

# Buying Local Food

creates change in our relationships with people, economics and the environment.



## Local food systems contribute to our world by:

- Sustaining and revitalizing rural communities
- Encouraging critical thinking about food systems
- Placing a high value on environmental and physical health
- Reconnecting people of all ages with the environment and each other
- Offering alternative choices, generating exciting experiences and facilitating mentorships

**Local foods are defined as** foods grown, harvested and processed as close to the buyer as possible. Local foods can be produced using alternative (e.g. organic) or conventional agricultural practices. Specific decisions about distance and production method are made by individual buyers on a case-by-case basis.

**Buying local foods for a public program** comes with the responsibility of understanding food processing rules. These rules aren't unique to local foods, but you don't normally need to think about them when you buy food from regular grocery stores. **This fact sheet will help you to feel confident** when buying local food from alternative and regular food sources for your public program. See page 2 to learn which foods need to be from permitted or licensed sources, equip yourself with the right questions to ask and start buying local foods!

**Did you know?** Foods sold or served in public programs (including schools) must be purchased from approved sources as defined under the Public Health Act. If you are ever unsure about a food from a particular source, just ask! Ask the farmer, processor, supplier, or a public health inspector.

**Contact a local health inspector:** [www.manitoba.ca/healthprotection](http://www.manitoba.ca/healthprotection)

This fact sheet has been produced by the Child Nutrition Council of MB in partnership with MB Healthy Food in Schools and the MB Alternative Food Research Alliance.

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Every Child...Every Day...**Well-nourished** | [www.childnutritioncouncil.com](http://www.childnutritioncouncil.com)

# Ask the right questions

about food safety when buying local food from local sources for your public program.

Foods served in public programs must be from approved sources. Use the list below to determine whether a food is from an approved source:



Foods	Approved Food Sources	Notes
<b>Vegetables &amp; Fruit</b> Fresh and unprocessed (not cut, canned, frozen, dried, or otherwise processed).	Farms, Gardens, U-Picks, Berry Pickers, Farmers' Markets, Roadside Stands, Grocery Stores, Food Distributors	Fresh produce can come from many sources. Always wash vegetables and fruit before preparing/serving.
<b>Grains and Minimally Processed Grain Products</b> e.g. oats, wheat or spelt flour, wild rice, flax, hemp hearts.	Farms, Farmers' Markets, Grain Mills, Grocery Stores, Food Distributors	Processed grains like flours and rolled oats must originate from sources that have a food processing permit.
<b>Milk and Milk Products</b> e.g. milk, cream, yogurt, cheese.	Licensed Dairies, Licensed Cheese Producers, Grocery Stores, Food Distributors	Milk and milk products must be pasteurized.
<b>Traditional Foods</b> e.g. large and small animals (elk, deer, moose, grouse, rabbit, etc), berries, edible wild plants.	Animals (farmed): Retail Butcher Shops, Licensed Abattoirs, Licensed Meat Hawkers Animals (wild): Hunter Donation Plants: see vegetables and fruit	Wild game cannot be sold in Canada. To serve donated wild game in a public program a special permit is needed. Contact your local health inspector for details.
<b>Eggs</b> Graded	Farmers' Markets, Grocery Stores, Food Distributors	Eggs purchased directly from farms are often ungraded. Ungraded eggs cannot be used in public programs.
<b>Dry Pulses (Legumes)</b> Bulk (not pre-packaged) e.g. peas, beans, lentils, chickpeas.	Farms, Farmers' Markets, Grocery Stores, Food Distributors	Ask whether pre-packaged pulses were assembled in inspected facilities/kitchens. Rinse and check pulses for debris before cooking.