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Weather

	TODAY: SHOWERS
	HIGH OF 20 LOW OF 15
	TUESDAY: SHOWERS
	HIGH OF 21 LOW OF 15
	WEDNESDAY: 60% CHANCE OF SHOWERS
	HIGH OF 23 LOW OF 15
	THURSDAY: MIX OF SUN AND CLOUDS
	HIGH OF 27 LOW OF 17
	FRIDAY: 60% CHANCE OF SHOWERS
	HIGH OF 26 LOW OF 15

Missisquoi North Volunteer Centre Nutri Sante Committee



THE SCOOP MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) has been offering weekly youth programs in the Potton and surrounding area for over 30 years now. The recent pandemic has certainly taken its toll on programs like these and so many others offered to a diverse clientele base through the organization. One committee of the CABMN that might not be identified initially for "youth" related work, the Nutri Sante committee continues to spread its message in the community.

The Nutri Sante committee of the CABMN has long offered in school workshops and information sessions on healthy eating for children and their families. The group of enthusiastic volunteers often chooses their workshop recipes based on the health produce available during any given season. Introducing children to various fruits, vegetables and healthy substitutes for recipes and encouraging the students to prepare these tasty treats and home for family and friends is a focus of the group.

During the pandemic since they could not see the children nor offer one of their inspirational workshops the group decided to contribute healthy personal favourite recipes to be combined into a small handout cookbook for the children. These booklets were printed on colourful paper and as soon as the school re-opened they were delivered to be distributed as a message to the children that the committee thinks of them often and continues to offer its support in healthy choices to ensure their well-being.

A week or two later, bananas were delivered to the school with the message that, "we are bananas for our youth!" Another message to the students that they are on the minds of all who wish



Some of the members of the CABMN Nutri Sante committee sporting their new aprons.

they could return to the old "normal."

Last week the Nutri-Sante committee met in the park located in the center of Mansonville to receive special aprons made for the committee by the CABMN in recognition of the group's efforts. In a physical distanced meeting some members of the committee met for a long awaited visit after not seeing one and other for months!!

"It's hard after all of the seclusion to see these people and not be able to give them a hug knowing we must maintain a distance," said volunteer committee member, Monique Hebert.

Unfortunately two members of the committee were not available for the quick gathering in the park but will receive their aprons soon. The group is hoping to plan another gathering soon just to sit and catch up while maybe getting in an idea or two for future workshops with the children.

Other areas of the CABMN are also finding ways to let the youth know they are being thought of and missed. This week, Sarah Jersey and Ethan Ball (part of the youth services coordination team at the CABMN youth centre) will be delivering summer themed "thinking of you" kits prepared by Jersey and her daughters (Kendra and Ava).

"We miss the kids from our groups so much," shared Jersey. "We want them to know that we are hoping all of our programs will be up and running (while respecting the Government directives) by this fall and we will be there

for them," she added. "These packages are just a reminder."

For more information about the Nutri Sante or Youth Programs of the CABMN visit www.cabmn.org



PHOTO: COURTESY
One of the assembly lines as Sarah Jersey prepares summer themed hand outs for the youth in CABMN programs to be delivered by YC staff to each home.

Ben by Daniel Shelton

