



BACKGROUND

Nutrition Month Events:

Duncan, Cowichan & Chemainus

March Events

Date/Time	Event	Location	Contact
March 5 9:30 am – 3:00 pm	Vancouver Island and Coastal Communities Indigenous Food Network (VICCIFN) Regional Gathering	Halat First Nation 8017 Chemainus Road, Chemainus	
March 6 10:00 am – 3:00 pm	Bloomin Shrooms with mycologist Blake Welbourn	Community Gardens & Greenhouse Warmland House 2579 Lewis Street Duncan	Cowichan Green Community 250 748 8506
March 27 10:00 am – 4:00 pm	Seedy Saturday	Mercury Theatre 331 Brae Road Duncan	Cowichan Green Community 250 748 8506

Websites

Cowichan Green - www.cowichangreencommunity.org

Ladysmith, Nanaimo and Parksville

March Events

Date/Time	Event	Location	Contact
March 2	Spuds in Tubs	Registered classrooms meet at Buckerfields Nanaimo to pick up their supplies	Jill Spencer Agriculture in the Classroom program jill.spencer@gov.bc.ca
March 3 10:15 am – 1:00 pm March 10 10:15 am – 1:00 pm March 17 10:15 am – 1:00 pm March 24 10:15 am – 1:00 pm	GROWIN ON UP a program of Foodshare Nanaimo: A cooking program for young parents and their children (under age 6)	Nanaimo Food Share 271 Pine Street Nanaimo	Ph: 250 753 9393
March 3 March 10 March 17 March 24	Pine Street Community Garden Work Party	Pine Street Community Garden 271 Pine Street Nanaimo	Lee Ph: 250 816 4769
March 7 10:00 am – 3:00 pm	Seedy Sunday	Bowen Park Auditorium 2300 Bowen Rd., Nanaimo	Stephen Cochrane Nanaimo Foodshare foodsharehome@shaw.ca
March 8 3:00 pm	Food Action Coordinating Team (FACT) Meeting	Ladysmith Community Health Centre Child, Youth & Family Multipurpose Room 1111 - 4th Ave. Ladysmith	Eileen Benewith Eileen.Benewith@viha.ca
March 19 10:00 am – 11:30 am	Nutrition for Toddlers (presentation by Community Nutritionist)	Oceanside Place 830 West Island Highway Parksville	Chrissie Finnie Ph: 250 248 3252
March 29 10:00 am – 11:30 am	Healthy Beginnings, Nutrition Discussion with Community Nutritionist	Portable – Healthy Beginnings 1665 Grant Avenue Parksville	Ph: 250 248 2044
March 29 12:00 pm – 2:00 pm	Baby & Me, Nutrition Discussion with Community Nutritionist		Ph: 250 248 2044

Websites

Food Link Nanaimo – www.foodlinknanaimo.com

Ladysmith Food Action Coordinating Team – <http://web.viu.ca/praxis/FACT/index.htm>

Port Alberni, Ucluelet and Tofino

March Events

Date/Time	Event	Location	Contact
March 22	Here We Come – 3 year old health screening event	Tofino	School District 70 250 723 3565
March 23	Here We Come – 3 year old health screening event	Ucluelet	School District 70 250 723 3565
March 30 10:00 am – 11:30 am	Healthy Beginnings Baby Group Nutrition Discussion with Community Nutritionist	Parent Place 4227 6th Avenue Port Alberni	Ph: 250 731 1315
March 30	Farm to School planning meeting	EJ Dunn Middle School 3500 Argyle St Port Alberni	Hélène Dufour Ph: 250 731 1315 Local 41767
March 31 3:30 pm – 4:15 pm	Nutrition for Young Athletes presentation by Community Nutritionist	Echo Centre 4255 Wallace Street Port Alberni	Véronique Jager Ph: 250 724 1401
March 31 7:00 pm – 8:30 pm	Healthy Pregnancy Class presentation by Community Nutritionist	Parent Place 4227 6th Avenue Port Alberni	Ph: 250 731 1315

Other Links of Interest

ActNow BC: www.actnowbc.ca

Dietitians of Canada: www.dietitians.ca

VIHA Food Security: http://www.viha.ca/mho/food/food_security/

Health Canada's "Eating Well with Canada's Food Guide" www.healthcanada.gc.ca/foodguide

Seasonal Food on Vancouver Island: www.islandfarmfresh.com

BC Farmers Market Association www.bcfarmersmarket.org

Community Kitchens in BC: www.communitykitchens.ca