

Sustainable Seafood

10 Ways to Learn More and to Take Action

Learn More

Healthy fisheries are critical to food security and sustainable food systems. Learn more about fisheries-related issues and establish your own perspective to determine what you can do to create positive change. Visit the Root Cellars Rock sustainable fisheries page (www.rootcellarsrock.ca/sustainable-fisheries).

Buy Local & Sustainable

Support seafood practices that benefit coastal communities, the people who catch and process our fish, and the environment. Ask retailers how their seafood is sourced, where it is from, and how it was caught/harvested. Check labels and learn about seafood sustainability and conservation certifications to make informed purchases. Visit www.seachoice.org and www.thisfish.info.

Go Fishing

Freshwater and marine fishing are great ways to connect with your food and learn about our fisheries. Go with someone experienced that has the right equipment and knowledge to ensure safety. Fisheries and Oceans Canada creates resources on season openings and quotas for recreational fisheries. Learn about other available species by talking to local people. Use the Angler's Guide (www.nfl.dfo-mpo.gc.ca/e0005597) and Recreational Groundfish Fishery guidelines (www.dfo-mpo.gc.ca/decisions/fm-2012-gp/at1-026-eng.htm).

Cook!

Start with healthy ingredients and prepare meals that are simple and delicious. Learn how to prepare a whole fish (youtu.be/q0anGDhWdLQ). Visit the Root Cellars Rock recipes page (www.rootcellarsrock.ca), Hunter Angler Gardener Cook website (www.honest-food.net), and Canada's Food Guide (www.hc-sc.gc.ca/fn-an/food-guide-aliment/index-eng.php).

Make it Last

Value your food and the effort that went into catching it by not letting it go to waste. Plan meals in advance, store food carefully, use all its parts, and preserve excess for later use by freezing, drying or bottling. Visit www.lovefoodhatewaste.com and www.rootcellarsrock.ca.

Protect Local Waterways

Newfoundland & Labrador is surrounded by incredible rivers, ponds, lakes, and the Atlantic Ocean. Get involved with conservation efforts, public awareness initiatives, and clean-ups like those hosted by Marine Institute Ocean Net (www.mi.mun.ca/mioceannet). Learn about local marine protected areas (Bonavista Bay: bit.ly/WoqsBv Gilbert Bay: bit.ly/oK4zke).

Spread the Word

Talk to your friends and family about how to support local and sustainable fisheries. Talk about the kind of food system you want and what you are supporting with the food you eat. Share your knowledge and seek out advice from others. Host a Great Meal for a Change event (www.greatmealsforachange.ca).

Get Involved

Community food initiatives, citizens' and environmental groups work to raise awareness of sustainable practices and improve food security. Use the Food Security Initiative Inventory (www.foodsecuritynews.com/resources) or contact the Newfoundland & Labrador Environment Network (www.nlen.ca) to get involved with initiatives in your community.

Support a National Food Policy

The People's Food Policy Project has created recommendations for Canada's first food sovereignty policy. Add your voice to the call for a National Food Policy that connects food, health, agriculture, fisheries, the environment, and social justice. www.peoplesfoodpolicy.ca



Photo: pfatter



Photo: Derek Keats

Join the Food Security Network

The Food Security Network NL is a growing provincial network committed to improving food security in this province.

FSN has established a Sustainable Fisheries Committee to encourage discussion and bring awareness to the important role that sustainable fisheries play in provincial food security here in NL.

Visit www.foodsecuritynews.com to learn more, join the network, and sign up for our monthly newsletter.





Our Resources

Monthly E-News

News, events, funding and volunteer opportunities.

Best Practices Toolkits

Step-by-step guides to start a community garden, farmers' market, community kitchen, or bulk buying club.

Root Cellars Rock Food Skills Workshops

All the information and resources needed to host hands-on community workshops on eight local food topics.

Provincial Food Security Teleconferences

Provincial discussions and presentations on food security topics. Visit our website for archived presentations.

Food Security Initiative Inventory

An online directory of meal programs, community gardens, community kitchens, bulk buying clubs, farmers' markets, and more.

What Challenges Do We Face In Newfoundland & Labrador?

- Producing only **10%** of fresh vegetables
- **2 – 3** day supply of fresh vegetables
- Average age of farmers in the province is **55**
- Difficult to **access local seafood**
- **Lowest** consumption of fresh vegetables in Canada
- Highest rate of **food bank usage** in Canada
- Highest rate of **obesity** in Canada
- Second highest rate of **diabetes** in Canada

Join Us To Take Action

Food security means that all people at all times have physical & economic access to adequate amounts of nutritious, safe, and culturally appropriate foods.

The Food Security Network NL is a provincial non-profit organization that promotes community-based solutions to increase access to healthy food for all.

We support and work with community kitchens, farmers' markets, community gardens, bulk buying clubs, and other community driven initiatives to improve local food security.

Visit our website to learn more and get involved.

Connect With Local Food Across NL!

www.rootcellarsrock.ca

- The Four P's of Local Food: Planting, Picking, Preparing, and Preserving
- Gardening, wild foods, events
- Local food recipes and resources
- Q&A forum



www.foodsecuritynews.com

