition Month in March**

March is Nutrition Month, an opportunity for Canadian families to discover and engage in ways to eat well and live well while learning about where food comes from. This year's theme is "Celebrate food...from field to table!"

In the Kelsey Trail Health Region, Nutrition Month celebrations are focused on the Good Food Box, a program aimed at promoting health eating and preventing Type 2 Diabetes through accessibility to fresh, affordable and nutritious food. "Healthy eating is the cornerstone to achieving optimal wellness," stated Cheryl Gudmundson, Regional Coordinator, The Good Food Box. "Access to affordable, nutritious and healthy foods, along with the knowledge to make nutritious choices, is essential to achieving this."

The Good Food Box began as a pilot project by the Food For All Coalition in the fall of 2001. The Tisdale & Area Community Action Cooperative Ltd. took over administration of the program in the spring of 2003.

The Good Food Box is a buying group that makes it easier and more affordable for all residents of the region to purchase fresh vegetables, fruits and whole grain products. For a one-time fee of \$7.50, anyone can become a member of the Good Food Box buying group. Bulk purchasing increases the group's buying power with suppliers which results in savings of up to 25 percent off the retail cost of food.

Good Food Box members pre-order and pre-pay for their boxes of produce on a monthly basis. The pre-order system allows the buying group to order the correct amount of produce which ensures less food is wasted. "Purchasing locally grown crops supports the local economy and reduces transportation costs to the program," Gudmundson explained. "In addition, occasional help from Good Food Box members and volunteers minimizes the paid labour required to operate and sustain the group."

In addition to a variety of fresh fruits and vegetables, the Good Food Box includes a newsletter that includes a description of the fruits and vegetables in the box, which may include produce that is uncommon such as mangoes, turnips or parsley. The newsletter also provides information on buying/storage, preparation tips, recipes, nutrition information and future Good Food Box order and pick-up dates.

Good Food Boxes range in size and price. Small boxes are \$10, large boxes are \$15 and the large plus box is \$22. Food sources include Sysco Food Services of Regina, a national wholesale operation; Star City Produce; and the Beeland Co-op. Currently, participating communities include Tisdale, Melfort, Star City, St. Brieux, Pleasantdale, Naicam, Kinistin First Nation and Red Earth First Nation. The Northern Village of Cumberland House, Cumberland House Cree Nation, Yellow Quill First Nation and Shoal Lake First Nation have participated in the past and re-join the program as their resources allow. Each participating community has at least one volunteer coordinator to take orders and collect money. Volunteers from a variety of agencies and organizations help pack and transport the boxes.

The Good Food Box is member driven. To become a member of the Good Food Box, contact Cheryl Gudmundson at 873-2299. An information package will be forwarded to all new members.

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For more information, please contact:

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