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## Weather



TODAY:  
SUNNY

HIGH OF 17  
LOW OF 5



TUESDAY:  
SUNNY

HIGH OF 21  
LOW OF 9



WEDNESDAY:  
CLOUDY

HIGH OF 24  
LOW OF 14



THURSDAY:  
CLOUDY,  
SHOWERS

HIGH OF 19  
LOW OF 9



FRIDAY:  
PERIODS OF  
RAIN

HIGH OF 15  
LOW OF 5

# Children's Annual Harvest Lunch in Potton



## THE SCOOP

### MABLE HASTINGS

The Missisquoi North Volunteer Centre (CABMN) Nutri-Santé Committee in cooperation with Potton's two local elementary schools (The Baluchon and Mansonville Elementary) collaborated in offering the students from both schools a delicious fall harvest lunch on Friday, September 29.

Last year the Baluchon welcomed MES students and this year the event was hosted by the Mansonville Elementary School with over 100 students, teachers, staff and guests attending. The harvest meal was prepared by the CABMN Nutri-Santé Committee made up of the following members: Madeleine Soucy (Chairperson), Christian Donaldson, Hether Fankhauser, Denise Sansoucy, Janine Sourdif, and event volunteer Janine Leclerc. The meal included Gazpacho soup, a vegetarian pate chinois and a delicious dessert cake.

The students from both schools work throughout the year in the children's gardens and this event gives them the chance to see healthy, colorful, and delicious recipes created with the produce. MES teacher, Dan Aucoin has assured that his students take part in all facets of the garden at their school. Many of the children commented on how much they enjoyed the meal and the adults present were impressed by the smiling faces and hearty appetites.

For the Nutri Sante committee, this event is one of their favorites. To thank the long-time chairperson of the Nutri Sante committee, Madeleine Soucy, all of the children signed a beautiful "healthy foods" cookbook that was presented to her with gratitude for the continuous devotion, leadership and the efforts



The two school Principals (Amelie Girard Ecole du Baluchon, middle back row and David Scott, MES, middle on the right) are pictured with the Nutri Sante Committee.



PHOTOS COURTESY

The children enjoying the lunch

made by Madeleine and the NS committee in encouraging the kids to make healthy eating choices, get plenty of exercise and be proud of the food they are able to help grow.

The Nutri-Santé Committee makes a vital contribution toward the mission of the CABMN in improving the quality of life for all citizens. Emphasizing on the children is the best way to create healthy and longstanding habits in regards to

good food choices and exercise. Keeping Potton's youth strong, aware and implicated in these choices is something the committee strives to achieve.

For more information about the Nutri-Santé program or any of the CAB's other programs visit: [www.cabmn.org](http://www.cabmn.org) If you would like to become a volunteer and help with activities such as this, you can find out how by visiting the site today!

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## Ben by Daniel Shelton

