



**Share!**

### **We need your support!**

Donations of food, equipment, time and funds all help Food Action Programs to continue running.

### **Programs can use:**

- Kitchen utensils and equipment
- Food
- Hats
- Sunscreen
- Freezer bags/containers
- Mason jars (snap-lid compatible)
- Canning supplies
- Volunteers
- Books/resources
- Land to garden
- Kitchen facilities
- Financial assistance

## **The Food Action Network**

The Thunder Bay Food Action Network (FAN) is a non-profit coalition that works to improve access to safe, personally acceptable, nutritionally adequate food through a sustainable local food system. It brings together community members and organizations working in health care, social services, agriculture/food production, community development, education, anti-poverty, emergency food aid, environmental protection and municipal government to improve community food security in Thunder Bay and surrounding area through coordinated, community-led action.



For more information, to volunteer, make a donation or to become a member of FAN, call the Thunder Bay District Health Unit at 625-5956.

[www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/](http://www.tbdhu.com/HealthyLiving/HealthyEating/FoodSecurity/)

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*Eat Local*  
grow • cook • share





## Our Vision

A community where all residents can eat a safe, personally acceptable, nutritious diet through a sustainable food system that maximizes self-reliance and social justice.

## Actions

- Promote, support and coordinate food action programs.
- Develop a Food Charter for Thunder Bay and Surrounding Area.
- Hold events such as Community Forums and Strategic Planning to raise awareness and generate community action for food security.
- Advocate for policies that support community food security.
- Monitor food security in Thunder Bay and district.
- Promote locally produced foods.
- Apply for funding to finance projects.



**Grow!**

## Food Action Programs in Thunder Bay

### The Good Food Box

A program for people who want to buy quality, fresh, local produce at a lower price than shopping at the grocery store, delivered to their neighbourhood.

### Community Kitchens

Small groups of people who get together to cook healthy, economical meals to take home to their families.

### Community Gardens

Garden plots for people to grow their own vegetables and lower their food costs.

### Gleaning

Provides transportation to local farms to pick crops for free after the main harvest.

### Food Banks and Soup Kitchens

Provide emergency food hampers and daily meals.



**Cook!**

## Food Action Programs in Thunder Bay (continued)

### Student Nutrition Programs

Provide children with a nutritious breakfast, lunch or snack at school, along with nutrition education.

### Moose on the Loose

Provides MNR seized moose, deer and fish to people on low income.

### Plant a Row, Grow a Row

A program that encourages people to plant extra produce in their gardens to donate to food banks and soup kitchens.

### Food Action Programs

- Promote dignity, self-reliance and build community
- Develop food skills such as gardening, cooking and food safety.
- Provide a way for people to work together to meet the food needs of their families and their community.



**Eat Local!**