



YOUTH, LEADERSHIP, AND FOOD SUSTAINABILITY...

Our mission is to involve youth and community partners in the support of a more sustainable food system.

If you are a youth between 15-30 and are interested in supporting a more sustainable food system - we would like to hear from you!

What is food sustainability?

Sustainability is the ability to manage natural resources for the future. A sustainable food system values and cares for the earth and produces food that is grown and processed close to those who consume it. A sustainable food system supports economic, environmental, social and nutritional well-being.

A foodshed is a like a watershed, it is the local area that grows food.

*So, what's your foodshed project?
It could be lots of things...*

- start your own garden at home
- start a community garden in your neighbourhood
- learn to cook with your friends
- start a "buy local food" campaign in your school or community
- start a worm composting project
- start a climate change project to educate on food miles

Why get involved?

Youth are the next generation • Youth inspire youth • Youth understand the issues
Youth have the motivation and energy to create change!
Youth want to build leadership skills • Youth care about the environment and their health
Youth need to be supported by the community • Youth can make it happen!

For more information on becoming a partner organization to support youth engagement in food sustainability, please contact: Meredith Tyhurst, Youth Engagement Coordinator
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...how big is your foodshed?

