

by Camille and Nicola

EATING LOCAL

What you choose to eat and where you buy it from makes a huge difference! Here are the **3 E's** of eating local:

ENVIRONMENT

- Less transport costs
- Sustainable farming practices
- Less pesticides

ECONOMY:

- Money stays in local economy
- Preserves agriculture jobs
- Farm workers survive

ETHICS:

- Food security
- Humane treatment of animals
- Farm workers are unionized



MAJOR GROWING REGIONS

TODAY IS:

April 26th, 2017

YOUR REGION:

Okanagan

SOUTHWEST
BC

OKANAGAN

KOOTNEYS

NORTHERN
BC

VANCOUVER

JAN

FEB

MAR

APR

MAY

JUNE

JULY

AUG

SEPT

OCT

NOV

DEC



APRIL in VANCOUVER:



WHERE TO GO

MAIN STREET MARKET

2-7pm Wednesdays

June to October

1106 Main St.

www.mainstmarket.com



RESOURCES

BC FARMER'S MARKETS

www.mainstmarket.com

FARM CITY FOLKS

www.mainstmarket.com