



what's on your plate?

Food Awareness

We all want to know where our food comes from, how it's grown, when it was picked and how it's processed. Buying locally grown food keeps money within the community and conserves non-renewable energy sources.

What You Can Do

- Shop at your local farmers' market; www.cobourgfarmersmarket.ca/, www.farmersmarketsontario.com/mypick/
- Get a Proudly Northumberland Farm Gate Guide (www.ProudlyNorthumberland.ca.) and buy direct from the producer
- Seek seasonal local produce in supermarkets and whenever possible, choose organically grown

Food Accessibility

Everyone needs access to affordable, fresh local fruits and vegetables. More than 4000 families in our area live in poverty. We also need good nutritional information, awareness of local programs and enticing recipes suitable for all.

Contact

www.dietitians.ca/index.asp;
HKPR District Health Unit,
905-885-9100, www.hkpr.on.ca;
Good Food Box Program; Plant a Row-Grow a Row; Food Banks;
Northumberland Food for Thought; Milk for Moms;
www.foodforall.ca/

Food Connections: via our website and food committee

The Sustainable Cobourg food committee aims to engage the community about the benefits of a sustainable food system, link articles, best practices and superb library, electronic and

print resources. We are a clearing house. Connect your group and ours! Join Sustainable Cobourg Food Committee today: www.sustainablecobourg.ca or for info www.facebook.com/SustainableCobourg

Check out these sites

<http://localfoodplus.ca/>; <http://kitchengardeners.org/>; www.hkpr.on.ca; www.locavore.ca/; www.wholearth.com/slow-food-northumberland

Food Future

Reform, news, support!

What You Can Do

- Lobby for policy reform which makes sustainable local food accessible, equitable, and available
- Support local farmers, food production, cold storage and food manufacturing
- Concentrate special efforts on awareness to public schools and institutions such as Cobourg Public Library, Cobourg Town Council



**JOIN THE FOOD CONVERSATION, FIND USEFUL INFORMATION OR VOLUNTEER AT:
www.sustainablecobourg.ca; facebook at www.facebook.com/SustainableCobourg**