

## Getting Involved

### Words to Eat By

- ***Be a wise consumer***
- ***Make healthy food accessible to all***
- ***Grow your own produce***
- ***Share your food traditions***
- ***Compost your food and garden waste***

- ***Thunder Bay Food Charter***



### *Earthwise Action Plan*

Help secure Thunder Bay's environmental health. Want to be more involved?

Visit: [www.earthwisethunderbay.com](http://www.earthwisethunderbay.com)

### *Thunder Bay Community Gardens*

Don't have a garden? Join a community one! Share a plot of land with neighbors and grow fresh fruits and vegetables together. The land may be a private donated garden or public property that your group has been allowed to use. For more information contact **625-5956**.

### *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 neighborhood. Call 345-7819.

### *Get Fresh*

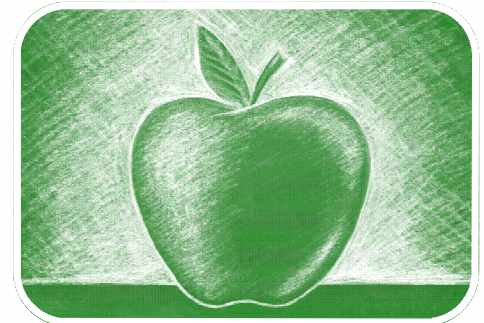
For information on where to buy local food, check out the 'Get Fresh' guide.

To get a copy of the Thunder Bay 'Get Fresh' guide, and to find out more about local food programs, Visit:

[nwofood.ca](http://nwofood.ca)

## FOOD & THE ENVIRONMENT

### WHAT CAN YOU DO?



EASY STEPS TOWARDS GREENING THE FOODS YOU EAT.



Thunder Bay District  
Health Unit

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[TBDHU.COM](http://TBDHU.COM)

## Make Healthy Choices

Pound for pound kids eat more than adults. This means that children take in and absorb more contaminants which can end up affecting your child's health. While we cannot



remove all of the toxins and hazards around us, we can make day to day changes to create a safe and healthy place for children to live.

### Where to start?

A good place to start is with the food you eat. Here are some tips to help you out!

1. Rinse produce under running tap water. Rub with hands or scrub with a brush.
2. Peel the skins off fruits and veggies after washing. Discard outer leaves of leafy vegetables.
3. Buy organic fruits, vegetables, meat and poultry whenever possible. Ask your supermarket manager to make more organic and local produce available.
4. Choose low-fat meat and dairy as the fat is often where contaminants are stored.
5. Grow your own food. A small window-pot can grow herbs or tomatoes.



6. Buy local fruits and veggies when possible. This means less distance from field to table. Fewer pesticides and preservatives are needed.

7. Eat a variety of foods to prevent repeated exposure to the same chemicals.
8. Prepare more homemade foods rather than buying prepared store bought ready foods which often have more additives.
9. Buy products in BPA free cans ie. Packaged in bottles, stainless steel.

### Money-Saving Tips



- \$ Looking for a fun family outing? Visit a farm that allows you to "pick your own" produce. Veggies and fruit don't get any fresher, or more delicious than this!
- \$ Plant your seeds and nurture your own garden with your kids. Preparing your soil with organic matter or compost will give you a good start to a successful gardening season and bountiful harvest.

## The Dirty Dozen

While pesticides sound scary, it is important that you do not remove fruits and vegetables from your child's diet. The essential nutrients in them are important for your health and outweigh the potential risk of chemical exposure. If you are worried about pesticides, choose products that are grown using a smaller amount. Also, you can lower your exposure by 90% by choosing organic produce when buying one of Dirty Dozen listed below.

Worst - Dirty Dozen (Buy these organic)	Best - Clean 15 (Lowest in Pesticide)
1. Celery	1. Onions
2. Peaches	2. Avocado
3. Strawberries	3. Sweet corn
4. Apples	4. Pineapple
5. Blueberries	5. Mangos
6. Nectarines	6. Asparagus
7. Bell Peppers	7. Sweet Peas
8. Spinach	8. Kiwi
9. Kale	9. Cabbage
10. Cherries	10. Eggplant
11. Potatoes	11. Cantaloupe
12. Grapes (Imported)	12. Watermelon
	13. Grapefruit
	14. Sweet Potato
	15. Honeydew Melon

Environmental Working Group  
[www.foodnews.org](http://www.foodnews.org)