



## Our Health

- Poor nutrition can lead to heart disease, obesity, stroke and diabetes
- For many of us, eating well can be difficult e.g. cost of healthy foods, availability of healthy foods and cooking skills
- Currently 60% of adults eat less than five servings of fruit and vegetables daily
- Poor nutrition takes its toll on the body e.g. fatigue, irritability, inattention, as well as increased susceptibility to infections



## Programs We Offer

- Collective Kitchens
- Fresh Food Box
- Kitchen Leadership Training
- Homemade Baby Food Workshops
- Kids in the Kitchen
- Community Garden
- Food Wars Challenge

## Collective Kitchens

A low-cost solution which involves a small group of people who meet once a month to prepare meals in bulk. The meals are then taken home to their families.

### Fresh Food Box

A community based non-profit program where:

- Customers purchase their boxes in advance
- Volunteers pack the boxes
- The boxes come with a combination of fresh fruit, vegetables, grains and newsletter
- Save money, save time, support local growers
- Participants say: "it's so much easier to grab something healthy when it's right there instead of less healthy snacks"

### Kitchen Leadership Training

Offered at least three times a year, Midwest Foods provides Leadership Training for Collective Kitchen Leaders. Topics covered include:

- Group process, consensus building and conflict resolution
- Safe food preparation
- Preparing nutritional meals on limited budgets
- Needs assessment and evaluation
- Participants say: "I am more willing to try new foods and feel more confident in working with people"

## Food Wars Challenge

- A four week event for teams of four people
- Engage yourself and your team with the weekly challenges
- During the first week of the Healthy Eating Challenge over 14,000 servings of fruit and vegetables were consumed by 400 participants

### Homemade Baby Food Workshops

- For new parents and their babies
- Learn how and when to introduce baby food
- Make and sample foods at the workshop
- Take food, information and recipes home

### Kids in the Kitchen

- Offered in partnership with schools and community organizations
- Similar to collective kitchens; children learn about healthy eating and gain cooking skills





## How You Can Take Action

- Local growers: sell us your produce
- Volunteer as a board member, committee member, community contact or packer for the Fresh Food Box
- Sponsor one of our programs in your community (tax receipts available)
- Join a Collective Kitchen
- Order a Fresh Food Box
- Enter a team in the Food Wars challenge
- Join our Community Garden program



## History

- Run by a volunteer board of directors
- Incorporated in 1997 as a non-profit
- Offered collective kitchens in the Battlefords
- Expanded to Lloydminster, Meadow Lake and Turtleford in 1998
- Became a registered charity in 1999



*Healthy Food For All*

## Contact Us

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## Our Vision

Midwest Food Resources is a vibrant community based and supported organization bringing healthy food experiences to all.

