

10 Ways to Take Action

1. Eat Healthy

Small changes in your diet can lead to major improvements for your health. Use Canada's Food Guide for information on how to eat to keep you healthy now and in the future. www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php

2. Get Involved with Local Initiatives

Projects such as community gardens, farmers' markets, community kitchens, bulk buying clubs, and community freezers improve local food security. Use the Food Security Initiative Inventory to find a community food project in your area. www.foodsecuritynews.com/resources

3. Buy Local

Support food production that is healthy for you, your community, and the environment. See FSN's Fact Sheet: *How to Eat Local in Newfoundland and Labrador* for tips on finding local food.

4. Cook!

Take the time to prepare a meal from scratch using nutritious ingredients such as whole local vegetables. You may find that it tastes better, costs less, and is easier than you think. Visit Root Cellars Rock! (www.rootcellarsrock.ca) for links, resources, and lots of quick and easy recipes highlighting local ingredients.

5. Compost

Buy or build your own backyard composter, start vermicomposting with a worm bin indoors, or ask your municipality to provide a curb side compost pickup. For information about composting see some of the great resources from MUN Botanical Garden (www.mun.ca/botgarden) and MMSB (www.mmsb.nf.ca).

6. Grow

Growing your own food can include starting sprouts in your kitchen, growing herbs on a window sill, having a small kitchen garden in the back yard, building a greenhouse, or

joining a community garden. Folks without green space can still grow outdoors with container gardening, whether on a deck, a driveway, or a roof-top. Visit Root Cellars Rock! (www.rootcellarsrock.ca) for information and links on gardening in NL.

7. Use the Best Practices Toolkits

FSN has developed a series of toolkits to help community groups across the province start and maintain community gardens, farmers' markets, community kitchens, and bulk buying clubs. Use the toolkits to learn how to start a project in your neighbourhood. www.foodsecuritynews.com/bestpractices.html

8. Spread the Word

Talk to your friends and family about your food choices and theirs. Engage in conversation about the kind of food system you would like to see and what you are supporting with the food you eat. Are you a compost expert, or a sprouting guru? Share that knowledge and seek out advice from others. Use the Forum on the Root Cellars Rock! Blog (www.rootcellarsrock.ca), or host a Great Meal for a Change (www.greatmealsforachange.ca).

9. Support a National Food Policy

The People's Food Policy Project is a pan-Canadian network of citizens and organizations that is creating Canada's first food sovereignty policy. Add your voice to the call for a National Food Policy that connects food, health, agriculture, the environment, and social justice. www.peoplesfoodpolicy.ca

10. Join the Food Security Network

The Food Security Network NL (FSN) is a growing provincial network of individuals and organizations committed to improving food security in this province. Visit www.foodsecuritynews.com to join the network, or sign up for our monthly newsletter.



Food Security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

Contact FSN for more information on how you can take action.

www.foodsecuritynews.com



Food Security Network
of Newfoundland & Labrador
Healthy food for all!