



FOR RELEASE  
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## **Sprouting healthy choices will grow students' opportunities**

WHITEHORSE—Harvest time is arriving and schools that are participating in *From the Ground Up* will be taking orders for locally-grown vegetables to raise funds.

"Selling boxes of healthy food is a great way to fundraise for schools. *From the Ground Up* is a fundraising event that benefits children and our community as a whole," Minister of Health and Social Services Doug Graham said. "Children who are well nourished generally perform better academically as well as concentrate better, and have improved behaviour and attendance at school. This project is a great opportunity for schools to promote eating fresh, locally-grown produce while raising funds for school initiatives."

Facilitated by the Health Promotion Unit of the Department of Health and Social Services, this successful program sprouted from a pilot project in 2012 with two schools and one farm into a program that now involves 14 schools and two farms.

Now in its third year, there will be students from 11 Whitehorse schools and three rural schools—in Carcross, Destruction Bay and Ross River—who will be selling small and large boxes of Yukon-grown vegetables. These 4.5-kilogram (10-pound) and 9.1-kilogram (20-pound) boxes will contain potatoes, carrots, beets and, while quantities last, cabbage and turnips.

For every box of vegetables sold, schools will keep 50 per cent of the profits to help fund their schools and associated events. The balance will go to the farmers. This year, the program is offering buyers the option let the school donate the purchased box to a family-in-need or a community group like the Whitehorse Food Bank. Fundraising efforts run from the end of August until September 12.

**Learn more:** *From the Ground Up*

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Contact:

Elaine Schiman  
Cabinet Communications  
867-633-7910  
elaine.schiman@gov.yk.ca

Patch Groenewegen  
Health and Social Services, Communications  
867-456-6145  
patch.groenewegen@gov.yk.ca

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