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A Nutritious Start to Life

Projects

Art Cart at Local Gallery



From left: Bev Routledge, Bill Phillips, Michelle Fuller and Lori Roy

A Foundation grant of \$2,000, through the Jennifer Phillips Memorial Fund, is going to help with pre and post-natal nutrition for women and their babies in the Shuswap.

Community Baby Food Kitchens is one of the Shuswap Family Resource Centre's many programs.

Bev Routledge, co-ordinator of the Healthiest Babies Possible (a pregnancy outreach program), says at

the present time (October/04) some 40 women clients in Salmon Arm, eight in Enderby and nine in Sicamous are learning to cook nutritious meals for themselves and their babies.

Assisted by Michelle Fuller and Lori Roy, these clients have come to take an active role in both food shopping and cooking for their families. The advantages are many because the women not only learn to shop and cook effectively, they also act as a support network for others. Routledge is pleased that some of the program's clients are now taking leadership roles.

The Foundation's grant is only part of the program's funding. The bulk comes from the Interior Health Authority and Health Canada. The number of women seeking help from this program is growing, according to Routledge. She estimates the program, which is funded for 50 participants, grows by nine women a month. At this rate, the number of women seeking assistance will expand to 100 by the end of the fiscal year in March 2005.



Children, ages four to 10 years, have a chance for some "hands on" art experiences thanks to a new program offered at the SAGA Public Art Gallery in Salmon Arm.

And there's now an "Art Cart" to hold materials for the program's activities.

Every Saturday afternoon, between 2 and 4 pm, young children accompanied by a parent come to the Gallery to try their little hands at "making art." The event is free and the Gallery supplies materials and ideas!

The Saturday afternoon children's art session is the brainchild of Gallery administrator Tracy Kutschker who initiated this during the Gallery's 10th Anniversary celebration in August, 2004. She wanted to make the gallery experience accessible for the next generation of Gallery supporters.

Tracy volunteers her time with the Saturday sessions teaching new ideas to the children before handing them material: glue, child-safe scissors, old magazines and donated scrap paper etc. from area businesses. Tracy adds that the ideas spring from the theme of the gallery's exhibition. She says, "for example, a fish mobile for the Gone Fishin' show, but we are also going to make use of holidays, too. After our collage self-portraits, we are doing valentines for Feb. 5 and 12."

The Shuswap Community Foundation (through the Wainwright-Mobley Memorial Fund) gave the project \$800 for an "Art Cart" which is now finished and ready to hold an Aladdin's Cave of art supplies. The Gallery commissioned local furniture-maker Brian Washington to make the Art Cart.



From left: Chelsea Vetter and her daughters Tirzah and Tamlin, Tracy Kutschker and daughter, Layla.