

The Table and foodcoreLGL present area's first *Good Food in Schools Food Forum*

It's no secret that eating well is the foundation of a healthy life. Early exposure to the fun and health benefits that come from growing, cooking and enjoying healthy foods is best. School environments including classroom curricula, cafeterias, nutrition programs, fundraisers, and extra-curricular activities can all play a central role in creating good food habits in our children and youth.

[The Table Community Food Centre](#) and [foodcoreLGL](#) are pleased to host the first ever event in Leeds, Grenville and Lanark to explore these opportunities. The upcoming *Good Food in Schools Forum* will explore how local schools are meeting the challenge of integrating good food into their school life, and the resources available to schools to go further.

The all-day forum will be on February 22 at the Gallipeau Centre in Smiths Falls. Teachers, school and board administrators, parents, community organizations and businesses are welcome to participate.

A variety of presentations, demonstrations and opportunities to share experiences will fill the day's agenda. Carley Shelck will provide the keynote address. Carley is a good food pioneer from Ottawa who has worked on integrating good food across the educational spectrum from St. Paul's University to her children's elementary school.

There will be a panel discussion on growing food in schools with teachers, parents and community organizations presenting their experiences, including indoor and outdoor approaches to food production. Demonstrations of different growing systems will be provided.

Participants will hear about resources available through [Sustain Ontario's](#) Edible Educational Network, and [BrightBites](#), a non-profit, online project that supports and recognizes schools' efforts to improve their nutrition environment. Presentations will also touch on ways that school-based fundraising can support healthy eating, while also supporting local farmers and community businesses.

For additional information and to register for the forum email schoolfoodforum@thetablecfc.org or call 613-267-6428 x 8.

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Contact: Ramsey Hart, Executive Director, The Table Community Food Centre,
ramsey@thetablecfc.org or 613-267-6428 x 8

PHOTOS: Grade 5 and 6 students from Stewart School made a visit to The Table and did some gardening, Local kids did a seasonal cooking demo at the Perth Farmers Market for The Table's After School Program.