

Dexter | C.P. Allen High School

“Rain Can Bring New Growth”

Each spring in Nova Scotia, rain comes and washes away the snow. The rain brings new growth and a fresh start. Our rain cloud, with fresh green growth at the bottom, is a representation of the hope that FEED NOVA SCOTIA is for people when they experience hard times. According to Canada’s Food Guide, people should have a green and orange vegetable everyday. We have included a variety of both green and orange vegetables to help people meet this important nutritional goal. Also, we decided to allow for people to make colourful plates of food for variety and enjoyment of meals. Peas, spinach, carrots, wax beans, beets, potatoes, green beans, and chicken allow for a balance of colour and vitamins. Since spinach and carrots are two of the most nutritionally dense vegetables, we believe it would be great to help people have access to some of the most beneficial foods. These combined with good quality protein will help those accessing FEED NOVA SCOTIA to have the building blocks of a balanced and healthy diet.

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Special thank you to Dexter Construction, for supporting the growth and learning of students.



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