

10 Ways to Take Action!

1 Choose Your Foods Wisely

Eat healthy, locally produced foods and choose fairly traded foods from around the world. Use food labels to help make healthier food choices.

2 Support Local Farmers & Food Businesses

Buy direct from farmers and ask for sustainably produced food at farmers' markets, grocery stores and restaurants. Visit a farm u-pick, or become a member of a Community Shared Agricultural (CSA) group.

3 Grow Your Own

Eat close to home! Plant beans on your balcony, greens in your front garden, tomatoes in your back forty, or sow with others in a community garden. Grow a row to share with others & community food programs.

4 Compost

Compost your food and agricultural wastes to reduce landfill waste.

5 Cook and Share Your Food Traditions

Learn or teach a new recipe, food skill, or food tradition and share a meal with friends and family. Can, preserve, freeze, dry or root cellar your local bounty for enjoyment all year round.

6 Learn About Food Justice Issues

Find out about farming, and the low prices farmers receive for their products. Research how far your food traveled and educate yourself about food issues and fair trade foods. Share what you learn with others.

7 Change the Menu

Ask for healthy, local food options in schools, hospitals, workplaces, cafeterias and community centres. If you farm or operate a food based-business consider shifting to local markets for supply and sales of food.

8 Seek Healthy Food for All

Learn about the price of food in northern Manitoba and the realities of Manitobans who use food banks. Learn how healthy food can be more accessible to all.

9 Host a 100 Mile Potluck, Picnic or BBQ

Spread the word about local, sustainable, seasonal eating. Gather with friends and family for a meal with ingredients from within 100 miles of where you live.

10 Sign the Manitoba Food Charter

Promote community food security by signing the Manitoba Food Charter. Encourage your local, municipal and provincial leaders to work on actions and policies that promote a more just and sustainable food system for all Manitobans.

**Post on your fridge
as a quick reference.**



Food Matters Manitoba

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