



## B.C. First Nations Head Start **Smun'eem Head Start Good Food Box**

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THE SMUN'EEM HEAD START IS LOCATED ON KUPER ISLAND, a small island that is accessible by ferry from Chemainus. Kuper Island is almost all Penelakut Tribe Reserve, and there are no stores on the island. We shop weekly for the Head Start program and bring in groceries by ferry so that we can offer snacks and hot lunch.

The Spring 2003 issue of *Growing Together* came with a focus on nutrition and a Good Food Box program being offered at Syaykw Head Start in Sechelt. With a small amount of research we discovered that there were other programs offered on Vancouver Island, and that we could do it with just a bit of organization and a whole lot of community support!

Our first Good Food Box was in June 2003, with 16 boxes. We shopped at a year-round farmers' market. They were able to fax us their pricing sheet and get our order ready for pick-up. We brought the fruits and vegetables over and had community members distribute the boxes.

Since then we've had up to 24 Good Food Boxes each month, and the community is able to sign up at the Adult Program, health clinic or daycare each month. Families have been eating more fruits and vegetables, making their shopping dollar go farther and trying some new fruits and vegetables. The Head Start program simply collects the money, orders the food, and drops off the produce for packing and delivery by volunteers.

Thank you *Growing Together* for sharing Syaykw's success and for all the web sites for more information. Thank you Syaykw Head Start for letting your success become our success too.

Ramona Melason  
Coordinator, Smun'eem Head Start (Kuper Island)