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## News Release

### North Cariboo Healthier Communities Committee receives \$20,000 from Northern Health for project titled “Empowering Family Health”

April 5, 2016

North Cariboo, BC: *Growing North Cariboo Society* is pleased to announce that the P4HC/ Partners for Healthier Communities Committee: North Cariboo has been awarded \$20,000.00 for “Empowering Family Health”. The P4HC: North Cariboo is a stakeholder committee with representatives from a wide range of North Cariboo based agencies and organizations. Co-Chaired by Cariboo Regional District Director Robin Sharpe, Mayor of Wells and Lynette Winsor, Environmental Health Officer with Northern Health, its 2014 establishment was led by the *Growing North Cariboo Society / GNC*. Its mandate is to support programs and develop strategies that promote healthy eating, local food security and physical activity. Much of its focus is on collaboration and partnerships as can be seen from its Terms of Reference and diverse membership. This project is the first that the committee has taken on since its establishment.

The project, “*Empowering Family Health*” will be lead by community champions with a focus on the needs of rural communities. The funding from Northern Health will be used to develop and enhance community gardens at Wells - Barkerville Elementary School and Parkland Community Centre, purchase food preservation equipment and support educational workshops on the production and preservation of food in five rural communities, create an inventory of local experts and leaders, facilities, groups and educational resources that are involved in food security, agricultural practices, and food systems in the North Cariboo, and support the establishment of a “Country Kids Club”.

*“It is wonderful to see Northern Health’s support of the communities of the North Cariboo, who are working together through the North Cariboo Partners for Healthy Communities Committee, to promote healthy living through local food production and education”* says Co-Chair Director Robin Sharpe. *“Getting the young children involved, teaches them where food comes from and how important it is to preserve our farmlands and to support our local producers.”*

Co-Chair Lynette Winsor with Northern Health says *“It is nice to see the initiative that this P4HC group is making to ensure that families have a better understanding and the means for better health. Through education and local food production it will supply the needs of rural communities. I am happy to be part of this project for “Empowering Family Health”.*

For additional information on this project and its partners, please contact Heloise Dixon-Warren, GNC Director at 250.249.5329 / [gnc@farmed.ca](mailto:gnc@farmed.ca) or check out the GNC website at <http://growingnorthcariboosociety.farmed.ca/projects/>