

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
- **Food Cooperatives:** Buy direct from local farmers, wholesalers and producers for a small membership fee or form your own buying club. Learn more at: cultivatingfoodcoops.net.
- **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
torontochildrengarden.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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Possibility grows here.