

FOR IMMEDIATE RELEASE

St. Mary's University College Students, Staff and Faculty Break Bread to Examine the Benefits of Eating Locally

Calgary, AB (March 28, 2011) – St. Mary's students, staff and faculty came together today to share a meal of food served from within a 100 mile radius of Calgary and hear about the benefits of eating locally grown food as part of the 100 Mile Lunch program.

Today's program was developed for the purpose for creating awareness of the benefits of eating locally grown food and showcasing this in real life situations. Nancy Quan, Director of Campus Ministry at St. Mary's University College and coordinator of the program, states that this type of program is "a wonderful opportunity to come together as a community to hear about the environmental, health and relational benefits of eating locally." She goes on to state that "it is important to develop learning opportunities where students, staff and faculty can see firsthand the importance of eating locally."

To outline the importance of this, St. Mary's University College brought in Erin Kaipainen, Director for Community Engaged Learning at the University of Calgary, to speak on "Local Food: Sustenance for People, Communities and the Planet."

Examining the importance of developing local community gardens, Kaipainen discussed three different projects she has been involved with which work with local communities to create a healthier, positive neighborhood environment and improve the livability of the community as a whole; *The Grandview Community* project, *Sustainable Living Ottawa East* project and *New Orleans: Katrina as Catalyst for Local Food* project. According to Kaipainen, "these local food programs have connection to leadership, generating safer communities, developing education and creating employment opportunities, each leading to creating a healthier, sustainable community." To learn more about these programs e-mail csi@ucalgary.ca or call (403) 210-6509.

About St. Mary's University College

St. Mary's University College is a Catholic post-secondary, liberal arts and sciences teaching and research institution open to all faiths and traditions. St. Mary's offers Bachelor of Arts degrees, a Bachelor of Education (Elementary) degree and university courses in 33 academic disciplines. For more information, visit www.stmu.ca

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