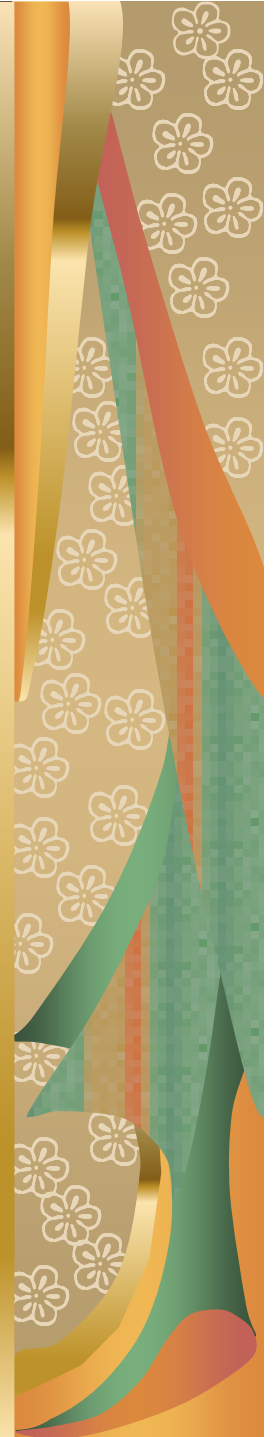



Buying Locally & Organic foods

(The 100 mile diet)

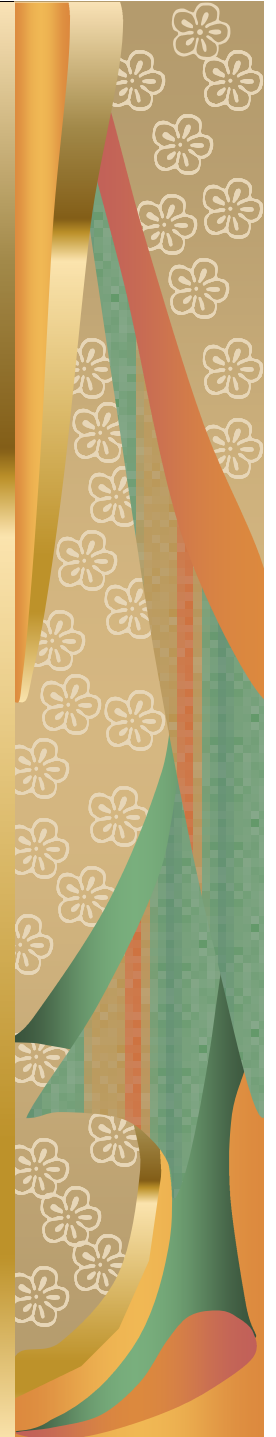
By: Rebecca G. and Aimee Z.



What is buying locally?

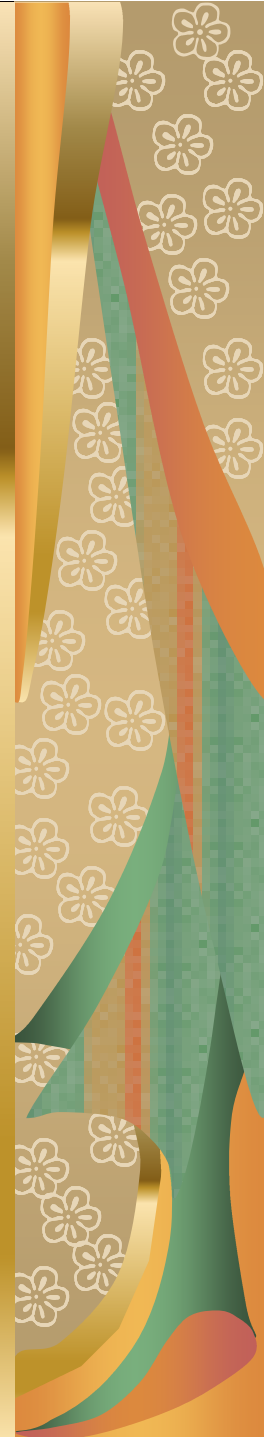
 Buying food that is grown close to where we live whenever possible

Eg. Buying food that is grown within the GTA (Greater Toronto Region) or within 100 miles of where you live



What are the benefits of buying locally?

- Supports local farmers and businesses, thus making the economy healthier.
- Lets buyers be sure of where their food is from.
- Farmers must follow the government's guidelines when in productions and farming methods .
- Your food will be fresher and more nutritious.
- **Less fossil fuels used to transport goods.**

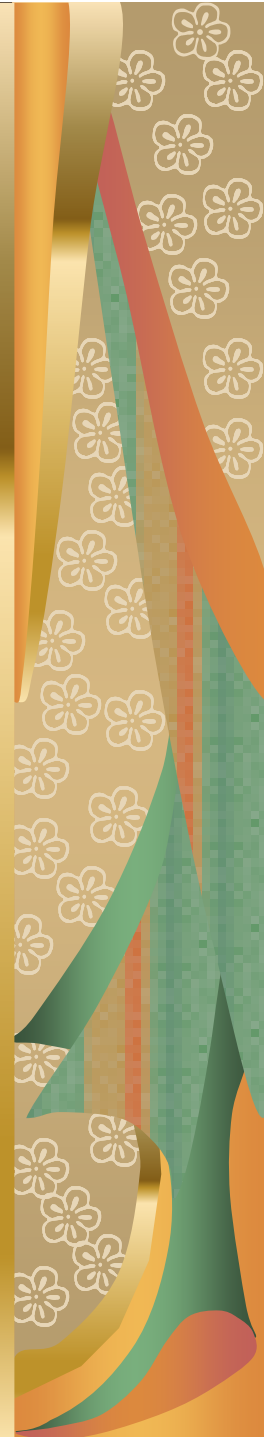
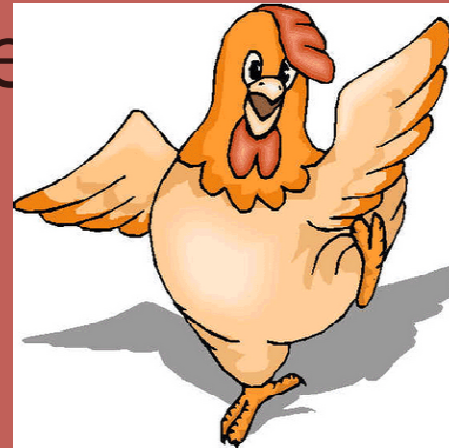


What can you buy locally?


Apples



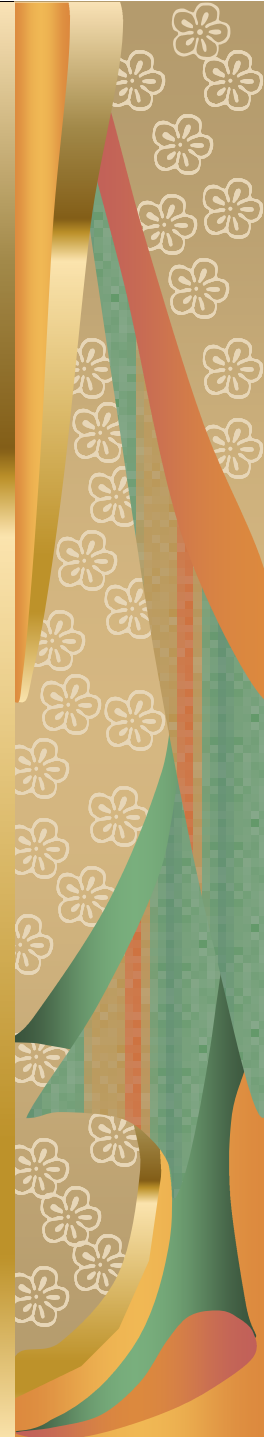
Tomatoes



What is organic food?

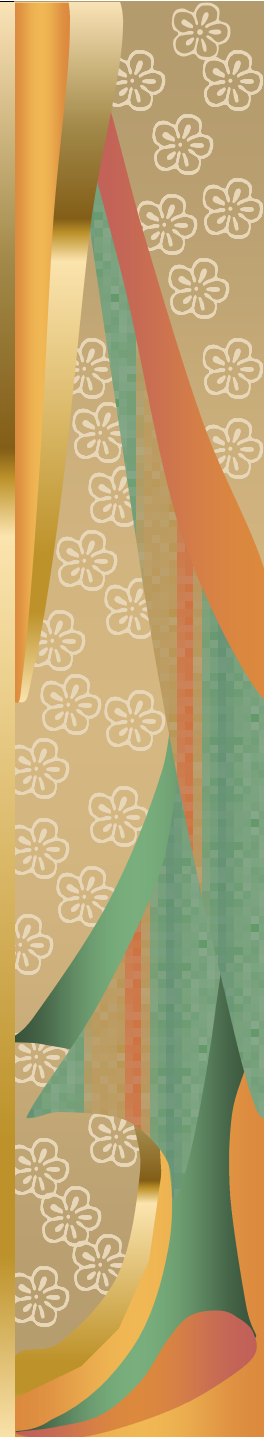
 Organic food is grown without pesticides, artificial and chemical enhancers.

For example, food grown in your own garden can be organic.



What are the benefits of organic food?

- No genetically modified ingredients
- No chemicals used in the making of the food. This helps the animals.
- No chemicals used. These chemicals can sometimes cause health problems in many people
- Higher in nutrients.
- Organic farms create much less air, soil or water pollution

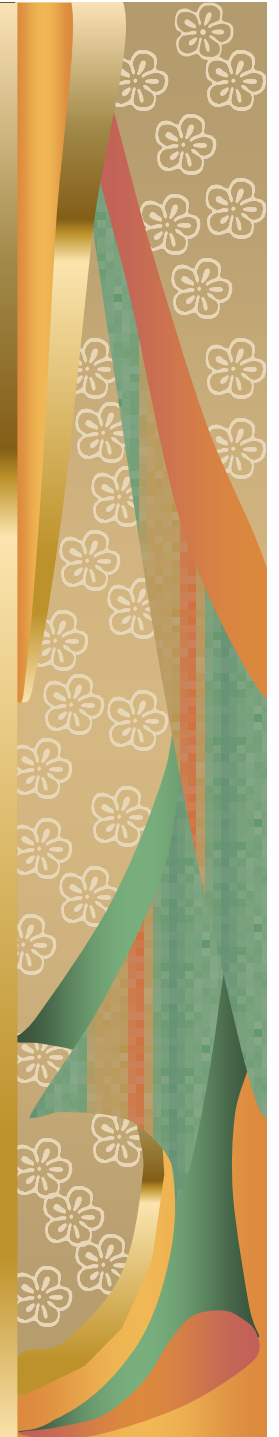
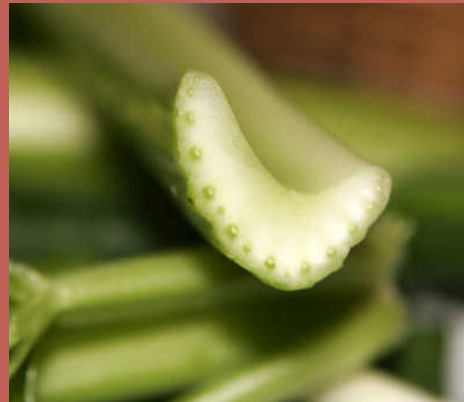


What can you buy organically?

Nectarines

Pears

Celery



Thank you for listening !

Thank you for caring about your future!!

&Remember to buy locally and organically whenever possible !!

