



helping you make healthy choices

Local Eating in Victoria and the Cowichan Valley

By Marianne Bloudoff and Bronwyn Coyne (Year 3/4 UBC Dietetics Students)



From cheese to wine, cucumbers to kiwis, the range of locally grown or produced food available in Victoria and the Cowichan Valley is vast and growing every day. While many people have heard about eating locally, there is some confusion about what local eating actually is, and how to get started. Here are some common questions about local food answered.



What is Local Food?

Local is very much a flexible term, often left up to the individual to define. Local could be considered as Victoria, Vancouver Island, British Columbia, Canada, or even the Pacific Northwest (including Washington and Oregon).

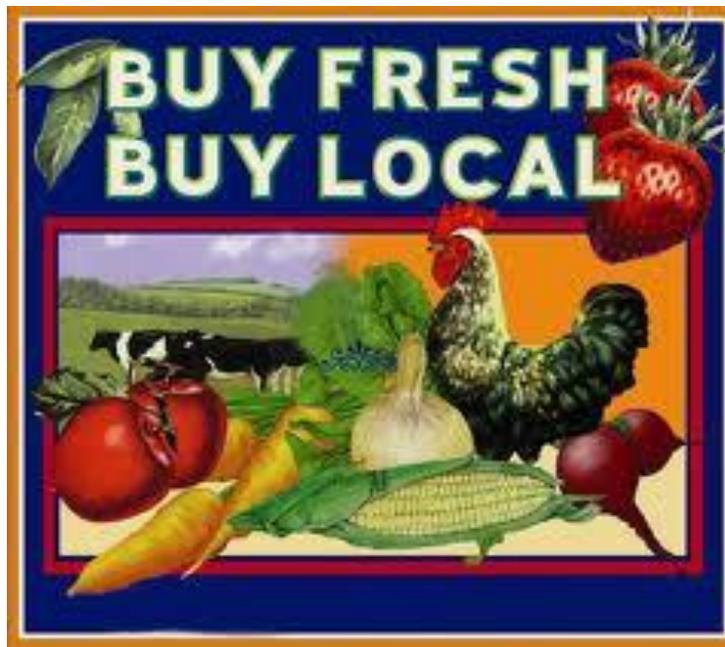
Many people refer to foods grown or produced within a 100 mile radius as local, and this idea has been popularized by the book and television series *The 100 Mile Diet* (<http://100milediet.org/>).

Where can you get local food?

One of the easiest ways to start your search for local foods is to visit the farmer's market in your city. The BC Association of Farmers' Markets (<http://www.bcfarmersmarket.org/>) has a list of all of the farmers' markets in BC, including details on the dates, times, and locations for each market. Some markets have websites and newsletters you can subscribe to, so you can find out which vendors will be there ahead of time and plan your shopping accordingly.

Many food stores will proudly label products that are local, as the demand for local products is increasing. Start by checking out these stores:

- Thrifty Foods (<http://www.thriftyfoods.com/> - various locations) makes a point of labelling any produce grown in BC as such.
- The Root Cellar (<http://www.therootcellar.ca/>) in Saanich makes a point to bring in as much produce from Vancouver Island farms as possible (from salad greens to kiwis).
- Other grocers to try in Victoria include the Market On Yates & Millstream (<http://www.themarketstores.com/index.html>) and Niagara Grocery (<http://www.niagaragrocery.com/>) in James Bay.



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www.purenutritionconsulting.com
info@purenutritionconsulting.com
250-661-2770

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