

I will give it a try

I am already doing it

# PERSONAL ACTION PLEDGE

- Check the labels** on the food you buy to see where it comes from. Look for alternatives from your own region.
- Support your local farmers.** Small family farms produce more food per acre than large industrial corporate farms (CSA's, Farmers Markets, local eggs, local meats)
- Consider eating seasonally** and savour the food that is always at its best!
- Lobby your favourite grocery store to stock more local food** and to flag it with high visibility "LOCAL" labels
- Search out and **support restaurants that source local food.**
- Grow some of your own food.** Urban or rural, big or small, almost anyone can grow some food
- Take a canning/preserving course.** Or check out this great reference book "Putting Food By"
- Take a foraging workshop or go for a foraging walk** with someone who knows wild plants, who harvests sustainably with a focus on edible invasives
- Procurement:** If you belong to an organization/company/society, start a discussion about sourcing local food for your events, conferences, cafeterias
- Spread the word.** Host a local food dinner party or a local food potluck. Host a screening & discussion around First We Eat
- Join or support organizations in your community that support local food** or national organizations such as Food Secure Canada and Food Day Canada
- Donate to international organizations** such as the United Nations World Food Program who also promote sustainable local food production in the most vulnerable countries.

**What are other actions I want to commit to?**

**Name:**

**Email Address/ Mailing Address**

Put this on your  
fridge to keep  
track of how you  
are doing!

**Help create an incredible local food ecosystem in your  
community |**

# HOW TO SUPPORT LOCAL FOOD IN YOUR REGION

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**How to find local food producers in our community!**

**Where you can sign up for CSA boxes**

**Information on local food organizations**

**Local Farmers Market schedules**

**Seasonal food & foraging guide for our region!**

**Community gardens in the area**

**Preserving or growing workshops in the area**

**Retailers and/or restaurants that source local in our area**

**Seed saving course/seed library for cultivars that grow well in our area**

**Indigenous Food Sovereignty organizations to support!**

