

OUR MISSION

Novato Live Well Network aims to work with and educate families, schools, and our community about the positive benefits of choosing sustainable ways of eating, gardening and living. We want to bring people to the table to: Share what we have learned. Have an open dialog regarding the issues. Collaborate to find creative solutions. Advocate where change is necessary. And provide educational opportunities.

*The Novato Live Well Network is a sponsored project of **MarinLink** a California nonprofit corporation, exempt from federal tax under section 501(c)(3) of the Internal Revenue Code, as amended.*

Board Members: Barb Curtice, Norma Eckert, Heidi Kertel, Vicky Meblin, Annie Spiegelman, Veronica Valero, & Miguel Villarreal.



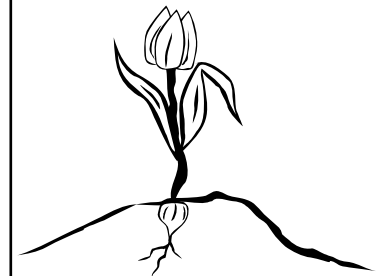
Ideas grow from seeds of possibilities

Novato Live Well Network

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Novato Live Well Network



**Nurturing the Body,
Sustaining the
Community**

*From the Garden
to the Table and In Between!*

TEL: 415-897-2302

Novato Live Well Network



From the Garden, to the Table, and in between!

OUR VISION: What we eat, how our food is grown, and how we take care of the land can have a positive or negative impact on ourselves, our community, and our world. Our vision is to work collaboratively with others to find ways to reduce the negative impacts by making better, *sustainable** choices. Below is a list of some of our projects.

LUNCH BUDDIES (LBs): This program was developed in collaboration with the Food And Nutritional Services (FANS) department of the Novato Unified School District (NUSD). LBs are volunteer adults who come during school lunch to talk to the children about food and nutrition while giving food samples, doing surveys, and assisting during lunch. We also assess the lunchroom experience and provide feedback to FANS staff. We work collaboratively with all parties to promote better eating habits and to create a positive lunchroom experience for the children and the staff.

LOCAVORES OF NOVATO: We challenge ourselves to purchase food grown within a 100 mile radius of our homes. In addition to supporting local agriculture, it brings awareness and appreciation about where food comes from. Shopping locally for our food also helps us "step lightly" on our planet by

reducing carbon emissions and natural resources used to transport the food we eat.

SCHOOL GARDENS: NLWN was instrumental in assisting the Food And Nutritional Services department of the NUSD in applying for the non-competitive California State Instructional School Garden Grant. We achieved 100% participation of all schools in the district, totaling \$45,000 in funds. NLWN will continue to support effort in growing, maintaining and sustaining school gardens.

COMMUNITY GARDEN: In the summer of 2006, the NLWN started a Novato Community Garden Committee to generate interest and support, and to locate land and funding to start a Novato community garden.

EVENTS (2006-2007): The Novato Eat Well Festival, Garden & Kitchen Tours, Eat School Lunch with Your Kids Day, and a Heath Forum on Environmental Toxins. More events planned with continued collaboration and partnerships.

RECYCLING & COMPOSTING: In the schools and modeled at home. Join us for these future projects.

**Sustainability describes choices we make that have a positive impact on individuals, our community, and our ecosystem. The Worldwatch Institute defines "sustainable" as meeting the needs of all people "without threatening the health of the natural environment or the well-being of future generations."*



NLWN serving our families, schools, and community.

NLWN Membership Form

Please let us know your areas of interest:

- | | |
|--|---|
| <input type="checkbox"/> School Food Issues | <input type="checkbox"/> Community Gardens |
| <input type="checkbox"/> Locavores of Novato | <input type="checkbox"/> Recycling & Composting |
| <input type="checkbox"/> School Gardens | <input type="checkbox"/> Workshops, Forums & Events |
| <input type="checkbox"/> Volunteer | |

To support Novato Live Well Network and its projects:

Please Make Checks payable to our fiscal agent "MarinLink", and put "Novato Live Well Network" in the memo line. This donation can be claimed as a charitable contribution as allowed by the IRS.

- | | |
|-------------------------------|---------------------------------------|
| <input type="checkbox"/> \$30 | <input type="checkbox"/> \$100 |
| <input type="checkbox"/> \$50 | <input type="checkbox"/> \$200 |
| <input type="checkbox"/> \$75 | <input type="checkbox"/> Other: _____ |

Comments:

Name _____

Address _____

Schools children attend (if applicable) _____

Phone _____

Email _____

- Please add me to your email list to keep me informed.
 NLWN Privacy Policy: NLWN will not sell nor distribute your information to other individuals or organizations.

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