



School Food For All:
Nourishing Futures



L'alimentation scolaire pour tous :
Nourrir l'avenir



Engaging Children and Youth and Bringing Student Voice into School Food Programs

Northumberland Regional High School
Alma, Pictou County, Nova Scotia

Thursday June 4, 2026 10:40am



Équiterre



Karma Closet



Who are we?



- **The Karma Closet is a student lead and run organization that was founded in 2019 by the Yoga 11 class At NRHS**
- **Advised By Karen Berezowski and Paul Heighton**



What We Do

Our volunteers work incredibly hard to provide

- **Free breakfast**
- **Hot lunch**
- **Hygiene products**
- **Clothing**



Our main Goals



- **eliminate the stigma around needing something**
- **Providing necessities for those who need it**



Consistent access to these resources has helped result in fewer school incidents involving violence, in-school and out of school suspensions



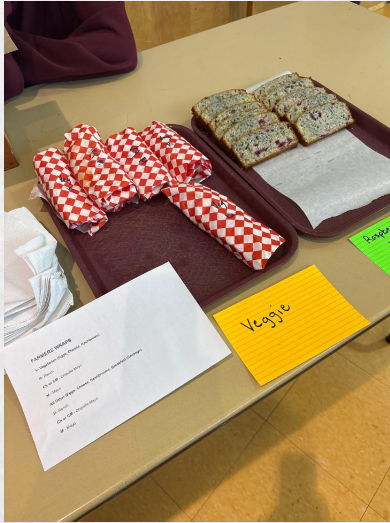
The Karma closet

- **Student led organization**
- **Weekly meetings**
- **Organized tasks such as - snack bin fill ups, hygiene bin fill ups, breakfast program volunteers, daily kitchen crew**
- **All volunteer positions filled by students**



Breakfast

We provide a daily free breakfast program consistently stocked with milk, cheese, and fresh fruit, as well as a variety of fresh baked breakfast wraps, sandwiches, muffins, etc.



Free Salad Bar Lunches

- **The free lunch program started out small...just a few times a week with a limited menu and small serving sizes but as a result of a growing number of student volunteers and many generous donations of money, food, and equipment, it has continued to grow over the years.**
- **We offer a fresh salad bar filled with fruits and veggies, three hot soups, and 4 hot main dishes everyday. All hot, fresh, and free!**
- **This year (2025-2026) we have served over 18,000 meals, with a 20% increase in demand from last year, and 57,000 total since we started in September 2023. We work with 32 Culinary Skills trades students per semester, 40 student volunteers and 24 support staff, rotating volunteer shifts and supervising.**

The chefs & The workers





Donations

- **We obtain these supplies, products, and packaged food items through a combination of community donations and grants and support from businesses and families!**
- **We are always accepting donations from our community, and have an easily accessible link on our NRHS Karma Closet facebook page if anyone has interest in donating.**
- **<https://ccrce.schoolcashonline>**





Collaboration



Student 3D drawing of greenhouse, we are recent recipients of the Atlantic School Food Infrastructure Grant! A 42' geodesic dome will be completed in Summer 2026! This will help supply our free salad bar with greens we can grow ourselves.



Construction began last week!

Monday May 25 and progress to Saturday May 30



Where comes the moneyy

Northumberland Regional High School Karma Lunch				
		Total Money Spent to date	Total # of Students served all year	Total Yearly Cost per Students to date
Totals Since Karma Lunch Began in 2023/2024				
	2023/2024	\$37,820.40	20103	\$1.88
	2024/2025	\$42,259.50	19035	\$2.22
	2025/2026 (On Gong until June 19)	\$45,397.02	17966	\$2.48
	Total to Date (June 1 2026)	\$125,476.92	57104	\$2.20

Find Us on Facebook: Nrhs Karma Closet

Northumberland Regional High School, Pictou County (Northern Nova Scotia)

