



STORY SERIES 1: THE FOOD WE EAT IS ONE OF THE MOST IMPORTANT WAYS TO TAKE ACTION ON CLIMATE CHANGE

How you can support building a resilient climate friendly food system during the global pandemic

During this unprecedented time, British Columbians can support climate friendly food systems by:

- Researching your local farmers and learning about how they grow, raise, catch and harvest their food
- Considering purchasing a CSA veggie box
- Shopping your local farmers market
- Supporting your local farmers on social media by sharing your experiences. Post photos and videos of your purchases and favourite recipes
- Growing your own food. You would be surprised what you can grow in a backyard or container garden!
- Considering what is on your plate, increase your vegetable and fruit intake
- Teaching your children where their food comes from and encourage healthy meals

The BC Ministry of Agriculture has designated Farmers Markets as an essential food and agriculture service provider. The BC Association of Farmers Markets (BCAFM) is supporting their member markets to ensure they are following health and safety for vendors, organizers and customers. The BCAFM has developed an online ordering system to make accessing local food even easier.

Helpful Links

BC Farmers Market Trail: Information on local online farmers market
<https://bcfarmersmarkettrail.com>

Canada's Food Guide - <https://food-guide.canada.ca/en/>

Add BC Ingredients to Your Meals - BuyBC - <https://buybc.gov.bc.ca/learn-about-bc-food/seasonal-recipes/>

Government of Canada - Canada's Food Guide Recipes for Healthy Eating
<https://www.canada.ca/en/health-canada/services/canada-food-guide/tips-healthy-eating/meal-planning-cooking-healthy-choices/recipes.html>