



**Thank You
For supporting
Greening Nipissing's
efforts to conserve the Environment.**



It starts with each individual, with YOU the consumer who MUST demand greater efficiency, greater accountability and management of our natural resources.

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**GREENING NIPISSING
ECOLOGISATION NIPISSING**



Environmental Food Guide

Facilitating & Engaging
the Community in
Environmental
Conservation

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This guide is meant to provide information on the benefits of local grown foods, what organic means, as well as tips on where to shop.

Who We Are:

Greening Nipissing is a non-profit organization that seeks to facilitate and foster environmental education and awareness in the Nipissing Region.

Greening Nipissing envisions a greener North Bay and area by providing practical and economical approach to a cleaner environment.



The intention behind this Environmental Food Guide is to provide information and alternatives for individuals and families who seek environmentally sustainable practices of food production, and healthier food options.

Environmentally sustainable refers to the ways in which products are managed and produced, to ensure that resources are used to meet human needs while conserving and protecting the environment.

Bottled Water & You



Bottled water can be very expensive and unnecessary. Using a Brita water filter is a great way of avoiding bottled water. In addition to this, the chemicals that leak from the bottle into the water have uncertain long-term health risks.

The additional waste created in the packaging of bottled water, and the energy involved in the processing of the plastics and the transportation is also excessive.

Think about it! Why should we buy water when most of us can drink it for free out of your tap! And, a majority of the time, the bottled water you pay for is the same water in your tap!

As David Suzuki says,

“I think that we've got to drink the water that comes out of our taps, and if we don't trust it, we ought to be raising hell about that.”

(CBC News, Feb 1, 2007).

Think twice next time you buy bottled water. Use a travel mug, or bottle instead of relying on disposable, wasteful products.

If you do not trust your tap water, have it tested. Depending on the result of the test, and the source of your water there are many resources that you can turn to.

For more information, see:

Ministry of Agriculture, Food and Rural Affairs
Well Aware Program, www.wellaware.ca

Gardening

What is great about gardening is that it not only fosters biodiversity in your backyard, but it provides vegetables, fruit and herbs too!

Composting can cut your household waste in half, and is a great way to fertilize and fortify your soil, making it ideal for gardening nourishing your plants!

Some of the vegetables, fruits and herbs that you can grow include:

- Potatoes
- Radishes
- Carrots
- Tomatoes
- Beans
- Snow peas
- Peppers
- Beets
- Lettuce
- Spinach
- Asparagus
- Cabbage
- Onions
- Squash
- Corn
- Cucumbers
- Melons
- Raspberries
- Blueberries
- Strawberries
- Currents
- Plums
- Apples (long time to mature)



- Basil
- Arugula
- Parsley
- Rosemary
- Thyme
- Chives
- Mint
- Sage
- Lavender
- Anise
- Caraway
- Coriander
- Dill
- Fennel
- Garlic
- Oregano
- Marjoram
- Summer Savory



Environmentally Conscious Products are Available at the following locations:

Board's Honey Farm

Powassan, ON.
1 (888) 363-2827

Hibou Boutique

596 Fraser St.
North Bay, ON. P1B3X2.
(705) 472-8302

Natures Harvest Health Food Store

423 Main St East.
North Bay, ON P1B 1B6
(705) 497-3234

North Bay Farmer's Market

(705) 724-3900
Saturdays 8:30am –1:00pm
McIntyre St. across from
City Hall

Soul Sister Creations

170A Oak St.
North Bay, ON
(705) 478-9473

Kristella's European Bakery

6 Lakeshore Dr.
North Bay, ON. P1A 2A2
(705) 472-1112

Twiggs Coffee Company

473 Fraser St.
North Bay, ON. P1B 3X1
(705) 474-9463

Rebuilt Resources Skills Development Inc.

1356 Regina St.
North Bay, ON P1B 2L3
(705) 497-7878

Value Village

390 Lakeshore Dr.
North Bay, ON P1A 2C7
(705) 476-1888

Salvation Army Thrift Store

390 Lakeshore Dr.
North Bay, ON P1A 2C7
(705) 474-4312

The Country Way

170 Main St East.
North Bay, ON P1B 1A
(705) 476-3160



What it means to shop locally?

Shopping locally not only supports local entrepreneurs and growth in your community, but it has the potential to reduce consumption of energy and natural resources.

For example:

The energy and transportation involved in shipping produce from South America to our grocery stores in North Bay is incredible. Meanwhile, in the summer months, local producers sell their goods at the Farmer's Market where everything is fresh and homegrown from our own backyards!

In this example, we must consider the km the produce has traveled, the fuel that has been consumed during production and transportation, the effect that purchasing this good has on local producers, the energy it may have gone through during processing, the loss of nutrient value, the waste that has been produced in packaging, storage and refrigeration requirements, type of farming practices that were used to produce it, use of chemicals on the farm and their pathways into the environment, non-native species and biodiversity threat of mono-cropping, health implications for workers and communities, water use, waste storage, and the use of heavy machinery.

These are all issues that we must consider, all of which threaten sustainability of the resources and the environment.



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Healthy Snack Ideas

Kale Chips!

Kale is really good for you, in fact it has exceptional nutritional value, including antioxidant and anti-inflammatory properties, Vitamins K & C, beta carotene and calcium.

Wash the kale thoroughly and cut it into bite size pieces.

Depending on your preference, you can choose any herbs or spice that you want. For example, garlic, rosemary, a little pepper or salt, and pour it into a baggie (re-used 1L milk bag).

Add olive oil.

Add the kale to the contents of the bag and shake thoroughly.

Lay the spiced kale onto a cookie sheet and put in the oven at apx. 300. It does not take long!

Be sure to watch it closely, it bakes up beautifully and melts in your mouth! It is a great HEALTHY treat for kids!

Smoothie Popsicles

The summer heat can be overwhelming, there is nothing like a cool, fruity treat!

After visiting your local Farmer's Market, cut up some pieces of cantaloupe, banana and raspberries or strawberries or blueberries (depending on your preference).

Add a half cup of vanilla yoghurt, and a cup of water to the blender and add the fruit. Blend until pureed. You can either use an ice cube tray, a popsicle mold from the dollar store, or small cups. You can either buy popsicle sticks, or you can use cutlery.



Tips for making healthier decisions...



- **Eat low on the food chain**

Chemicals accumulate at higher concentrations as you move up the food chain. A meat-based diet requires 7 times more land than a plant-based diet. Purchasing local goods is a great way to reduce energy and food kilometers related associated with various products. It is also a way to better understand the environment, agriculture and where our food comes from. Developing a relationship with farmers, creating community and spreading awareness is always positive.

- **Minimize Waste**

When purchasing goods, be critical about the packaging and products used to preserve and store the good. Packaging that is recyclable or reusable is better than packaging that is directly bound for the landfill. Organic wastes can be composted or fed to animals (not wild animals).

- **Save Energy**

Choose foods that require little if no refrigerating or freezing (such as whole foods). Warmer weather provides the opportunity to do less cooking. Be sure to cool hot foods off before putting them in the fridge or freezer, and allow frozen goods to thaw before cooking.

- **Use Cloth Bags**

Using a cloth bag rather than plastic bags at the grocery store seems like a small contribution to the environment, but if you think about how many bags you will save if you do it every week when you shop, it is fantastic! You can even make your own cloth bags out of old material, and give them as gifts for birthdays or Christmas.

- **Take the Time**

Make a conscious decision when in the grocery store to look at where products come from (i.e. Freshwater Tilapia from Lake Victoria, Kenya). This may require a lifestyle change and that takes time, but it is important for us to better our health and the environment.



Fair Trade is a form of certification that ensures fair prices for third world producers. Strict rules exist for both the product and packaging. This symbol reflects Fair Trade Certification:

See the Fair Trade Foundation: www.fairtrade.org.uk



Organic is a type of agriculture that creates ecosystems capable of ensuring sustained productivity, manages water, recycles animal and plant wastes, thrives on interdependence and uses crop selection and rotation. See the Canadian Organic Growers, www.cog.ca

Community Shared Agriculture a farm where prior to the start of the growing season you pay a fee to become a member, and during the season you receive produce in return. It is a way for farmers to spread risk, and a way for non-farmers to purchase “shares” and participate in farm activities. See Ontario CSA Directory, www.csafarms.ca/

Free Range refers to animals that have lived and been fed outside of cages and strict captivity, they mainly graze and feed off the land.





How does your participation make a difference?

Participating in initiatives to sustain your local community and reduce your ecological impact will be reflected in an improved lifestyle and level of awareness.

It will also allow us to realize our capabilities at home!

Gardening, sharing homegrown food and conversation is a great way to spend the summer.

Do research, consider your options and TRY SOMETHING NEW!

What can I do during the winter?

Our Northern Ontario winter does not allow us to garden, however there are other ways of eating your homegrown goods all year long.

- Canning
- Freezing
- Dehydrating
- Pickling
- Smoking/Curing

These are all ways of preserving produce so as to have it all year long.

