

they tie the recipes to a story. One time they made bread stone soup.



To offer the programs free, the NCC staff has to be innovative. They get help from the Haliburton Kawartha Pine Ridge District health Unit and supplies from the Food4All Foodbank now located in Cobourg.

And they try to work the Good Food Box into the lessons each day. The Good Food Box, operated by the Salvation Army provides 40 pounds of fresh fruit and vegetables once a month for \$15. The boxes can be picked up at Colborne Public School or Colborne Community Care.

In the 11 Colborne Chefs programs to date there have been 122 kids take part. Those who are 4-8 come with a parent.

NCC partners with Rebound, the Friday Play Group, the Northumberland Child Development Centre and Cobourg Community Counselling with the groups all sharing a classroom at the school in a room provided by the Kawartha Pine Ridge District School Board.

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