

Outcome	Activities	Rationale	Who	Notes
Messaging	- Weekly column in newspapers/ websites/school newsletter/ radio - Facebook messages	- Articles can be used as an awareness piece for the committee - Is a key part of education - Will allow the group to respond to current issues faced by the community and discuss some key points	- Students - Group members - Retirees - Newspaper students - Community volunteers - Food bank volunteers - Student projects – high school, NSCC	- Need to create a list of media and contacts. Bridgewater bulletin, Advance, rural delivery - Need a stock pile of articles - Develop key messages for the articles - May be able to obtain funding from member of parliament (MP) for messaging Possible topics to cover: - Companies education on the effects on the environment - Family table practices - Obesity - Social aspect - Societal norms - Impact on determinants of health - Value/practices(guided questions) - Impact of environment - Seasonality of food - Where do messages come from – credible information sources
Education System Support	- Home economics content– does such a course still exist. What is being taught? - School gardens - School surveys on current practices – what would be beneficial, what do they want. - Establish Alternative schools as a role model - Need to meet with the schools to start discussions around food security - Cafeteria - can children cook in the cafeteria - labeling content of menu items, where food has come from	- To find out what is being taught in the school system - A school garden is a good way to build awareness and skills - A survey would provide baseline data - If no specific program the cafeteria can be a good avenue for messaging		- Alternative schools prepare everything – need to talk to see how they have made it happen, why has it been a success, what works and what doesn’t - Health Promoting Schools as a contact – we need to link with team members - What is being done in individual schools around healthy eating? Where are and what are they doing? Need to find a champion in the system – may need to start small, one area or one school (learn from and build on)

	○ Is there a cafeteria committee and who is on it ○ Signage in cafeterias			
Skill building Awareness building	• Community kitchen ○ What do people want from a community kitchen ○ What does a community kitchen mean • Growing • Canning workshops ○ can they be tied in with community kitchens • Traditional cooking • After school cooking program • Labeling re local • Production • Storing food • Leftover cooking	• Looking at the needs of the community. Using their interests as a way to create awareness and build skills		• Are there policies or barriers for an after school cooking program • Look at the social aspect of cooking together versus eating together • Labeling of nutrition content of packaged foods • Raise ability to assess what is in food • Gardening – community gardens are happening • What makes a successful community garden • Cooking for the family in today’s culture