

Pick Your Own Farms

Strawberries, raspberries, beans, peas, cucumbers and more! For a list of local 'Pick Your Own' Farms visit:

www.tbdhu.com/healthyliving/healthyeating/foodsecurity

Produce is not the only food available locally in Thunder Bay! Meats like beef, pork, veal and chicken can all be found locally in addition to honey, eggs and cheese! For a list of local producers see:

www.tbdhu.com/healthyliving/healthyeating/foodsecurity

and download our Farm Fresh brochure or call 625-8315 to have one mailed to you.

Plentiful sources of wild produce, fish and game can also be found in Thunder Bay simply ask around.



Are you already an avid flower gardener?
Why not snack on a berry or two while you weed?
Incorporate vegetables and fruit among your flower beds
to get the most out of your garden this year!



Health
for
Life!

Produced by the Thunder Bay District Health Unit,
Nutrition Promotion 625-8315
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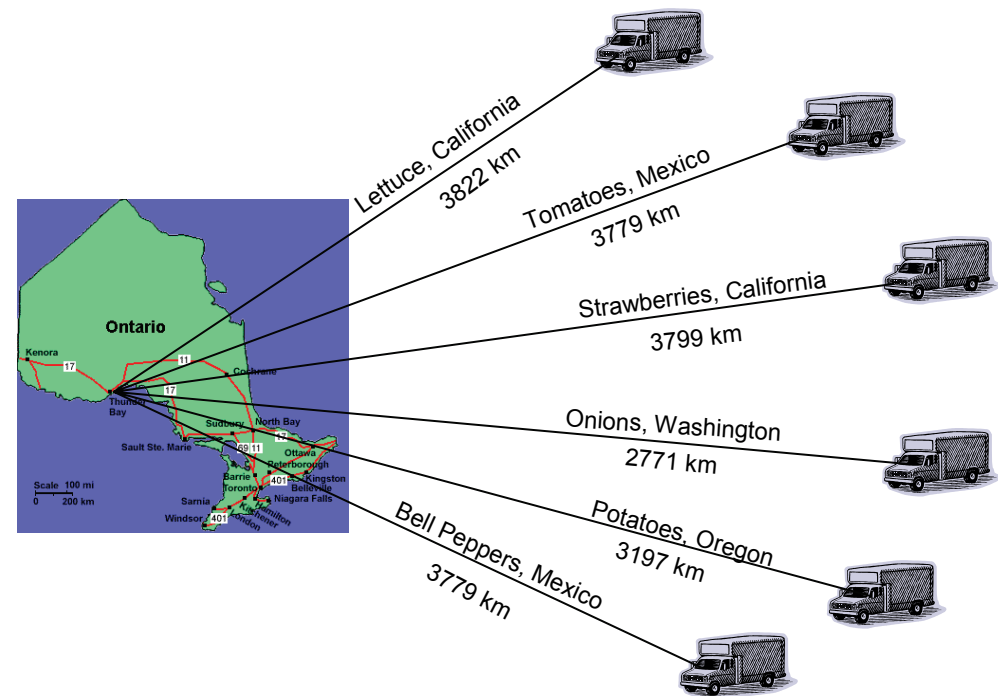
Where in the World Does Your Food Come From?

Did You Know...To get to Thunder Bay:

- Imported fresh fruits and vegetables travel over 3500 kilometres
- Locally produced fresh fruits and vegetables travel less than 50 kilometres

Impact of Importing:

- 70 times more greenhouse gas emissions are released contributing to pollution and climate change
- Less money in our local economy



Does Your Food Taste Tired?



You'd be tired too...
If you just traveled
3500 kilometers!

Buy local, buy fresh!

There are many benefits to buying food that is grown locally.

Locally produced food:

Is fresh, nutritious, and loaded with flavour

- keeps money in the local economy, creates jobs and supports farmers
- uses less packaging which means less garbage in our landfills
- uses less fossil fuel for transport, contributing less to pollution and global warming

Learn to garden

-
your skills will last a lifetime

Grow it!

Growing your own food or participating with others in a community garden can build food security.

Growing your own food:

- ensures food for you and your family
- gives you a sense of accomplishment and pride

Community gardens:

- allow people to share information and work together
- build stronger, safe neighbourhoods

School gardens:

- teach about food, health, environment and the economy as well as responsibility and cooperation
- supply tasty, healthy food for school snack and lunch programs

Contact the Thunder Bay District Health Unit, Nutrition Promotion at 625-5956 for a garden near you and upcoming garden workshops.

The transport of food has a big impact on pollution and global warming.
You can reduce this impact by choosing to buy local food.

Buy it!

Thunder Bay Country Market

Saturdays

May to December

9 am to 1 pm

(May, Oct, Nov & Dec)

8 am to 1 am

(June, July, Aug & Sept)

Location:

Canadian Lakehead Exhibition Grounds, Dove Building
Corner of May St. & Northern Ave (Next to Silver City)

For more information call: (807) 622-1406



Thunder Bay Farmers' Market

Tuesday to Saturday

May to December

Locations:

Grandview Mall
Northwood Park Plaza
Wilson Street Park

Lakehead Labour Centre
Victoriaville Mall

Call for hours: (807) 964-2042

**If you are unsure where produce comes from
- just ask!**