

Local Food Challenge

If every household in Northumberland County spent a week on local food

\$10

\$20.2 million

would be added to the local economy



Benefits of Eating local

- Fresher fruits and vegetables
- Less pollution from shorter travel times and less packaging
- Support for local farmers and the local economy

How to eat local in Northumberland County



Visit one of our many farm gates or 5 farmers markets



Start your own garden or contribute to a community garden



Request local food at restaurants and grocery stores



Attend local food festivals

Did you know?

The Ontario Agri-food Venture Centre is a small-batch food-processing facility located in Colborne. It supports farmers by providing fresh fruit and vegetable value-adding opportunities and serves as a launching pad for food entrepreneurs.

