

FOOD FOREVER

The Earth's 8 billion people are all connected by food, nourishing our bodies and souls while bringing friends, families and communities together.

With the rising cost of groceries, **food security** is more important than ever. With the right choices, we can help to ensure everyone has access to safe, affordable, nutritious food for a healthy life.

**How far has your food travelled
to reach your plate?**
A few kms or across continents?

EAT LOCAL!

- ✓ Choose more locally-sourced foods
- ✓ Start your own veggie garden, planter or join a community garden
- ✓ Join a CSA (community supported agriculture) program to receive fresh weekly produce and support local farmers