



Newfoundland and Labrador Federation of Agriculture

March 3, 2011

Federation of Agriculture Helps “Root for Health”

The Newfoundland and Labrador Federation of Agriculture (NLFA), working with the Kids Eat Smart Foundation, and School Milk Foundation will celebrate Nutrition Month on March 4th at eighteen schools across the province by hosting an event called Rooting for Health.

This unique event brings together nutrition tips and facts, a visit from local farmers, and a nutritious breakfast. Farmers on site will provide interesting facts and information on their products, how they are grown or produced, and help to dispel any associated myths. Breakfast will include fresh local eggs, milk, and berries. Students will even get the opportunity to plant seeds in their own individual pots to try their hand at farming and growing healthy vegetables.

“This is a tremendous event, which ties in really well with nutrition month and this year’s theme,” said NLFA President Eugene Legge. “The role of farmers in providing healthy, safe food is important for kids to understand and we are delighted to be part of this nutrition month event with the theme of ‘Celebrating Food – From Field to Table’.”

Funding to host the event provided by Growing Forward, a federal-provincial-territorial initiative.

The Newfoundland and Labrador Federation of Agriculture is an organization which represents farmers and farmer groups in the province. Their motto is “Farmers Helping Farmers”, and they believe that by sharing information and speaking with a united voice, farmers can work more effectively for the betterment of the agriculture industry, and for the improvement of the province as a whole. The agriculture industry provides approximately 6200 jobs in Newfoundland and Labrador and has primary and value-added production worth over \$500 million.

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