

I will give it a try
I am already doing it

FIRST WE EAT LOCAL FOOD 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 food sovereignty** 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?

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

**Help create an incredible local food ecosystem in your
community | <https://firstweeat.ca/>**