Nourish

Nourish Anchor Leadership Award

Bold, visionary leadership leveraging the power of food in health care to create just and thriving communities.

The Nourish Anchor Leadershp Award recognizes bold leadership that harnesses the power of food to create resilient, equitable, and community-rooted health systems. Recipients of this award show courage and vision in making food a central strategy for health, economic justice, and community well-being. They leverage institutional influence, build authentic partnerships, and make bold policy and procurement choices to support regional economies, build food sovereignty, and strengthen local food ecosystems.

Michelle Stranges is a bold, visionary leader transforming how food is understood and used within healthcare. At St. Joseph's Health Care London, she has redefined food as a catalyst for healing, sustainability, and community connection. Through her leadership with the Nourish cohort, Michelle has advanced health equity, sustainability, and local food systems. Her work embodies courage, creativity, and compassion, turning a small innovation grant into a flourishing model for sustainable, equitable, and community-rooted healthcare food systems.

The Nova Scotia Health Authority's Nutrition and Food Services Team exemplifies leadership in advancing a culture of nutrition across Nova Scotia - one that fosters healing, supports recovery, and strengthens the province's local food system. Through evidence-based strategies, they have significantly improved patient outcomes, most notably through the implementation of the Enhanced Room Service model in 13 hospitals since 2018. This initiative empowers patients with greater choice regarding when and what they eat, enhancing both satisfaction and nutritional intake. Beyond addressing hospital-based malnutrition and achieving patient feeding goals, the team has demonstrated exceptional commitment to sustainable and localized food procurement. Their leadership is bold, strategic, and deeply grounded in leveraging public dollars to create a stronger local food economy, reducing waste to support planetary health and improve patient care.