



# Stan & Fran's Health Hints



March 2010

## "CELEBRATE FOOD...from field to table!"

### **M**ARCH is Nutrition Month®

and this year's theme focuses on celebrating the diversity of nutritious food grown and harvested right here in Canada. Do you know who grew the food that is on your table? Food that has been grown locally tastes better, is fresher and can be more nutritious than food that has traveled long distances. Buying local food also helps support local farmers, the local economy and is often better for the environment. We are lucky to have an abundance of locally grown produce choices in BC. Take advantage of this luxury and indulge in the crisp, juicy and flavourful difference that local food offers



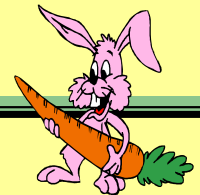
For more information on Dietitians of Canada **Nutrition Month**® see [www.dietitians.ca](http://www.dietitians.ca)

### Try some or all of the following activities to explore local eating....

- ✓ Plan your shopping around your local farmer's market;
- ✓ Look for foods in the grocery store that have been grown or made closer to where you live;
- ✓ Ask your grocer which products they source locally;



- ✓ Go on a farm tour with the family—children will learn about where their food comes from and spur interest in trying new foods;
- ✓ Plan to have a family strawberry picking day in June, cherries in July and peaches in August at a u-pick farm or orchard;
- ✓ Buy your bread from the local bakery.



For more information on farmer's markets in your area and when foods are in season in BC, go to:

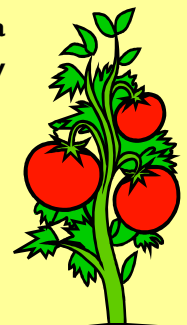
<http://www.bcfarmersmarket.org/index.htm>

### **Y**ou can't get more local than the food you grow yourself! ....

Eating food from your own backyard, patio, school or community garden can be a fun, educational and rewarding experience for the whole family! Kids often enjoy learning about where food comes from and how it's grown.

#### Other benefits of starting your own garden.....

- ➔ **Save money!** If cost is a barrier to eating fresh produce, try planting vegetables that are easy to grow and care for such as beans, radishes, spinach, lettuce, peas and tomatoes.
- ➔ Pick and prepare your harvest as a family and use the opportunity to teach your kids to make and eat healthy foods.



What do you think of the IH School Health Website (found at [www.interiorhealth.ca/school\\_health.aspx](http://www.interiorhealth.ca/school_health.aspx))? Let us know by answering our six question survey on the website.

