

Delta Food Coalition Newsletter volume 1 March 2010

Harvesting Health, Creating Community

Delta Food Coalition Goals

- Decrease hunger
- Improve nutritional health
- Increase local food sustainability



The Delta Food Coalition: building Community Capacity through a Collaborative effort will result in 'A Sustainable Healthy Community with Food for All.'

Community food security exists when all people, at all times, have access to affordable, safe, personally acceptable sufficient and culturally appropriate nutritious food to meet their dietary needs and food preferences for an active and healthy life.



The Delta Food Coalition wants the community of Delta to focus on **'Reasons to Eat Local'** and here are few of reasons why!

- Fresh food tastes better
- Fresh food is more nutritious
- Supports our local economy
- Creates a safer food system
- Connects us to the land
- Supports responsible land development



Next Meeting: Tuesday March 23, 2010
9:00 am to 10:30 am
Deltassist Family and Community
Services Society
9097 120th Street, Delta BC

Kae Barter a Prevention leader with the BC Cancer Society plans to attend this meeting and will speak to how she and the BC Cancer Society can assist with upcoming events or any advocacy projects.



For More Information
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TIP—To find the listings for Farmers' Markets in the Region check out:

<http://www.bcfarmersmarket.org/findamarket.asp>

Farmers' markets are a growing trend; support local farmers, create relationships and build a strong