

Children's Regional Child Care Local Food Values Charter

We, the children of Niagara's Child Care Centers should have a choice of Niagara's healthy foods:

Healthy food and clean water



We will eat foods that are grown or produced locally:

Grain Products



Vegetables and Fruits



Milk Products



Meat and Alternatives



- Protect our environment by helping to keep our Niagara land, animals and farms safe
- Stay Healthy by eating food that is fresh and does not use chemicals.



- Save family farms by shopping in Niagara
- Farmers Markets & Road Side Stands

- We will grow our own gardens:



It tastes better! It's fresh!