

Notre-Dame-de-l'Assomption School

St-Georges-de-Windsor



The Coopérative de solidarité alimentaire des Sources has been applying its healthy eating and sustainable development policy in the region's schools for several years now. It has partnered with the Notre-Dame-de-l'Assomption school, located in St-Georges-de-Windsor in the Eastern Townships, to help it implement this project. The school's location has already allowed them to buy from the nearby seasonal public market for several years. The Farm to School grant enabled them to develop new aspects of the project.

The first step is the creation of a vegetable garden to give the students the opportunity to plant vegetables that they will be able to enjoy a few months later. The composting programme also trains them in the annual preparation of the soil and in understanding food recycling.

The second step is to invite the young people to prepare the food for the salad bar, twice a month. Depending on the grade, they will wash, cut and assemble mixed salads, but also soups, marinades and broths for the winter. Their many supply partners will be on hand to improve the content of the meals if the school lacks fresh produce.



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