



EAT local

The eating patterns of Canadians have changed over time, with people paying more attention to different types of foods and drinks that are available to them.

In the last decade, the Canadian diet includes more fresh fruits, yogurts, cheeses, creams, juices, red meats and low-fat milk. Some people have also changed their food preferences to include less cereal, sugar, oils and fats.

When it comes to dairy products, Canadians are drinking more 1-percent and skim milk, but also eating more cheese and using more cream products.

Canadians are more interested in where a food product comes from. Canadian food and drink producers are starting to identify their products as coming from a specific location, whether it is a town, region or province. Many people want to know not only where their food and drinks come from, but how they are grown and raised.



Farming Local





Local Food Labels



Food producers use the following types of labels to tell people that their products are made or produced in Canada:

- ◆ “Product of Canada” means that all or nearly all of the major ingredients, processing, and labour used to make the product are Canadian.
- ◆ “Made in Canada from domestic and imported ingredients” and “Made in Canada from imported ingredients” mean just what they say. A domestic ingredient is one made in Canada. An imported ingredient is one that comes from a country other than Canada.
- ◆ “Processed in Canada” or “Prepared in Canada” or similar statements tell you the product was made in Canada by Canadian workers to meet Canada’s strict regulations. It may contain imported ingredients or a blend of Canadian and imported ingredients.
- ◆ Other statements, such as “Made with 100% Canadian strawberries,” tell you exactly which ingredients in the product are Canadian.

From Agriculture and Agri-Food Canada: [Shopping for Canadian Food. www.inspection.gc.ca/food/labelling/food-labelling-for-consumers/canadian-food/eng/1409065542798/1409065599130](http://www.inspection.gc.ca/food/labelling/food-labelling-for-consumers/canadian-food/eng/1409065542798/1409065599130)



Blue Cow Logos



2008

2009

2017

The Canadian quality milk symbol has been used on Canadian dairy products for many years. This logo is used to promote dairy products made from 100 percent Canadian dairy. When this logo is used, it means the product has been made using high quality, safe Canadian milk that is produced by a Canadian family.

The use of this logo is regulated and dairy processors must follow strict rules to use it. Not all dairy processors choose to use the logo, even if their products are 100 percent Canadian.

Products that use this logo include milk, butter, cheese, yogurt, ice cream and many others. If you see this logo, it means that you are getting a high quality and safe product!

What products can you find at home with the blue cow label?

Handwriting practice lines consisting of seven horizontal dashed lines.



Traditional Foods



First Nations, Métis and Inuit have deeply rooted traditions for their food choices. Traditional practices involve hunting, trapping, fishing and harvesting wild foods.

Canada's Food Guide includes traditional foods of Canada's indigenous people, such as bannock, game meats, fiddleheads and wild rice.

Indigenous knowledge and studies that have been done on healthy food habits show that eating traditional foods, even in small amounts, provide important nutritional benefits.

Traditional foods are closely linked to culture, identity, ways of life and overall health and well-being.

How do you think indigenous food traditions promote eating local?

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What types of foods are grown locally in your area?

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