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## NEWS RELEASE

### “Empowering Family Health” is Underway.

May 17, 2016

**North Cariboo, BC:** *Growing North Cariboo Society* is excited to announce that the project “Empowering Family Health” is well underway. The project itself is being managed by the Partners for Healthier Communities: North Cariboo / P4HC:NC and is composed of multiple components and involves many community based partners. The project is funded by Northern Health.

The first component being worked on by the P4HC committee is to develop a Resource Inventory that residents, organizations, and agencies can access that has a focus on local food production, food security, and agricultural initiatives. The main objective of this inventory is to have a resource that highlights local resource people and topics, organizations and agencies, events, and available facilities which have a kitchen that can be accessed by community to do food preservation. Following the creation of the inventory, five workshops, with a focus on food production and /or food preservation will be held in five different rural communities. This phase of the project is being completed by Heloise Dixon-Warren who has been hired on as the Program Resource Development and Workshop Facilitator Position.

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.

For additional information on how to be listed in the Resource Inventory, this project and its partners, please contact Heloise Dixon-Warren, 250.249.5329 / [empoweringfamilyhealth@gmail.com](mailto:empoweringfamilyhealth@gmail.com) or check out the “Empowering Family Health” weblog [empoweringfamilyhealth.blogspot.com](http://empoweringfamilyhealth.blogspot.com) For information on the P4HC:NC or *Growing North Cariboo*, please contact Lynda Atkinson at [GNC@farmed.ca](mailto:GNC@farmed.ca) or 250.747.3700.