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Celebrating Local Food

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Summer is almost here! And it's never too early to start thinking about the fantastic local food opportunities we have in Ontario. Did you know that June 5-11th is "Local Food Week"? As part of the Ontario government's Local Food Strategy, *local food week* puts a spotlight on the many farms, food markets and initiatives that supply us with fresh delicious food. For a list of events during this week visit Foodland Ontario, or visit their Facebook page to see what's happening in your area.

Do your kids know where their food comes from? Why is it a good idea to buy local?

It's important for kids to see and understand how much hard work and resources contribute to the abundance of fresh food items they see in grocery stores and markets. How do strawberries and potatoes grow? How is cheese made? And where does chicken come from?

If you want to enhance your child's understanding of the local food system you can:

- ✓ Visit a farmer's market or look up some nearby farms that sell their products (see link below)
- ✓ Talk to the farmers that produce the foods and connect your kids to the local food process
- ✓ Ask your kids to look for the Foodland Ontario symbol that indicates local items, or ask them to look for items that are produced in Ontario on the label
- ✓ Grow your own mini-garden so they can experience growing their own food

Learning about our local food system is something we should all experience, because as you know.....**good things grow in Ontario!**

What produce is in season? <https://www.ontario.ca/foodland/page/availability-guide>

Is there a farm near you to visit? <http://ontariofarmfresh.com/>

Is there a farmer's market in your area? <http://farmersmarketsontario.com/MarketsV2.cfm?uSortOrder=City>

Sources:

<http://www.omafra.gov.on.ca/english/about/localfood.htm>

<https://www.ontario.ca/foodland/page/why-buy-local>