



Heartland Health Region

*Healthy People, Healthy Communities, and Service Excellence
in an Enduring Health System.*

HealthLine

1-877-800-0002

www.healthlineonline.ca

Date May 26, 2010

For Immediate Release:

Kindersley Community Garden Sod Turning

The Kindersley Food Coalition and Heartland Health Region are excited to invite you to the opening of the Century Garden on Tuesday June 1, 2010 (Hunger Awareness Day) at 1:00 pm on the south side of the hospital towards the alley (behind the former Sunset Lodge).

The Food Coalition is a partnership of individuals, groups, and organizations working toward achieving food security for all Kindersley and area citizens by way of a healthy and sustainable food system. The Kindersley Food Coalition has a goal to improve food security in the region through coordinated, community-led action.

Many Canadians do not have enough income to pay for rent, bills, clothing for growing children, transportation, medication, **and** food. Food is unfortunately one of the most flexible household expenses, and it is often nutrition that suffers when money is tight.

In 2009, nearly 800,000 people a month had to visit a food bank for assistance in Canada – 37% were children. In Saskatchewan, about 18, 900 people visited a food bank - 45% of those were children. Many people walked in the door of a food bank for the first time in 2009 due in large part to the recession.

The Century Garden is a project to help alleviate hunger, bring healthy nutritious foods to people, and build community partnerships. A garden is a hand up where people can produce their own food, learn about preserving food and environmental practices such as composting, and teach others about gardening.

Community gardens add to the local food supply and improve nutrition. Gardeners eat more vegetables and fruit than those who do not garden and are four times more likely to eat the recommended number of vegetable and fruit servings each day. People who are food secure and those who eat sufficient vegetables and fruit tend to have better health outcomes. Did you know only 33% of people in Heartland Health Region report eating at least five vegetables and fruits daily? Let's raise that number and grow local, buy local!

Come out on June 1st and see what the Kindersley Food Coalition is about and how you can participate in their community projects.

Corporate Office ❖ P.O. Box 2110, Rosetown, SK S0L 2V0

Tel: (306) 882-4111, ext 233 ❖ Fax: (306) 882-1389 ❖ Email: leanne.paproski@hrha.sk.ca

Visit Heartland's website at www.hrha.sk.ca!

For more information about Hunger Awareness Day see: www.hungerawarenessday.ca

-30-

Media for more information or to arrange interviews, contact:

LeAnne Paproski
Communications Coordinator
Heartland Health Region
Rosetown
(306) 882-4111, ext. 233