

This monthly publication is prepared by the [Northern Health Healthy Settings](#) team to provide information and resources for local governments and community organizations to promote and support community health across Northern BC.

For your information

March is Nutrition Month: Recognizing our dietitians

Did you know that dietitians work to improve the nutrition and health of northerners in a variety of innovative roles and settings? You can find Northern Health (NH) dietitians in hospitals, primary care centers, long-term care homes and other clinical settings, as well as working in population and public health to support food action in community organizations and local government. Check out this [NH Story](#) to learn about the roles and experiences of Northern Health dietitians, or find out how to access a dietitian in or near your community on the NH nutrition and dietitian services [webpage](#).

The 2024 "Great Big Crunch" Campaign: Celebrate healthy school food

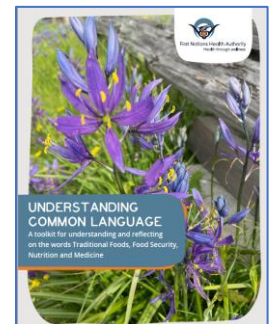
During March, the Coalition for Healthy School Food hosts the annual "[Great Big Crunch](#)" to make some noise for school food programs. There are many ways that individuals or schools can participate: 1) Get some crunchy fruit or vegetables ready, and share your crunches on social media, 2) Celebrate with a fun food activity using the online activity toolkit, and 3) You can register your crunch online or sign up for the virtual "Great Big Crunch" event on March 7 at 10 am Pacific Time.



Resources (toolkits, reports, websites)

Common language project report and toolkit: Traditional foods, medicine, nutrition, and food security (First Nations Health Authority)

These new resources build shared understanding of food-related terms such as traditional foods, food security, nutrition, and medicine. They were developed to support health care staff and food practitioners. The [report](#) explores how community members view these terms and offers regional themes. QR codes link to audio recordings of community member voices. The [toolkit](#) uses infographics of icebergs to show that words have deeper meanings than their colonial definitions and offers reflective questions.



10 ways local government can propel positive social change (Tamarack Institute)

This [guide](#) was built for local governments for local government representatives, community partners, and individuals who wish to deepen their learning and find

guidance on how they can be a game-changer in propelling positive social change.

No Smoking Signage (BC Lung)

In most jurisdictions across Canada, including BC, smoking is banned in all indoor public places and workplaces, including restaurants and bars. Free BC Lung smoking signage is available for local governments. Visit <https://bclung.ca/no-smoking-signage> and search "general". Examples of regional signage are available; email info@bclung.ca for support.



Rural Mental Wellness Toolkit (Stigma-Free Society)

This new [toolkit](#) is designed to support families in rural and agricultural areas facing mental health challenges. You will find engaging resources for audiences including youth, families, and older adults.



Events and learning opportunities

Increasing Affordability Through Municipal Climate Action: Zero Waste & Circular Economy (Climate Caucus)

Date: March 18, 2024

Are you passionate about making a positive impact on your community and taking action on climate change? Are you eager to learn more about how municipalities can play a crucial role in addressing climate change while increasing affordability? Join this [webinar](#) to explore innovative policy solutions and case studies from local governments across the country.

Bridging Community and Data for Climate Action (Tamarack Institute)

Date: March 20, 2024

As community-minded climate changemakers, we know we need to be using data to inform our decisions, but it's often difficult to know where to start. Join this [webinar](#) to begin to tease apart the question of how to bring community leadership and data together for action and learn how to avoid unnecessary silos in your local work.

100 Radon Test Kit Challenge (Take Action on Radon)

Radon is an invisible gas that causes lung cancer, and the only way to know if it's in your home is to test for it. Local governments are encouraged to apply for the [100 Radon Test Kit Challenge](#). The program provides 100 radon test kits to each participating municipality, to be distributed to community members for free.



Funding opportunities

Disaster Risk Reduction – Climate Adaptation (Union of BC Municipalities)

Deadline: March 28, 2024

Apply for [Disaster Reduction-Climate Adaptation funding](#) to support initiatives that reduce disaster risks from natural hazards and climate-related events. All First Nations (bands and Treaty First Nations) and local governments are encouraged to apply.

Anti-Hate Community Support Fund (Ministry of Public Safety and Solicitor General)

Deadline: March 31, 2024

Apply to the [Anti-Hate Community Support Fund](#) for up to \$10,000. This fund supports organizations, such as places of worship or cultural community centres, which have sustained damages to their site(s) or are seeking to enhance security measures in and around their site(s).

Farm to School Canada Grants

Deadline: April 5, 2024

Interested in bringing in more local, healthy food into your school? [Farm to School Canada grant applications](#) are open to all schools (kindergarten to grade 12) in Canada including school in Indigenous communities/nations. School can apply for up to \$10,000 to establish or enhance an existing school food program.

Indigenous Housing Fund (BC Housing)

Deadline: April 30, 2024

Apply to the [Indigenous Housing Fund](#) to create new homes for Indigenous people in your community. Indigenous non-profit housing providers, First Nations and Indigenous governments, and non-profit housing providers are encouraged to apply.

IMAGINE grants (Northern Health)

Deadline: May 10, 2024

Calling all community organizations, schools, Indigenous organizations, and local governments! Are you planning a project that focuses on mental wellness, community diversity, harm reduction, climate action, food security, active living, or community safety? Apply for up to \$10,000 through Northern Health's IMAGINE Community Grant. Registration opens April 1, 2024. For more information on criteria, funding limitations or to view past projects, visit our [webpage](#).

Climate Fund Finder (Clean BC)

Deadline: Ongoing

Planning a climate action project? Need financial support? Not sure where to start? The

[Funding Finder](#) is the tool for you. By answering a few questions, you'll be on your way to learning which programs fit your program best.

#GreenMyCity Program (Green Cities Foundation)

Deadline: Ongoing

Apply for a [#GreenMyCity grant](#) to support the restoration and revitalization of any publicly owned land, including parks, community gardens, sports fields, playgrounds, and public open spaces. Garden clubs, associations, neighbourhood groups, service clubs, and school/youth groups are encouraged to apply.

Northern Healthy Communities Fund (Northern Development Initiative Trust)

Deadline: Ongoing

Is your community nearby an LNG Canada or Coastal GasLink project? Apply for the [Northern Healthy Communities Fund](#) to help your community adjust to the economic growth expected to occur as a result of major economic development projects.

Northern Health Stories

WHO declares loneliness a “global public health concern”

The World Health Organization (WHO) recently shared a [report addressing the issues of social isolation and loneliness](#), highlighting the importance of fostering social bonds and connections for individuals' overall well-being. Loneliness and social isolation are widespread challenges that impact people across different ages and regions globally. ...[continue reading](#).

See the latest stories at stories.northernhealth.ca.

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