



# Our Family Food *Action Plan*



☑	<b>Getting Started</b>	<b>Resource / Notes</b>
	<ul style="list-style-type: none"> <li>• Create a meal plan using local in-season or stored produce</li> </ul>	<i>Conscious Grocer</i> (here in town!) <i>The Complete Root Cellar Book</i> by Steve Maxwell and Jennifer MacKenzie. DIY coldrooms, root cellars and 100 recipes!
	<ul style="list-style-type: none"> <li>• Find locations nearby that grow or sell local produce</li> </ul>	<a href="https://www.wellington.ca/en/business/tr-findlocalfood.aspx">https://www.wellington.ca/en/business/tr-findlocalfood.aspx</a>
	<ul style="list-style-type: none"> <li>• Refuse plastic wrap on meats, cheeses, breads and plastic bags</li> </ul>	Bring your own bags and containers when shopping.
	<ul style="list-style-type: none"> <li>• Plan a visit to a local farm during this growing season. Pick some fresh stuff!! Talk to farmers.</li> </ul>	
	<b>Buy More</b>	
	<ul style="list-style-type: none"> <li>• Make it routine to shop first at a farmers' market; farm stand; stores that sells local produce.</li> </ul>	
	<ul style="list-style-type: none"> <li>• Join a CSA program</li> </ul>	<a href="https://www.wellington.ca/en/business/tr-findlocalfood.aspx">https://www.wellington.ca/en/business/tr-findlocalfood.aspx</a>
	<ul style="list-style-type: none"> <li>• Review your monthly budget. Consider adjusting your spending to prioritize spending on local food.</li> </ul>	
	<b>Grow More</b>	
	<ul style="list-style-type: none"> <li>• Start a home garden (either in your backyard or in a container garden)</li> </ul>	In your backyard or a container garden. List of Seedy Saturday vendors: <a href="http://guelphresiliencefestival.ca/seedy-saturday-vendors/">http://guelphresiliencefestival.ca/seedy-saturday-vendors/</a>
	<ul style="list-style-type: none"> <li>• Join a community garden</li> </ul>	City of Guelph, some local churches and Ignatius Farm List of Seedy Saturday vendors: <a href="http://guelphresiliencefestival.ca/seedy-saturday-vendors/">http://guelphresiliencefestival.ca/seedy-saturday-vendors/</a>
	<ul style="list-style-type: none"> <li>• Join a 'workshare' program where you work on a farm and get paid in fresh produce!</li> </ul>	A great way to learn from the experts!
	<ul style="list-style-type: none"> <li>• Build a caterpillar tunnel, small greenhouse, cold-frame, or solarium to extend your growing season.</li> </ul>	
	<ul style="list-style-type: none"> <li>• Have some backyard chickens</li> </ul>	
	<ul style="list-style-type: none"> <li>• Plant fruit tree(s) or berry bushes in your yard</li> </ul>	<a href="https://www.transitiontreemobile.org/woo-commerce/order-here/">https://www.transitiontreemobile.org/woo-commerce/order-here/</a>
	<b>Store More</b>	
	<ul style="list-style-type: none"> <li>• Build up a 'deep pantry' with 3-6 months of food</li> </ul>	
	<ul style="list-style-type: none"> <li>• Join a winter CSA where the farm stores produce</li> </ul>	
	<ul style="list-style-type: none"> <li>• Learn to make preserves (canning, drying, pickling)</li> </ul>	
	<ul style="list-style-type: none"> <li>• Create your own cold-room and/or root cellar to store local produce</li> </ul>	<i>The Complete Root Cellar Book</i> by Steve Maxwell and Jennifer MacKenzie. DIY cold-rooms, root cellars and 100 recipes!
	<b>More Ideas</b>	
	<ul style="list-style-type: none"> <li>• Reduce TV time to avoid junk food commercials aimed directly at kids!</li> </ul>	
	<ul style="list-style-type: none"> <li>• Ditch the bottled and canned pop, substitute for local juice, milk and water. Or other tasty beverage.</li> </ul>	
	<ul style="list-style-type: none"> <li>• Designate 1 to 3 'meatless' days each week.</li> </ul>	Find great recipes using lentils and beans.
	<ul style="list-style-type: none"> <li>• Reduce food waste.</li> </ul>	Use it all with soups, casseroles, hash etc.
	<ul style="list-style-type: none"> <li>• Buy <i>fair trade</i> food that can't be locally grown.</li> </ul>	Especially coffee, chocolate, tea, cotton.
	<b>Pass it on!</b>	
	<ul style="list-style-type: none"> <li>• I will encourage friends and family to do a plan</li> </ul>	Double bonus points!! <a href="#">Link to electronic version to come....</a>

Our/My commitment to act! \_\_\_\_\_



# Our Family Food *Action Plan*



So many reasons and benefits!	Tell me more!
Healthier, more nutritious food	<ul style="list-style-type: none"> <li>- Not picked prematurely to survive long transportation</li> <li>- No loss of nutrient value from long transportation</li> <li>- Eco-farmed food is much more nutrient dense than conventionally farmed food!</li> </ul>
Major contribution to fighting climate change	<ul style="list-style-type: none"> <li>- No big food miles saves transportation CO<sub>2</sub></li> <li>- Eco-farming:               <ul style="list-style-type: none"> <li>o Uses NO artificial nitrogen fertilizer which creates nitrous oxide 300x worse than CO<sub>2</sub></li> <li>o Builds healthy topsoil that sequesters CO<sub>2</sub>!</li> </ul> </li> </ul>
Eco-farmed produce avoids the many devastating agriculture chemicals	No herbicides, pesticides, fungicides, phosphates and nitrogen that devastate ecosystems and are hazardous to our health. Help save our pollinators, fresh water, air, our native species and your own health.
Improves security of local food supply	The global food supply chain is complex and fragile. It is vulnerable to prolonged disruption from a number of risks such as severe weather events, power outages, fuel shortages, financial system breakdowns to name a few. Food grown and stored nearby faces far fewer risks.
Supports your local economy	<ul style="list-style-type: none"> <li>- dollars spent stay in the local economy</li> <li>- helps support local young people who want to get into eco-farming</li> </ul>
Dramatically reduces food related waste!	Packaging from conventional and imported food is a top source of household waste.
Transparency and ethical practices	Locally grown food has a much higher chance of using ethical and sustainable business practices. You can usually visit farms, talk to the farmers and see for yourself.