



Fall Newsletter

Hello!

Since the Charter's Action Planning session in April, the Charter itself has progressed into a 'Roundtable'. The Roundtable is a collaborative of multiple community stakeholders and interested parties. The group meets quarterly with working groups meeting more regularly to work on supporting the action strategies developed from the planning day. This newsletter is designed to keep the community aware of the action and progress of the Roundtable, and provide information on Roundtable supported events and initiatives!



Photo from our Action Planning Session

4 Pillars of the Charter

Social Equity

Education

Marketing/Outreach

Infrastructure

Working Group Updates

Social Equity: The group has come together and developed a survey in which to identify food education resources being utilized and barriers in which those that are low income feel withhold them from attending available resources within the city.

The Marketing/Outreach: the Marketing/Outreach group continues to support and promote endeavours that endorse the guidelines the Food Charter. It is also building partnerships with agencies trying to advocate activities supporting the Charter.

Infrastructure: The group is actively attending Downtown Planning Sessions to bring about more Community Gardens to the City, as well as other activities.

Education: The group is working with Near North District School Board representatives to help bring about more green and gardening initiatives in the schools.

Janssen Farms Annual Thanksgiving Market

Wed. Oct. 5th @ 6pm 1396 River Rd, Chisholm

Multi-Farm * All Local * All Organic

Fresh, Free-Range
Orlopp Bronze Turkeys
available by reservation only

Organic Vegetables, Herbs, Pastured Beef, Goat & Pork
Holistic Cosmetics, Personal Care products

Featured Farms & Vendors: BRealFit, Midlothian Valley Farm, Bouman Farms, Bear Track Acres, Lakeside Acres, Freedom Heart Farm

www.janssenfarms.ca

To reserve your turkey contact: beth@janssenfarms.ca / 752-3210





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Great News From The North Bay Farmer's Market

The North Bay Farmers' Market have found their Winter Home! The current Market ends after the Thanksgiving weekend, but luckily after some searching and work, the Board of Directors have found a home for winter round vendors. This amazing news brings more opportunities for North Bay to continue supporting local food and artisan goods. Farms with greenhouses will be providing local grown goods to consumers! This has been a long time goal of the North Bay Farmers' Market, and something the Nipissing and Area Food Roundtable has been keeping an eye out for as well. The Farmers' Market put out a call to the community to help them find a winter spot in August, and the community was quick to support the suggestion with many ideas. Make sure you visit them at their new home this winter!

The Winter Market will start Saturday, November 5th at the North Bay Mall. It will continue to run on Saturdays from 10:00 am to 2:00pm.

New Initiative at ACNBA

The Aids Committee of North Bay and Area has initiated a new program beginning this fall. The program aims to have their peers prepare meals in jar where they keep one, and prepare a second to give to another. The second meal will be given out to clients during their needle exchange program. Kathleen Jodouin, HIV Educator and MSM Outreach Coordinator says "It is way for our Peers to help other clients as well as receive a pre prepared meal." The meals only require heat source and water to be prepared once received. The first two recipes will be apple oatmeal and potato soup for October and November.

More Great Community Success Stories:

Check out a great article from the North Bay Regional Health Care Centre on using **Gardening as therapy at the NBRHC:** <http://www.nbrhc.on.ca/gardening-therapy>

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October Events



- 1st - Cranberry Day In Callander
- North Bay Farmers' Market 8:30-1:00
- Powassan Farmers' Market 9:00-1:00
- 5th - North Bay Farmers' Market 10:00-2:00
- Janssen Farms Annual Thanksgiving Market 6:00pm - 8:00pm
- 7th - Peas in a Pod Cooking Program at Ontario Early Years Centre Nipissing
- Community Kitchen: Smoothies and Slow Cookers at Ontario Early Years Centre Nipissing
- 7th - Soil Renewal at Bonfield Public Library
- 8th - North Bay Farmers' Market 8:30-1:00
- Powassan Farmers' Market 9:00-1:00
- 13th - Beekeeping Night at the Powassan Library
- 21st - Peas in a Pod Cooking Program at Ontario Early Years Centre Nipissing
- 22nd - Let's Make Mozzarella at the Bonfield Public Library
- 30th - Soap Making Workshop at the Bonfield Public Library

FOR MORE INFORMATION ON THESE EVENTS & OTHERS, CHECK OUT THE EVENTS PAGE ON OUR SITE: WWW.NIPISSINGAREAFOD.CA/EVENTS