



NOURISH

**2023
ANNUAL
REPORT**

**CHANGING THE FUTURE OF
FOOD IN HEALTH CARE**





WELCOME!

As winter approaches and daylight hours wane, it is a timely opportunity to reflect on some of our brightest achievements this year. This annual report represents the strides made by Nourish in advancing our mission within the health care sector throughout the country. As we celebrate our successes, we also look forward to envisioning what we can achieve together in the coming year.

The second national Food for Health Symposium in Saskatoon September 21 - 22 was undoubtedly a bright star for Nourish this year! We proudly partnered with the Saskatchewan Health Authority and CHEP Good Food to convene 200 participants from Turtle Island to explore, share, and spark passion for the transformative power of food in health care.

The Symposium also witnessed the passing of the baton from the second Nourish Cohort to the third. Rich details of the second Cohort's impressive progress in food for health innovation and systemic learning are highlighted in the seven team-based impact reports and we are excited for the third Cohort's innovation journey ahead.

Nourish also expanded our program offerings with the introduction of Planetary Health Menus, a visionary initiative for climate action by health care. It includes a partnership with the World Resources Institute on Coolfood, a tool to equip Canadian hospitals to commit to and assess their progress towards the goal of achieving 25% reductions in environmental impact by 2030 through menu changes. Another noteworthy chapter unfolded with the Food is Our Medicine animated learning programming for teams from health care organizations to share learning journeys around Indigenous foodways and the supportive role health care organizations can play. Stories of transformative changes in food and health care systems continue to be shared, and our ambassador program is poised to catalyse even more impactful actions.



Amidst these achievements, our team has also experienced growth. The additions of Amy Ford as Climate Program Manager and Lana Brandt as Communications Manager have infused new expertise and energy into our team alongside a heartfelt send-off to co-ED, Hayley Lapalme, who embarked on maternity leave in late July. Gratitude is also extended to the amazing ecosystem that supports us - the Nourish Board of Directors, advisors, partners, and leaders across our networks. Their unwavering support is integral in propelling Nourish forward!

The systemic challenges posed by climate change, growing food insecurity, and health equity gaps, show us that the importance of investing in building planetary health is greater than ever. We have a powerful opportunity to create lasting change through innovation in our food and health systems. The Lancet Countdown on Health and Climate Change recently released its [2023 report](#) with recommendations including “#3: Support healthy, sustainable eating that is accessible, affordable and culturally appropriate,” which validates both the importance and urgency of Nourish’s mission. Conversations around food prescribing, how food can advance reconciliation by health care, and concretizing how food action can support health care organizations to help Canada meet global climate targets show great promise for an even greater impact by the Nourish network in the year to come.

Thank you for being on this journey with Nourish and for your continued support in the work ahead.

Jennifer Reynolds
Nourish Co-Executive Director





NOURISH

VISION

The health care system harnesses the power of food to advance health for patients, communities, and the planet.

MISSION

Empower health care to embrace food as medicine to advance health equity, climate action, and community well-being.

THANK YOU, MIIGWECH, MERCI!

On behalf of the Nourish staff, Board, and partners, we would like to acknowledge and thank our funders for their incredible support. We were thrilled to partner with five new core funders in 2023!

McConnell

**The Arrell Family
Foundation**



This project was undertaken with the financial support of the Government of Canada.
Ce projet a été réalisé avec l'appui financier du gouvernement du Canada.

Canada



Symposium Sponsors



Help Lift Our Work in 2024

Nourish is driven by a mission to create lasting change in food and health systems, but we cannot do it alone. We invite you to join us by contributing to our cause. Every donation, whether big or small, plays a crucial role in elevating our work throughout the year.

Donate Today!

YEAR END REFLECTIONS

2023 Impact Snapshot



Planetary Health Menus launches with procurement primer



Food is Our Medicine engages over 1,900 participants



Second Cohort wraps with rich team-based impact reports



Food for Health Symposium convenes 200 thought leaders



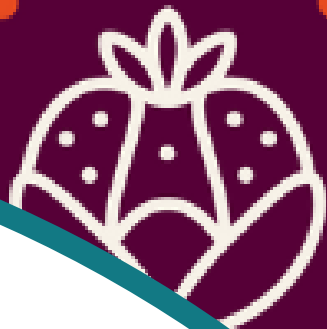
New Nourish Cohort launches with five multidisciplinary teams



5 organizations (representing 16 hospitals) sign Coolfood Pledge



The third Nourish Cohort launches at the Food for Health Symposium in Saskatoon.



FOOD IS OUR MEDICINE

Guided by Nourish's Indigenous and Allies Advisory and led by Mair Greenfield, Indigenous Program Director at Nourish, the Food is Our Medicine Learning Journey fosters a deeper understanding of the complex relationships between Indigenous foodways, reconciliation, healing, and health care.

Now entering its fourth year, Food is Our Medicine (FIOM) is gaining national recognition for its work to improve cultural mindfulness in health care for Indigenous patients with tangible actions towards reconciliation. Notably, the Saskatchewan Health Authority (SHA) has developed a strategy to add more plant-based foods and Indigenous menu items; after pilots in two northern Saskatchewan health care sites this was adopted across the SHA. This signifies the growing legitimacy and efficacy of our approach and inspires us to continue our outreach to health care organizations throughout Turtle Island.

FIOM continues to deepen critical learnings around the significance of honouring traditions and amplifying Indigenous voices within health care initiatives. We've witnessed the vital role of allies, particularly those in leadership roles. These allies have become advocates for meaningful relationships and investing in cultivating a culture of acknowledgment and respect for Indigenous communities in health care organizations.



"I am so grateful and humbled by the opportunities this journey provides for the dietetic profession and anyone who works in health care or in connection to food."

~ FIOM participant

2022	2023
1,360+ Learners Registered	1,900+ Learners Registered
555 Organizations	700+ Organizations
188 Individuals Completed	372 Individuals Completed



PLANETARY HEALTH MENUS

From food waste reduction to plant-forward menus and values-based procurement, Nourish is accelerating the transition to food that is better for planetary health by providing health care institutions with tools for innovation and action.

Nourish's Planetary Health Menus (PHM) program launched in 2023 and is currently comprised of three core offerings:

- **Values-Based Procurement Primer** The primer gives practical guidance on how to get better value for money while simultaneously creating value in food and health systems. A follow-up resource is due for release in early 2024.
- **Sustainable Menu Guide** Written by a food services manager for food services managers, this guide is geared to those empowered to create and deliver increasingly sustainable menus, one step at a time.
- **Coolfood Pledge** Coolfood supports health organizations to commit to and achieve a science-based target to reduce the climate impact of the food served.



Spotlight: Coolfood Pledge

Coolfood is a globally-recognized, user-friendly way to quantify the climate impact of food, created by the World Resources Institute (WRI) and shared with Canadian hospitals in partnership with Nourish. Together with WRI, Nourish aims to have 100 hospitals join the Coolfood Pledge by 2026. This year, we welcomed 16 hospitals across five organizations, collectively serving over 4 million meals.



"I am thrilled to be part of the Coolfood Pledge to leverage the power of food in hospitals and calculate our climate action. The Planetary Health Menus program provides an exciting opportunity for the health sector to improve menus and access tools that will guide food choices to bring wellness to patients and the planet." ~ Elaine Chu, RD, Regional Manager, Food Operations Royal Columbian Hospital and Eagle Ridge Hospital, Fraser Health, BC



TRANSITIONING TO THE NEXT COHORT

This past year marked the end of Nourish's second Cohort and the exciting launch of our next group of innovators at the Food for Health Symposium in September. As one chapter ended, another began, and we are proud to introduce the next five teams taking a whole-of-hospital or health authority approach to working with their communities to implement solutions around food as an upstream determinant of health. Alongside the next Cohort, Nourish and the McConnell Foundation are continuing to support the work of the CIUSSS Centre-Sud-de-l'île-de-Montreal, who will be expanding on two successful food security programs from their work in the 2021-2023 Cohort.





SECOND COHORT IMPACT

We are incredibly proud of the progress made by the second Cohort, which achieved a number of successes over the last two years! Together, these seven teams inspired change, built and strengthened community relationships, and introduced innovative and scalable solutions in their local health systems and communities. Below is just a small sample of some of their impressive accomplishments.

Nourish Anchor Cohort Impact Highlights (2021 - 2023)



THIRD COHORT

Building More Resilient and Equitable Communities

The Anchor Cohort model harnesses the influence and resources of "anchor institutions," large organizations with an opportunity to create lasting and impactful change in their communities through their leadership, procurement choices, and partnerships. The multi-year Cohort program creates a catalytic space for anchor institutions to pool their knowledge and networks, co-create innovations, inspire solutions, and ultimately shape more resilient and equitable communities by harnessing the power of food in health care.

Place-Based and National Collaborative Projects

The Cohort is organized into two project streams that enable teams to both address priorities and pain points in their local health systems, while learning and exchanging with peers on a national scale. Backed by Nourish and an extensive network of advisors and past Cohort members, teams have already begun shaping place-based projects and will begin collaborating on national areas of interest in early 2024.

Snapshot of the Purchasing Power and Annual Meals Served by the Five Teams in the Third Cohort

Team	Beds	Annual Food Services Budget	Annual Meals
BC Lower Mainland	2,500	\$27M	2.7M
London	1,033	\$15.4M	1.1M
Newfoundland and Labrador	803	\$4.3M	216K
Six Nations	60	\$2M	550K
Toronto	1,261	\$14M	1.4M



FOOD FOR HEALTH SYMPOSIUM HIGHLIGHTS

The second national Nourish Food for Health Symposium took place in Saskatoon, Saskatchewan September 21 - 22, 2023. The lineup of inspirational keynotes sparked dialogue and fueled enthusiasm for the transformative power of food in health care including Dr. Courtney Howard, Dr. Elisa Levi, Dr. Priscilla Settee, Dr. Steven Chen, and André Picard.

Workshops facilitated by leaders from throughout Turtle Island provided a platform to explore innovative approaches and collaborative solutions to change the future of food in health care. A highlight of the Symposium was the five Learning Journeys, each offering place-based learning and exploration into the interconnectedness between land, food, and health.



**Saskatoon City
Hospital**



**Meewasin
Valley**



**CHEP's Askîy
Garden**



**Whitecap Dakota
First Nation**



**Wanuskewin
Heritage Park**

FOOD FOR HEALTH SYMPOSIUM



Dr. Courtney Howard &
Jen Reynolds



Nourish Team



Chef Ned Bell on
Saskatoon Global News



"It was powerful to be surrounded by so many folks that have common goals and the determination to activate change in our communities" - Symposium Attendee

Attendee Experience

- 94% of attendees found the Symposium to be a valuable or very valuable experience
- 94% of attendees made at least one new connection
- 83% of attendees were inspired to take action



ELEVATING CHANGE: NOURISH AMBASSADOR PROGRAM LAUNCHES

Nourish proudly unveiled its ambassador program in November 2023, an initiative to foster connections, spark change, and lift the shared vision that unites us with changemakers in food and health care. This program represents Nourish's commitment to collaboration and the belief that collective action is key to lasting change. We look forward to showcasing the many inspiring projects and collaborations that emerge from the expertise and passion of the ambassadors with Nourish's growing network.



Dr. Andrew Boozary



Dr. Joseph LeBlanc



Chef Ned Bell



Dr. Elisa Levi



POLICY INNOVATION

Cultural humility and Indigenous wisdom required for innovation:

Recognizing the demonstrated pathway of food for reconciliation, Nourish continues to encourage bolder commitments from health care and all levels of government, to close the Indigenous health gap and to fulfill commitments on the TRC, UNDRIP, and other recommendations around health from Indigenous commissions. Given the complex regulatory environment around serving wild game, we seek to further explore what is the most powerful point of leverage to increase access for Indigenous patients and residents throughout the country. Policy innovation is needed from the ground up and we look forward to building from the momentum of the 2023 Food for Health Symposium.

Reducing health care systems emissions through food:

In 2021, Canada made a significant stride towards a more sustainable future by signing onto the COP26 Health Programme mandate. A critical pathway to reducing our carbon footprint is the adoption of planetary health menu strategies that represent a shift towards plant-forward, thoughtfully sourced, culturally-mindful menus. Capturing the impacts of these changes on greenhouse gas emissions, the patient experience, and creating healthier hospital food environments presents policy makers and health leaders with a timely opportunity to support these menu strategies and shift policies to achieve these ambitious targets.

Food prescribing:

Food prescribing programs are gaining recognition as a powerful approach to strengthen food security, improve health outcomes, and build healthy and more resilient food systems and communities in both Canada and the United States. This includes the CIUSSS Centre-Sud-de-l'île-de-Montreal, that will be expanding on two successful food security programs next year from their work in the 2021-2023 Cohort. Nourish has been participating in multi-stakeholder conversations that are exploring how Canadian food and health system stakeholders can act on the growing body of evidence supporting multi-scalar approaches to improving health through food.



MARGARET EDGARS RECONCILIATION RECOGNITION “FOOD IS LOVE” AWARD: NOURISHING TRADITIONAL FOOD IN HEALTH CARE AND COMMUNITY

In honour of Margaret Edgars, who passed into the Spirit World in the summer of 2023, the Nourish team proudly created and presented the first Margaret Edgars Reconciliation Recognition “Food is Love” Award: Nourishing Traditional Food in Health Care and Community. The award was presented to Charlotte Pilat Burns at the 2023 Food for Health Symposium to recognize her many years of action in Saskatchewan to yahguudang (respect), honour, and advance Indigenous foodways in community and health care settings.

These actions include acknowledging the history, land, and water in such a way that creates a positive and inclusive community of practice with lasting impacts for future generations. This also includes what Margaret always kept front and center in our conversations, the importance of “putting the love in food.”



Charlotte Pilat Burns is the 2023 recipient of the Margaret Edgars Reconciliation Recognition “Food is Love” Award

“

“Nanani Margaret’s teachings will live on through everyone she inspired. I am honoured to have known her and I will always cherish the memories of our time. Her kindness and beautiful spirit have guided me personally and professionally.” - Charlotte Pilat Burns

ON THE HORIZON, REFLECTIONS FROM THE NOURISH TEAM

As 2023 comes to a close the Nourish team is reflecting on the incredible achievements we have accomplished together this year and looking forward to the new year on the horizon. We hope you will join us in celebrating our impact and helping to elevate our shared vision in 2024. We asked the team what they were looking forward to, here's what they had to say:



"I am continually inspired by the bold partnerships Nourish has cultivated to harness the power of food. I see incredible potential for learning and innovation through these generative collaborations." Erin Alexiuk, Systems Partnership Specialist



"I can't wait to watch Nourish's ambassadors join forces to accelerate our shared vision of increasing health equity, climate action, and community well-being in Canada." Lana Brandt, Communications Manager



"I am so energized to see food service teams making decisions with planetary health as part of the conversation; the impact of this shift will be very inspiring to witness." Amy Ford, Climate Program Manager



"I am invigorated in working towards much-needed policy change to address Indigenous Foodways barriers in health care." Mair Greenfield, Indigenous Program Director



"The second national Symposium shone a light for me on the tremendous momentum of Nourish seven years in, and I'm looking forward to what we can achieve together in our next seven years!" Jennifer Reynolds, Co-Executive Director



"I am honoured and humbled to work alongside so many health and food system champions, who are bravely and boldly forging new paths toward a better future. We can do this!" - Robin Speedie, Program Director



NOURISH

**THANK YOU
MERCI
MIIGWECH**

CONTACT US :



Info@NourishLeadership.ca



NourishLeadership.ca

