

## Nutrition News

We are excited to announce a new initiative coming this year to Taber and Barnwell schools called Healthy Heroes. Healthy Heroes is a nutritionally focused lunch program in partnership with Alberta Government, My City Care, Holy Spirit School Division and Horizon School Division. The Program will be available in participating schools, allowing inclusive barrier free access to lunch and have a greater focus on maintaining healthy eating habits, balanced nutrition. This project will create enhanced nutrition and educational opportunities for students and families Early Learning to Grade 12. Below is a 3 year plan for the project and we are very excited to begin this practice on Monday, January 23, 2023. If you have questions please contact Terri-Lynn Duncan at Horizon School Division @ 403-223-3547 ext 10152



**Year 1:** Initializing the Project, which includes staffing, equipment, food purchasing, transportation, fuel costs, collection of data and promotion of the work. School Fridges have been purchased and barrier free food will be delivered biweekly on Mondays and Wednesdays to schools for students.

**Year 2:** Continuation of year 1 with additional food being provided beyond the school year with a mobile munchies unit to visit targeted playgrounds and parks in the community.

**Year 3:** Continuation of year 1 and 2 with additional creation of a learning kitchen in the community High Schools which will focus on shopping for reasonable groceries, menu planning and making your dollar stretch to provide your family with healthy meals and alternative meals on a budget.

Interested in helping or volunteering please contact Gill Younie  
@ [younieg24@gmail.com](mailto:younieg24@gmail.com)



