



Ottawa School Food Network

For more detailed information and more resources, check out

OttawaSchoolFood.ca



Growing Up Organic is a garden- and farm-based educational program for children and youth, delivered by COG OSO. They provide educators with the essential tools, including curriculum resources, to start and animate school gardens with confidence and ongoing support.

<http://cog.ca/ottawa/growing-up-organic/guo-workshops/>



OTTAWA
NETWORK FOR
EDUCATION

RÉSEAU
D'OTTAWA POUR
L'ÉDUCATION

The Ottawa Network for Education (ONFE) offers classrooms the Ottawa School Food Breakfast Program and vertical gardening systems for. **The Ottawa School Breakfast Program** strives to ensure that all children in our community have access to a healthy breakfast in a safe environment and are given an equal opportunity to succeed at school. Wholesome foods are the

building blocks for growing healthy bodies and nourishing developing minds. www.ottawaschoolbreakfast.ca

The vertical gardening system is easy to use, and can each produce up to 28 edible plants every 4 to 6 weeks. Grow a lot of healthy food with students! www.onfe-rope.ca



Ottawa Public Health supports schools through public health nurses to help promote healthy living, school health policy development, support for school staff on health topics and information on healthy eating.

<http://ottawa.ca/en/residents/public-health/resources-teachers-and-employers/resources-teachers-and-educators>

Sip Smart!™ Ontario aims to provide Grade 3-7 school children in Ontario with the knowledge and skills they need to make healthy drink choices, and raise awareness of the negative health effects associate with the consumption of sugary drinks. www.brightbites.ca



Just
Food

Just Food supports educators, students and parents, by partnering on school garden start-up, (in collaboration with Growing Up Organic), through the Community Garden Development Fund and garden education, providing farm tours at the Just Food Farm to encourage links with food production, conducting presentations to encourage farming and food processing as career options, acting as a food-focused information hub through social

media, newsletters, Ottawa Buy Local Food Guide, Ottawa FoodLink Directory and GoodFoodOttawa.ca, and facilitating food-focused networks in the region. JustFood.ca



à la carte is a food literacy project led by the Ottawa Public Library that brings together local partners to serve up fresh programs, activities and events to raise awareness about how we are connected to the food we eat and grow.

<https://bibliottawalibrary.ca/en/food-literacy-overview>



Ottawa Food Policy Council brings together diverse people from the food, farming and community sectors to create a coherent and enabling environment for policies that support a sustainable and healthy food system. They support healthy school food environments by developing and monitoring school food policy.

<http://www.ofpc-cpao.ca>



The Ontario Edible Education Network seeks to help groups across Ontario to share resources, ideas, and experience, work together on advocacy, and facilitate efforts to get children and youth eating, growing, cooking, celebrating, and learning about healthy, local and sustainably-produced food.

<http://sustainontario.com/greenhouse/>



The Heart and Stroke Foundation which is a partner of **Nourishing School Communities** is a collaborative, evidence-based initiative that aims to get more healthy and local foods into the minds and onto the plates of school children across Canada.

<http://www.farmtocafeteriacanada.ca/nsc/>