

# YOUTH, LEADERSHIP, AND FOOD SUSTAINABILITY...

Our mission is to involve youth in supporting a more sustainable food system.

So, what's your foodshed project? It could be about...

## food miles...

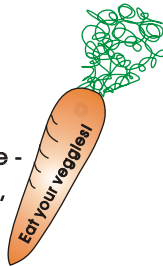
A food mile is the distance that food travels from the farm to your fork - on average 2400 kilometers in N.A. You are part of the food system, and you can reduce greenhouse gas emissions by buying the "most local" food you can!

- ✓ Count your food miles for the week!
- ✓ Start a "buy local food" club, or join the Eat Local Sudbury Cooperative. Look for them at Market Square this summer!

## eating...

Eating a diverse diet high in fruits and vegetables is a smart choice - low in saturated fats, high in fibre, essential vitamins and minerals.

- ✓ Protein substitutes such as tofu, beans, seeds, and nuts, are good for your health and for the planet!
- ✓ Challenge family and friends to eat lower on the food chain (more veggies!)



## cooking...

Do you cook your food from scratch? Cooking is creative! Cooking is a skill that will help you eat healthier and save money! Buy local whole food ingredients!

- ✓ Start a cooking club with your friends or at school!
- ✓ Learn to cook vegetarian!

## energy...

Think about energy efficiency when you select appliances - small toaster ovens and grills are also less expensive to use. Your fridge should be between 35 - 40 F or 1.7 - 3.3 C. Another way to save energy is to conserve water in all your activities - install low-flow faucets - your hot water should be between 130 - 140 F or 55 - 60 C.

- ✓ Why not build a solar oven and organize a solar cook-off!

## growing...

Have you ever thought about growing your own garden? There are many books and resources out there for you.

- ✓ Start a garden at home!
- ✓ What about a community garden? You can get together with your neighbours and grow food together!



## preserving...

Garden produce can be canned, blanched, frozen, dehydrated, stored or preserved right in the garden! Don't grow your own? Support local farms by buying from "pick-your-own" farms, at farmers' markets, or right from the farm gate!

- ✓ Learn to pickle and preserve fresh fruits and veggies - follow instructions carefully to avoid contamination.

reduce,  
reuse,  
recycle!



## waste...

Don't forget about the 3 r's...

Reduce-Reuse- and Recycle.

- What about a litterless lunch - do a waste audit at home and at school - find ways to encourage "litterless lunches". What about composting? Compost is great for the garden and for your lawn!
- ✓ Start an organic waste program or worm composting at school!
  - ✓ Start a campaign in your school to use reusable grocery bags!

Take our foodshed challenge...

- Challenge # 1: Purchase (or grow) 10% of your food choices from local sources.
- Challenge # 2: Reduce your personal food miles by 50 km a year - plan your meals so that you reduce the number of trips to the grocery store!

## driving...

Think vehicle efficiency! Buy flexible fuel vehicles that burn both gas and ethanol blends. What about a hybrid? Let your community know that idling is unhealthy and wastes gas.

- ✓ Start a tire pressure campaign! proper tire pressure, air filters and driving the speed limit can improve your fuel efficiency by up to 30%!
- ✓ Start a bike club!



Reduce greenhouse gas emissions!

## climate change...

Consider the consequences of climate change - it impacts the weather, the rainfall, and the growing seasons we depend on for food production.

Do you know about climate change? Reducing waste, eating more locally, conserving water, all help fight climate change!

- ✓ Promote the David Suzuki Nature Challenge to reduce your ecological footprint. For more info go to [www.davidsuzuki.org](http://www.davidsuzuki.org).



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