



What can growers do?

Create Economic Opportunities

- Sell your products at farmers' markets and to local institutions or schools.
- Add your farm to the **Grown by the Bay** local food guide.
- Buy from local greenhouses; choose local processors and distributors when possible.
- Work with local champions to increase consumer and community access to local products.
 - Investigate opportunities to participate on local boards
 - Attend consultations
 - Provide feedback when groups are seeking information related to farming

Promote Education and Skill Building

- Add your farm to the Grown by the Bay local food guide.
- Share your expertise by creating or participating in a community garden in your community or at a local school.
- Participate in a mentorship program or **WWOOF** (World Wide Opportunities on Organic Farms) to help train new growers.

Maintain a Healthy Ecosystem

- Compost in your backyard or in a community garden.
- Create an **Environmental Farm Plan** through the Ontario government, to increase your environmental awareness.
- Apply mulch to your soil to help retain moisture and cut down on watering needs.
- Choose heirloom varieties or species native to your region.
- Learn about **saving your seeds**.



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- Plant cover crops or living mulch.
 - Plant grass buffers to help control runoff.
 - Encourage beneficial wildlife like bees and bats.

Foster Residents' Health & Well-Being

- Take time to stretch before and after working in the garden or in the fields. Take proper rest periods throughout the workday.
- Advocate for local food in public places (parks, schools, restaurants, community centres, etc).
- Share the positive experiences of growing food with others.
- Use personal protective equipment when applying organically approved substances to your crops.
- Access resources for producer stress and resilience, such as the Farm Line Hotline (stress counselling for farmers) at 1-888-451-2903.

Support Equal Access Opportunities

- Advocate for fair farm wages.
- Participate in a gleaning project in your community.
- Donate excess produce to a community or school food program.

Celebrate Culture & Collaboration

- Organize a farm or garden tour.
- Explore options to share and swap heirloom seeds.
- Join a farmers' market.
- Connect with local food organizations to get involved with initiatives in your community.
- Share the positive experiences of growing food with others.

We would like to acknowledge the Guelph Wellington Food Roundtable's wonderful work creating the Food Charter Toolkit that this document is based on.

