Fresh & Nutritious - Green your life with local foods

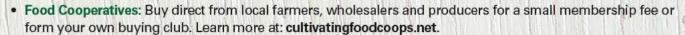


Why choose local food?

- · Buying local food supports Ontario farmers, the local economy and helps create jobs.
- It's good for the environment. Shorter shipping distances help to reduce transportation related greenhouse gas emissions.
- Local food is fresh, nutritious and flavourful.

7 places to find local foods

- Your local grocery store: Look for the Foodland Ontario or Local Food Plus' Certified Local Sustainable logo.
- Farmers' Markets: Find fresh fruits and vegetables at a market near you at: farmersmarketsontario.com



- Community Shared Agriculture Programs: Pay a farmer in advance and pick up your produce when it's harvested. Learn more at: csafarms.ca.
- Food Box Programs: Join a local food box program and have produce delivered to your front door or a
 neighbourhood drop-off area. Find one that meets your needs at: veg.ca/directory/list/organic-delivery.
- Farms: Many local farms are open to the public and let you pick your own fresh produce. Find a farm near you at: harvestontario.com.
- Grow Your Own: Home-grown foods are delicious, nutritious, inexpensive and easier to grow than you think. Check out the City's handy Get Growing Toronto guide for practical advice and tips: toronto.ca/getgrowing.

Resources

Children's Gardening Program torontochildrensgarden.ca

Foodland Ontario foodlandontario.ca

The Greenbelt greenbelt.ca

Local Food Plus localfoodplus.ca **Community Gardens Program**

toronto.ca/parks/engagement/community-gardens

Get Growing Toronto Guide

toronto.ca/getgrowing

Live Green Toronto

livegreentoronto.ca

Toronto Food Policy Council toronto.ca/health/tfpc

For more information:

Contact the Toronto Environment Office at livegreen@toronto.ca or call 311.

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