



NOURISH

Annual Report 2022

2016

2017

2018

2019

2020

2021



Welcome!

Every day in the headlines and in our personal lives, we see the effects of crises unfolding as the result of issues such as social inequality and climate change. We begin this annual report with gratitude for health care leaders across the country, who continue to keep an overburdened system working, and for the communities working alongside, who look after their own.

Despite this challenging moment in the health sector, we also see incredible potential for health care leadership to harness the power of food to nourish people and planet. Our optimism stems from growing engagement by health care organizations across the country who are bringing food into the healing, using food as medicine.

In 2022, we have seen signals of change across all of our program areas: Vancouver Coastal Health and St. Joseph's Health Care London are taking action on planetary health, and are measuring progress in terms of reduced greenhouse gas emissions. The Black Creek Community Health Centre in Toronto and CIUSSS Centre-Sud in Montreal are addressing malnutrition and food insecurity, introducing gardens, better procurement, and food prescribing. Montreal's Jewish General Hospital is creating sustainable menus for patients and in cafeterias. The Saskatchewan Health Authority is also introducing a food prescribing model, while expanding their traditional food programs, as part of their effort to advance reconciliation and make health care spaces safer for Indigenous patients. We've watched this movement grow since 2016.

As an organization, Nourish celebrated our one-year anniversary as a charity, passed our first audit with flying colours, equipped over 593 organizations with tools for health care innovation, and championed the efforts of leaders fighting for more equitable and sustainable health systems. We are deeply grateful to our core partners, the McConnell Foundation, Arrell Family Foundation, and Maple Leaf Centre for Action on Food Security, and to our network of advisors, partners, and participants, for all you bring to this work.

We have exciting plans for 2023, but first let's take a moment to reflect on and celebrate what we have done together in the past year.

Hayley Lapalme & Jen Reynolds
Co-Executive Directors
Nourish



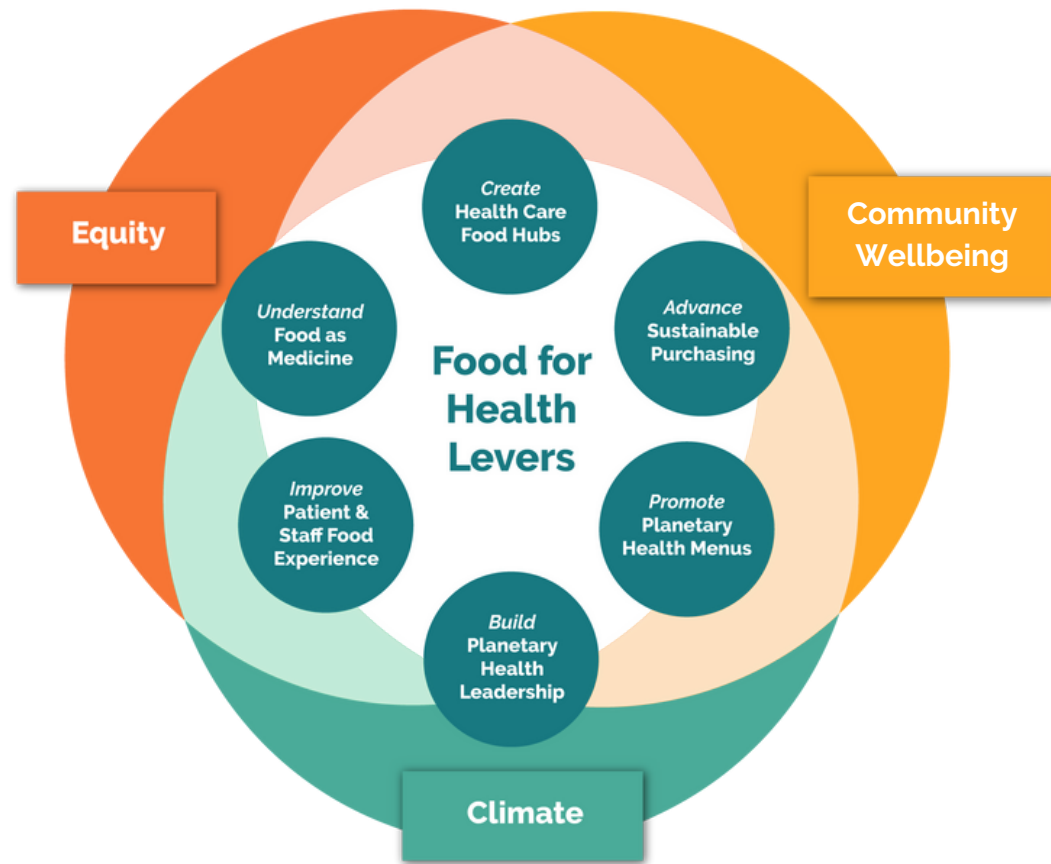
Our Vision

The health care system harnesses
the power of food to advance health
for people and planet.

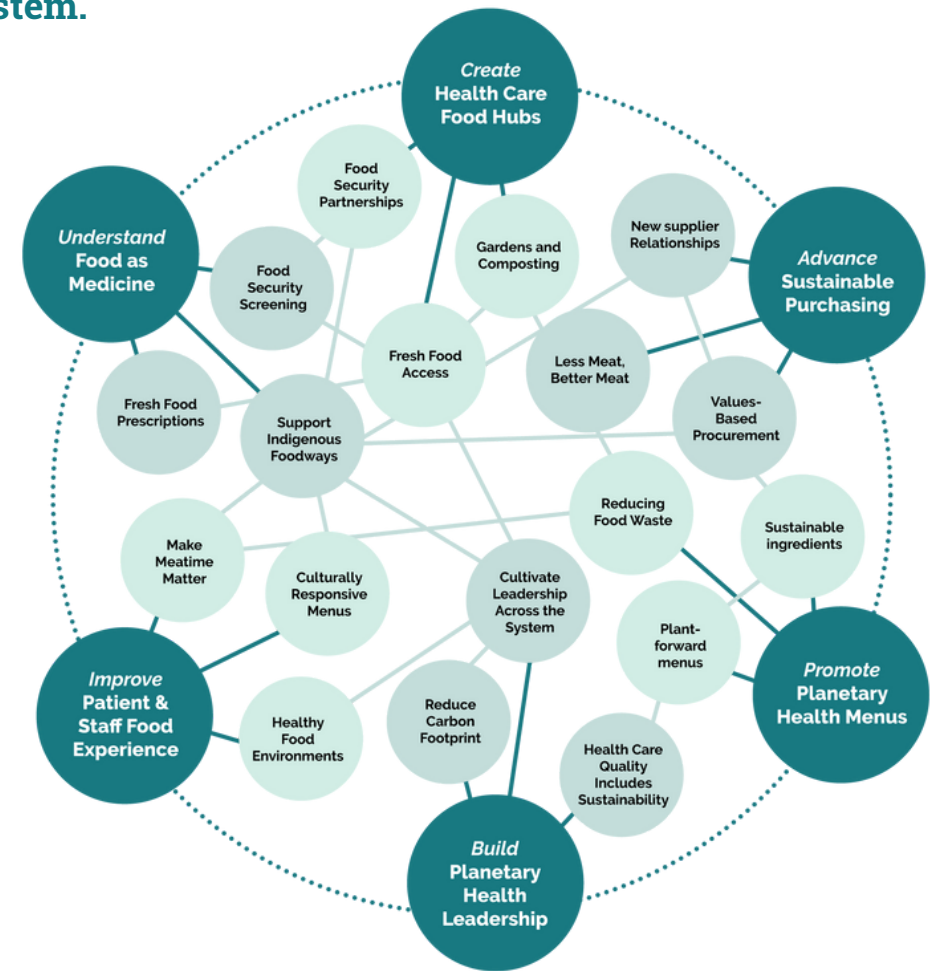
Our Mission

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

Nourish supports health care to harness the power of food in three interconnected impact areas: climate, equity and community wellbeing.



The Food for Health Levers frame powerful ways to harness the power of food. They are a set of interconnected system leverage points. Small shifts in one area can create big changes across the system.



Highlights from 2022




6
years since launching
as an initiative at the
McConnell Foundation



1
year as a charity

593+
organizations
participating in
Nourish programs



7
teams in the Anchor
Cohort comprised of:

11
health organizations

13
community partners

70+
innovations
being explored

23
active prototypes



15+
media stories and Nourish resources
about food leadership in health care
continue to shift the conversation
around the power of food in healing



6
Early Adopter hospitals are
experimenting with new tools to
reduce GHG emissions with
Planetary Health Menus

25
health care
institutions were part
of the Innovator
Cohort from 2017-
2018. Participants
continue to deepen
efforts around the
Food for Health
Levers and advance
organizational and
policy efforts
nationally

\$200k+
in new funds,
attracted by the
Anchor Cohort
active prototypes
which use food to
build health in their
communities

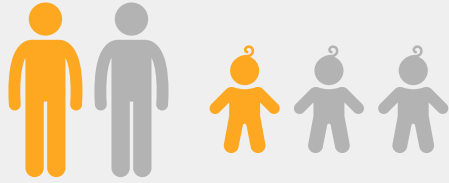


5
convenings of leaders
across health,
philanthropy, policy,
and community:
virtual, Montreal,
Vancouver, Thunder
Bay, Toronto. Events
explored strategic
questions, policy, and
investments required
to advance our
mission



1,390+
individual participants in the Food is Our Medicine online course, exploring
the legacy of colonialism in Canada and the **power of embracing Indigenous**
Foodways as a pathway to reconciliation

Costs of Food in Health Care



1 in every 2 adults and 1 in every 3 paediatric patients are **malnourished** on admission to hospital

71%

of **health care sector greenhouse gas emissions** occur from its supply chain, including production, transport, and disposal of pharmaceuticals, chemicals, food, medical devices, and instruments

\$13.8 billion

the estimated **economic burden of chronic disease** attributable to not meeting Canadian healthy food recommendations

\$4

billion

spent annually on **food services** by health care

\$528

million

estimated value of patient tray **food waste** per year

Action Learning Programs

Nourish's two action learning programs support health care and community leaders to build their leadership skills in key impact areas to make food in health care better. They are open to anyone in the sector.

In 2022, more than 550 organizations participated in Nourish's Indigenous Foodways program, Food is Our Medicine, and six organizations signed on to help us co-design our new climate leadership program for health care, Planetary Health Menus.

Building on earlier work to encourage values-based procurement and improved menus in health care, through projects such as the [Sustainable Menu Guide](#) and successful room service models, Nourish has been developing a climate leadership program for sector-wide engagement on [Planetary Health Menus](#) (PHM). Beginning with a group of 6 Early Adopter hospitals in 2022, the program will open to the broader health care sector with a public launch in 2023. Currently, Early Adopters are experimenting with practices and tools to reduce and track their carbon footprint from reduced food waste and shifts to plant-forward menus for patients and in cafeterias.

[Food is Our Medicine \(FIOM\)](#) is an online course for health care professionals to unlearn colonial biases and walk a path of reconciliation by learning about Indigenous Foodways and their role in healing. Engagement with FIOM continues to grow, now with over 1390 people registered from 555 organizations across the country. From these, 188 individuals have completed the course and are sharing and actioning their learning around dismantling systemic racism, including initial changes to food served at their facilities and addressing policy barriers. The next page showcases some components of this online course.



"I highly recommend that everyone takes Nourish's Food is Our Medicine course. We need to embrace the idea of combining wisdom from Western, Indigenous and Eastern cultures so that we may gain a better understanding of our roles in reconciliation, healing and health care."

– Phoebe Lee, Community Dietitian,
Black Creek Community Health Centre



Posters from the [Food is Our Medicine](#) online course, with artwork from Anishinaabekwe illustrator Mariah Meawasige, and design by RallyRally.



In 2022, [we offered several webinars](#) for participants in the online course, featuring Knowledge Keepers and Elders from across Turtle Island. This is a screenshot from the summer webinar.



[This video gives snapshots](#) of the faces and moments behind the first year of Food is Our Medicine.

Anchor Cohort

An “anchor institution” is a large public institution such as a hospital that uses its long-term presence, mission, purchasing power, reputation, and influence to build wellbeing in its community. Nourish works with 7 teams of health care “anchors” and their community partner in the 2021-2023 cohort.

The **Anchor Cohort** is a national cohort of seven teams made up of health care “anchors” and community partners, tackling climate, equity and community wellbeing through food. They do this by advancing work on the Food for Health Levers, a set of systemic interventions to harness anchor institution opportunities to build health within and beyond health care’s walls. Launched in June 2021 this cohort runs to June 2023 and has persevered through the pandemic. The seven teams across Canada are comprised of health care executives, doctors, food service and procurement directors, community leaders, and many more from 11 health organizations and 13 community partners.



Vancouver



Saskatchewan



London



Toronto



Labrador



Northern Ontario



Montreal

From Vancouver to Labrador, each team in the Anchor Cohort started by naming a complex or “wicked” problem related to food in their organizations - from patient malnutrition to systemic racism - and mapped how it manifests in partnership with a wide variety of stakeholders. Each team then developed a portfolio of innovations to test multiple complementary solutions simultaneously. A total of 93 possible innovations related to the Food for Health Levers were identified across the Anchor Cohort, and 23 active prototypes are being tested, supported by over \$200,000 in new funds the projects have attracted. to build health for people and planet.

The Anchor Cohort is prototyping innovations around:

- Designing new **plant-forward and culturally diverse inpatient menus**;
- Overcoming regulatory and logistical barriers to **servicing traditional foods**;
- Offering **food prescriptions** for malnourished and food insecure patients and their families in a manner that will **invest in local food systems** and **build food sovereignty**;
- Establishing new purchasing relationships and contract language to advance **values-based procurement**;
- Embedding learning about food sovereignty in **medical school curriculum**;
- Developing **on-site gardening and composting** programs at hospitals; and
- Setting organization-wide **strategic directions on planetary health**.



This diagram illustrates the Food for Health Levers that each team in the Anchor Cohort is exploring.

Anchor Cohort programming offered training with a variety of leading systems thinkers from the Nourish network, including:

- Professor Terry Irwin & Dr. Gideon Kossoff, experts in **understanding complex problems**, from the Transition Design Institute at Carnegie Mellon University, who inspired teams to develop **ecologies of interventions** for transition to more sustainable futures.
- Keren Perla, a field leader in **strategic foresight** from the Energy Futures Policy Collaborative, who helped teams map possible futures across the **Three Horizons of innovation**.
- Saralyn Hodgkin, Executive Leadership Coach, who **supported senior leaders to surface insights** on how to support their teams.
- Elders and Traditional Knowledge Keepers like Margaret Edgars and Jenny Cross, who have helped the Cohort **connect to land, culture, and history and incorporate two-eyed seeing** in their work.
- Developmental evaluator Mark Cabaj, who supports **systemic reflection for learning and evaluating** progress.



“Working with the Anchor Cohort has helped us situate our work in a national context and given us a real sense that there is a team cheering for our work to succeed.”

– Joshua Smee, Chief Executive Officer, Food First NL



“This opportunity to work with Nourish will forever change how we view the important role our entire organization has to improve our environment and increase patient and resident dietary satisfaction.”

– Lori Higgs, Vice President of Clinical Support and Chief Financial Officer at St. Joseph's Health Care London



The Anchor Cohort model to have health care and community organizations work together has proven to be an **effective way to strengthen and even rebuild relationships, break down silos, engage community wisdom, and activate health care anchor leadership**. The above photos showcase participants in the Anchor Cohort coming together in Thunder Bay (August 2022).

Spotlight on Labrador



"The Nourish Anchor Cohort is a refreshing approach to bringing groups of people with different backgrounds together to achieve a common interest. Often when outside groups invite Indigenous organizations to come to the table, it is for the purpose of ticking a box. However, this has not been our experience as a partner in the Cohort. From the very start we have been treated with respect and dignity and an equal partner at the table. **Nakummek.**"

– Roxanne Notley, Food Security Coordinator, NunatuKavut



"Labrador Grenfell Health is grateful to Nourish for facilitating this project which brings together all Indigenous groups across the Big Land, with health system and community based leadership we are tackling this wicked problem of food insecurity in Canada's North."

– Heather Brown, President & Chief Executive Officer, Labrador-Grenfell Health

In addition to our national virtual programming, Nourish also hosted three in-person gatherings of the Anchor Cohort.



Montreal (June 2022): A bilingual event focused on food security, which included a visit to a farm and a hospital working on local sustainable procurement



Vancouver (July 2022): A smaller event for those working on climate leadership through food in the Lower Mainland of BC.



Thunder Bay (August 2022): An event that focused on food sovereignty, which included learning from members of the Nourish Indigenous and Allies Advisory, as well as visiting community organizations and a farm.

These in-person gatherings allowed the **Anchor Cohort to solidify relationships, receive hands-on training, and prepare to embed, sustain, and potentially to scale their projects** in 2023. A capstone event for the Anchor Cohort will be a Nourish Symposium in September 2023 that showcases lessons learned and the most promising innovations. We envisage this as a movement building moment open to the sector that springboards into **the innovation journey of a third Nourish cohort**. Recruitment for the third Nourish cohort will begin in early 2023.

Save the Date for the 2nd Nourish Symposium!

Mid to late September 2023

Join us for a national celebration of food as a
fundamental part of health and healing
for patients, communities, and planet.

Stay tuned for dates, location, and
opportunities to get involved, coming early 2023!

Reflections from a two-time cohort-member



Read more about how the Saskatchewan team is providing fresh food prescriptions, advancing local procurement, and integrating traditional foods in health care.

Stephanie Cook is the Executive Director, Nutrition and Food Services at the Saskatchewan Health Authority. Her team's work has built through the Innovator (2017-19) and Anchor (2021-23) Cohorts as well as the 2020 Nourish COVID-19 FoodRx grants.

“I arrived at the first cold, snowy cohort retreat with Nourish humbled by the people around me and all I had to learn – and I left with an action plan. I would try to move the dial on local foods and my colleague Charlotte Pilat-Burns was already moving the dial on traditional Indigenous foods.”

Over the next couple years we started to make progress, people were noticing and talking about it. We launched a food is medicine campaign, built a Truth and Reconciliation Garden, surveyed over 1,500 patients across Canada to understand their hospital food experience, we created brand new menus with local, traditional menus, launched a food prescription program, worked with Saskatchewan-famous chefs for our “Advancing Cultural Humility through Food” program, and are now developing a rooftop garden.

Charlotte and I were willing to try anything to create change and move Saskatchewan into a place where we felt proud of the food and service we were delivering to people.

Through this work, my own worldviews have been changing, as has my recognition of my own responsibilities to right historical wrongs and of the vastness of the work ahead. I credit Nourish for putting me on the right path.”



Catching up with some of the 2017-2019 Nourish Innovators



Marianne Katusin, Interim Director, Support Services, Halton Healthcare (ON)

"We continue to work on our local food menu offerings and on more scratch cooking in-house. **Both the pandemic and the rising cost of food have had an impact on how we do procurement in health care Food Services, so now more than ever, the ability to cook in house has been beneficial.** Room Service is now up at all three of our hospital locations and we are also introducing more plant based proteins onto our menus."



Dan Munshaw, Manager, Supply Management, City of Thunder Bay (ON)

"The City continues its efforts to maintain its local, sustainable, healthy and culturally appropriate food successes through mentoring, educating and engaging City staff. **Our learning journey into inclusion of Indigenous foods procured from Indigenous businesses and harvesters continues.** We continue to "pay it forward" supporting the Northern Ontario team in the 2nd cohort. The City is frequently invited to speak of successes at conferences across Canada."



Josée Lavoie, Food Services Coordinator, CHU Ste-Justine (QC)

Many things have evolved at CHU Ste-Justine. **With the conviction that we are making a difference for patients, families and staff in our sustainability actions (local, organic, fair trade purchases), we now have a full-time resource person that allows us to go further in sustainability.** Currently, our cafeteria and room service menu is 50% vegetarian/vegan, and we are gradually moving towards naturally raised and/or organic meats and sustainably caught fish. We are also continuing our progression of buying local (64%) and organic (6%) which is increasing every year."

Catching up with some of the 2017-19 Nourish Innovators



Travis Durham,
Director of Dietary
Services and
Information
Technology,
Grove Park Home (ON)

Projects from the Innovator Cohort continue to be sustainable... 2022 was a great year for our gardens, as the long term care residents were finally able to move off their home areas to work on the food gardens. We have also started working with a new beekeeper who has continued to maintain our hives, and provide us with private-label honey for fundraising.

On a systemic level, my work with Nourish and the Sustainable Menus working group has transitioned to me joining the Ontario Seniors Nutrition and Advocacy Committee, where we advocate the Ontario government on improving food and nutrition in long-term care. The group has also been instrumental in creating best practice documents for nutrition managers in Ontario to best implement the changes in the Fixing Long Term Care Act."



Donna Koenig,
Manager Support
Services, Interior Health
South Okanagan (BC)

"I love being part of this Sustainable Procurement working group with the Anchor Cohort. I am retiring soon and will continue this work into my retirement as a mentor and advisor to Nourish, confident that Interior Health's journey will continue to provide wonderful First Nations meals according to their preferences and we will continue to encourage local food procurement.

Our communities live on lands surrounded by beautiful agricultural and natural landscapes and a wonderful diversity of people who all contribute to these achievable wishes."

Policy Innovation

Changing the Rules of the Game with Policy Innovations

This year, we held two events with the goal of advancing policy innovation within health and connected sectors. In addition to continuing to strengthen our relationships with key policymakers and stakeholders, these events have provided participants with insights from across the country, spurring shifts in policy to improve health through food.

- **Food security workshop (April 2022):** This virtual workshop involved 33 leaders from 10 provinces and territories, coming from diverse roles in food and health systems to explore opportunities for the health care sector to respond to food insecurity. Participants heard from experts in dietetics, academia, and community food organizations, who covered topics such as food insecurity screening, building Indigenous food sovereignty, and policy innovation processes that are grounded in health care and community partnerships.
- **Innovation workshop (October 2022):** This in-person Toronto event co-hosted with CASCADES gathered 30 senior health care leaders, funders, advisors, and partners to discuss promising innovations in Nourish's Anchor Cohort, and the priority programmatic and policy directions that flow from them. The workshop report and 3 issue briefs on [planetary health menus](#), [traditional food access](#), and [food prescription programs](#) highlight the debates and discussion from the workshop.



"Nourish has played a key role in helping us advance the health system's role in promoting food security through the provincial Health Accord and Poverty Reduction Strategy. Together, we can make real food systems change and we're starting right here at home."

– Heather Brown, President & Chief Executive Officer,
Labrador-Grenfell Health

Food for Health Policy Innovation

Since Nourish launched in 2016, the policy and regulatory landscape around food in health care has been trending in a positive direction. Nourish celebrates the big and small ways our work with policymakers and cohort participants has helped to bring about some of these important system changes. Here are some of the highlights.

The [BC Minister of Agriculture's 2017 mandate letter](#) included a call to "Initiate Feed BC to increase the use of BC-grown and processed foods in hospitals, schools, and other government facilities". The Minister of Agriculture, with the support of the Minister of Health, set an aspirational goal of 30% for local food purchases by public sector organizations, with an initial focus on health care facilities.

The [BC Government's Declaration on the Rights of Indigenous Peoples Act](#) establishes the United Nations Declaration on the Rights of Indigenous Peoples as the Province's framework for reconciliation, as called for by the Truth and Reconciliation Commission's Calls to Action. It recognizes and supports Indigenous food systems "in their foundational and interconnected role in providing for cultural, social, environmental and economic wellbeing."

In Ontario, the [Thunder Bay District Health Unit](#) updates regulations to make wild game more accessible on a routine basis.

The [Saskatchewan Health Authority releases "A Path Forward,"](#) an initiative in Saskatoon to learn about local Indigenous foodways and how the organization can better address the health and healing needs of Métis and First Nations patients, clients, and residents through food.

Canada signs onto the [WHO COP26 Health Programme](#), committing to developing climate resilient and low-carbon sustainable health systems.

The [Health Accord for Newfoundland and Labrador \(NL\)](#) is a 10-year health transformation focused on the awareness of and intervention in the social factors that influence health (social determinants of health) and balancing community-based (primary care, Elder care, social care) and hospital-based services. This represents a significant policy window for putting forward bold ideas on investing in food as a social determinant of health, and for transforming food in health care.

2017

2018

2019

2020

2021

2022

The [Ontario Ministry of Agriculture proclaims the final requirement of the Local Food Act](#), with the intention to establish aspirational goals and targets for local food purchasing by public institutions.

The [Saskatchewan Health Authority](#) prototypes an initiative to integrate culturally-appropriate food in Saskatoon. With encouraging early results, the initiative is scaled province-wide, with amalgamation into the Saskatchewan Health Authority.

The [Quebec Ministry of Agriculture, Fisheries and Food \(MAPAQ\) releases the Politique Bioalimentaire 2018-2023](#), a provincial strategy that requires 85% of public institutions in Quebec to set local procurement targets by 2023, and that 100% are on board by 2025.

The [Ontario Ministry of Long Term Care regulations](#) are updated in accordance with the Fixing Long Term Care Act, 2021. This provides 15% more funding, in addition to guidance to improve the nutritional choices and variety for residents, including menus that feature fresh produce and local foods in season.

Observations, Trends & Lessons Learned in 2022

Climate, equity, and community wellbeing are intimately connected

This year has reinforced the inextricable linkages between equity, climate, and community wellbeing that underpin Nourish's vision. As one example, **climate change exacerbates food insecurity, which exacerbates health inequities between communities**. These compounded problems make it harder for the health sector to support community wellbeing as it faces increasing pressures from climate change on health. Many other connections are illuminated throughout the reflections in this section.

The anchor institution approach is resonating in Canadian health care, and it centers communities

Nourish was inspired by the Democracy Collaborative's work around "anchor institutions" in the US, and has adapted many ideas around harnessing the long-term presence, mission, and resources of health care to "anchor" wellbeing in their communities as a foundation of the Anchor Cohort. Alongside, Nourish made the design choice to emphasize the requirement for community organization leadership to be core component of each Anchor Cohort team. After concerted investment, **this marriage of community wisdom with health care's power to invest in health within and beyond their walls is bearing fruit**.

Climate change is the biggest health threat of our time and demands bold action from health care

It is critical for health care to confront the size of its carbon footprint. **Globally, the health care sector is responsible for 5% of global emissions (Lancet, 2021), Reducing 40-55% tray waste and advancing plant-forward menus are proven solutions to reduce the sector's emissions**, essential for the simultaneous mitigation and adaptation strategies necessary going forward. As anchor institutions, health care organizations have an immense opportunity to influence local food infrastructure, livelihoods, and economies through values-based purchasing and to promote health preventatively, for instance through investment in food security and more climate resilient food systems.



Relationships, cultural humility, and climate leadership are key for reconciliation

A growing number of health care leaders are recognizing the importance of pursuing reconciliation through their work. **Indigenous foodways provide a culturally-appropriate, low-carbon, and sustainable way to better meet the needs of communities that have perpetually been marginalized by the health system. But the meaningfulness of traditional food programs relies on building relationships with Indigenous communities who are practicing and innovating traditional foodways.** It's not enough to put a traditional food item on the patient tray – the harvest, seasonality, and preparation is part of the offering, and is dependent on community partnership. And under current regulations, serving traditional foods in health care is dependent on donations from typically Indigenous harvesters.

At the same time, **harvesters and communities can face structural barriers to going out on the land, many of which are the result of Canada's colonial history and climate change:** economic gaps such as insufficient fuel, equipment, time, or ammunition; social gaps such as intergenerational knowledge loss, or broken treaty promises and development projects that complicate land access; and environmental changes, such as shifts in sea ice, habitats, or migratory patterns of animals, all of which make it harder to source traditional foods.

"Take advantage of the amazing learnings in Food is Our Medicine. If you are an influencer in a health care setting, this will help open your eyes to the possibilities. If not, it helps in being an ally."

– Mary Slowka, Area Coordinator, Health Care at Aramark



Systemic racism and Indigenous food sovereignty need to be explicit in food insecurity conversations

Indigenous households are over-represented in food insecurity statistics. It is an **issue of systemic oppression that manifests along lines of race, class, and ability.** Income supports are gaining traction as an important solution, but are not the only one. **Indigenous food security is tightly bound to food sovereignty. Access to land and engagement with inter-generational knowledge sharing that supports communities to practice Indigenous foodways is critical to food security.** Confronting systemic racism, unresolved treaty issues, and land access are part of the solution. Health care can play a role by investing in cultural competency and anti-racism training; by valuing Indigenous foodways, and supporting programs that strengthen food sovereignty.

Single solutions can't solve complex problems

Complex, or “wicked” problems, demand multifaceted solutions. The Anchor Cohort is **testing several innovations at different scales simultaneously**, because we've learned that **ecologies of interventions** are needed to address the many ways in which problems develop, are maintained, and are experienced by different stakeholders. Anchor Cohort teams are prototyping ideas from their portfolios of interventions in the spirit of **“failing forward” – knowing that some prototypes will not produce the desired outcome**, but that valuable learning can be generated from the process to shape new directions, and try again. Through cycles of prototyping, **ecologies of solutions emerge**, which can together have the potential to bring about effective and lasting change.



From pandemic to triple-demic... to transition

Our health system is struggling to keep up with the demands of delivering day-to-day clinical care alongside the ongoing pandemic, human resource shortages, and financial strain. At the same time, the sector is being called upon to address systemic racism, reduce GHG emissions, and build bolder mandates for health care's role in promoting community health and wellbeing. **At the end of 2022, a triple-demic of COVID, RSV, and influenza has emergency departments in crisis across the country. Now more than ever, transition is needed to a more preventative, sustainable health system.** The Nourish Innovators and Anchor Cohort are our brave, bold wayfinders.

“We (in health care) most often jump from a shaky understanding of the problem right into problem solving and intervention mode, without taking the time to fully understand the problem and all of its many facets and interconnections. I learned that if we take the time to dig deeper and use a structured process like Transition Design, we can build much more fulsome interventions that actually address the concerns as seen by the target groups of the intervention.”

– Participant, Transition Design Online Course (April 2021)



Support our first year fundraiser!

Thanks to our program participants, partners, funders, and supporters, we're celebrating one year as a charity.

In 2022, our staff and board continued to build Nourish as an independent charitable organization with the ongoing support of the McConnell Foundation, Arrell Family Foundation, and Maple Leaf Centre for Action on Food Security.

As we grow our organization and networks to achieve our bold vision, we seek to bring more funding partners and donors into our work.

You can support Nourish by spreading the word about our first holiday fundraising campaign. We welcome new donors and partners to our work to harness the power of food to advance health for people and planet.

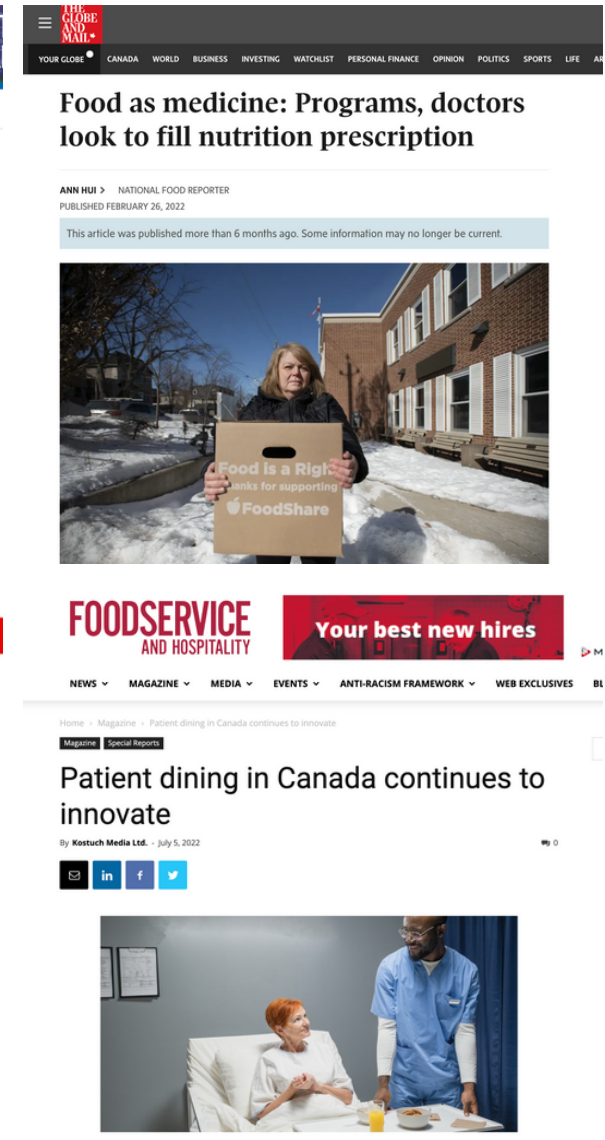
You can find us on [Canada Helps](#) to make a contribution, or connect with us directly about partnership : hlapalme@nourishleadership.ca.



Select Media in 2022

Media Mentions

- **Food Tank** (2022-02-14) [14 Organizations and Initiatives Bringing Better Food to Hospitals](#)
- **HRI Mag** (2022-02-21) [Les défricheurs 14 Organizations and Initiatives Bringing Better Food to Hospitals](#) : Jennifer Reynolds, militante alimentaire
- **The Globe & Mail** (2022-02-22) [Food as medicine: Programs, doctors look to fill nutrition prescription](#)
- **The Walleye** (2022-05-05) [Good Meals Are Here to Stay](#)
- **Toronto Star** (2022-06-05) [A prescription for healthy food? Food Rx program gives people access to fresh fruit and vegetables on doctor's orders](#)
- **CBC** (2022-08-12) [Unappealing meals at Winnipeg hospital part of broader 'systemic failure on the tray': national organization](#)
- **Foodservice and Hospitality** (2022-07-04) [Healing hands: Patient dining in Canada continues to innovate to overcome challenges](#)



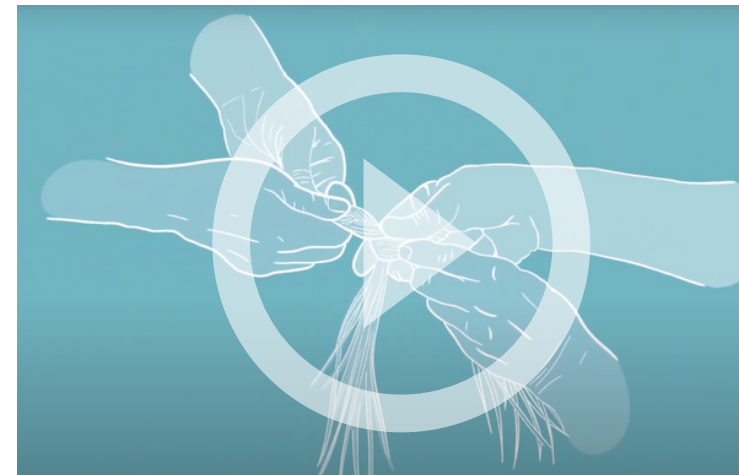
Nourish Produced Media in 2022

Nourish Publications & Resources

- (2022-02) Video with Tory Fisher, on **Why traditional foods are important for health care**
- (2022-03) Video from the **Anchor Cohort's land-based learning activities**
- (2022-03) Video of **Braiding the Three Horizons** to marry Western and Indigenous ways of building the future
- (2022-05) Report from our policy workshop, "**Food for health: Tackling food insecurity with leaders across the country.**"
- (2022-06) Video celebrating **Food is Our Medicine's one year anniversary.**
- (2022-08) Video showing **signals of change from health care across Canada**
- (2022-10) **Impact vignettes on the Nourish Anchor Cohort's teams** from **Saskatchewan, Vancouver, and Labrador**
- (2022-10) Issue briefs on three promising Food for Health innovations:
 - **Climate Brief: Planetary Health Menus and Procurement**
 - **Equity Brief: Traditional Food as Medicine, and**
 - **Community Wellbeing Brief: Food Prescriptions**



Click on the image to watch the video "Signals of Change"



Click on the image to watch the video "Braiding the Three Horizons"

Looking Ahead



We believe that health care leadership provides a pathway out of the intersecting health, ecological, and economic crises that we face today. It means investing in systemic interventions that braid together the best innovations with traditional wisdom in order to shift mindsets and policy. The fundamental belief behind our work is that food isn't ancillary to health care – it needs to be part of the healing – and that healing needs to happen simultaneously at personal and planetary scales.

Next year will see the launch of a third Nourish Cohort, which in the spirit of learning and iteration will be a little different than the last two. Next year will also see the **public launch of the climate-focused Planetary Health Menus** action learning program, and the **continuation of Food is Our Medicine.** We aspire to build business models around both of these action learning programs to diversify and sustain our work financially.

We will pursue policy windows related to our impact areas in collaboration with partners, while striving to shift narratives through increasingly frequent and clear communications. **We hope to host many of you at our 2nd national Nourish Symposium in September 2023.**

By taking food out of the basement, both literally and figuratively, health care has a powerful opportunity to reduce malnutrition, greenhouse gas emissions, and waste, while advancing reconciliation, improving patient experience, and building more sustainable food and health care systems. **There is a win-win-win opportunity before us,** and Nourish is more confident than ever that food is a throughline to navigate these challenges faced by the health sector, contributing powerfully to its own sustainability and that of people and planet.

The fundamental belief behind our work is that food isn't ancillary to health care – it needs to be part of the healing – and that healing needs to happen simultaneously at personal and planetary scales.



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