

Eaters Guide



We all eat! Whether shopping, cooking or sharing a meal, you can be a food champion everyday.

I WANT TO FIND **affordable** HEALTHY FOOD



Learn what the information on nutrition labels means & teach your kids too.

When grocery shopping, stick to the perimeter. Fresh, unprocessed foods are healthier and can be more bang for your buck!

Local produce is cheapest when in season. Save money by freezing and canning seasonal foods.

Connect with knowledgeable people who hunt, fish or harvest wild foods.



Join a gleaning program to pick surplus fruit in your community.

Grow your own food in your backyard, on your balcony or a community garden.

Join a Good Food Box program or bulk-buying cooperative to save money on healthy foods.

Love YOUR left overs!



WE NEED A **HEALTHY & SUSTAINABLE** FOOD SYSTEM



Vote with your dollars—choose local, organic, in-season and fair trade when possible.



Purchase from a farm stand or farm directly.



Try purchasing fish and other seafood off the dock or from a community supported fishery.



Visit or volunteer at your local farmers' market.



Compost—do your landfill and garden a favour.



Grow your own. Be sure to avoid chemical fertilizers, pesticides and herbicides, which can be hazardous to your health and the environment.



Learn about how climate change is impacting the food we eat.



Get in touch with your local food security hub to find out how you can support their work.



Write to your local political representatives and business operators about your ideas and concerns about our food system.

I WANT IT TO **BE EASIER** TO COOK **HEALTHY** MEALS



Prepare healthy meals with a group, at home or join a community kitchen.



Cook in large batches so you cook less often.



Save on pots, pans, dishes and cooking supplies at your local thrift shop.



If you have difficulty grocery shopping or preparing food, contact your local volunteer services society—they may have programs to help you out.

ORGANIZE A POTLUCK TO CELEBRATE **CULTURAL** FOODS



I AM CURIOUS ABOUT **VANCOUVER ISLANDS** TRADITIONAL FOODS & other social/cultural connections to food

Attend Traditional Foods events to learn about local Indigenous food systems & practices.



Talk to your parents and grandparents about your family food traditions.



Visit your library for books on traditional foods.



Share traditional recipes, cook and eat with your children, family & friends.



WEBSITES

bettertogetherbc.ca

soilmate.com

healthyfamiliesbc.ca/eating

foodsecurecanada.org

bcfoodsecuritygateway.ca

indigenousfoodsvi.ca

APPS

Cookspiration

eaTipster

Breastfeeding Buddy