



8 Small Steps Towards Food Security

1. Go Organic!
2. Grow some of your own food.
3. Save your seeds and share them with others.
4. Buy directly from local farmers and support your local farmers market.
5. Learn to process your own food and how to store it.
6. Work together with neighbours and friends.
7. Eat with the season.
8. Learn new things, practice new skills, share your knowledge.

Lillooet Food Matters



When do we meet?

Our meetings take place once a month beginning at 5:30 pm with a delicious potluck dinner (featuring local organic food as much as possible) and great conversation.

We get down to business at 6:30 pm.

For more information or to volunteer, feel welcome to call Judy at 250-256-7424.

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Reconnecting
People,
Food, Land
and
Culture ...