



FOR RELEASE
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Promoting healthy choices while supporting Yukon schools and local agriculture

WHITEHORSE—It's harvest time in Yukon and for the fourth year students will be selling boxes of fresh vegetables to help raise funds for their schools and associated events.

"From the Ground Up is a healthy-eating program that benefits children and our community as a whole," Minister of Health and Social Services Mike Nixon said. "Since 2012 more than 100,000 pounds of locally grown fresh Yukon vegetables have been put on Yukon plates. We are very fortunate to have so many local growers and producers in our territory."

This year students from 12 Whitehorse schools and schools in Teslin, Destruction Bay and Ross River will be selling boxes of vegetables to raise money for school projects. These 20-pound boxes will contain potatoes, carrots, cabbage and beets. For every box of vegetables sold schools will keep 40 per cent of the profits, with the balance going to the farmer. The program also offers the option for buyers to purchase a box to be donated by the school to a family in need or a community group such as the Whitehorse Food Bank.

New this year is a From the Ground Up teacher resource manual developed by the Health Promotion unit. It is filled with classroom activities for students in kindergarten through Grade Seven that enhance learning opportunities related to food, healthy eating and Yukon agriculture.

Fundraising efforts run from August 27 to September 14.

Learn more: [From the Ground Up](#)

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