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## **Midwest Food Resources joins organizations from across Canada in working towards a healthy and equitable food system**

**North Battleford, Meadow Lake, Lloydminster, Turtleford, Saskatchewan, March 12, 2015** — It's a good food (and news!) story. **Midwest Food Resources** is pleased to announce that we have joined [Community Food Centres Canada's Good Food Organizations](#) program to showcase our commitment to offering impactful community food programs based in principles of health, empowerment, and respect. With 73 other Good Food Organizations and several Community Food Centres across the country, we are working towards a healthy and fair food system.

Launched in 2014, the [Good Food Organizations](#) program offers access to tools and resources, customized training, attendance at CFCC's annual Food Summit, and chances to network and promote shared priorities. By working together through a set of shared principles, this important initiative connects **Midwest Food Resources** to like-minded and progressive organizations across the country that are using food to tackle problems of poor health, inequality, hunger, and poverty.

Midwest Food Resources mission is to assist community members to access food resources through community kitchens and other collective actions where participants can share resources, socialize and assist each other to resolve food security issues in a dignified manner. The project encourages self-reliant programs rather than feeding people. Participants contribute their time, energy and money to the success of their group. We offer fresh food box programs in North Battleford, Lloydminster and Meadow Lake Saskatchewan, Collective Kitchens and Kids in Kitchen in all 3 cities and surrounding communities, community garden in the Battlefords. The impact of our programs according to participants they are eating more fruits, vegetables and grains, trying new recipes and foods, children participating have improved self-esteem, and have new social networks, adults in our cooking programs have stated they have new ideas for preparing healthy meals for themselves and their families. They save money on healthy food for their families. 100% of children in our Kids in Kitchen program would recommend it to others. Midwest Food Resources working with community towards healthy food for all.

*Midwest Food Resources became a Good Food Organization to become part of a sharing network of organizations to both learn from others and share what we have been learning in our work since 1997.*

“We launched this initiative to provide support and inspiration to dozens of organizations across the country — community health centres, food banks, community markets, etc. — that are doing grassroots

food work. We want to promote the idea that this work is worth doing and worth supporting, and that it can have a huge impact on people’s health and well-being,” said **Kathryn Scharf, VP National Programs for [Community Food Centres Canada](#)**. “We want to amplify these voices and program outcomes to build a national case for an investment in healthy food for all.”

[View the full list of the 37 new Good Food Organizations online.](#)

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***Midwest Food Resources: Serving the Battlefords, Lloydminster, Meadow Lake and surrounding area, ‘working with community towards healthy food for all’***

***The Good Food Organizations initiative operates in alliance with Community Food Centres Canada (CFCC). CFCC provides resources and a proven approach to partner organizations across Canada to create Community Food Centres that bring people together to grow, cook, share, and advocate for good food. CFCC also works with the broader food movement to build greater capacity for impact and to empower communities to work toward a healthy and fair food system. For more information, visit [www.cfccanada.ca](http://www.cfccanada.ca) or follow [@aplaceforfood](https://twitter.com/aplaceforfood).***

