



BACKGROUND

Nutrition Month Events:

March Events

Date/Time	Event	Location
March 6 10:00 am – 3:00 pm	Seedy Saturday	Florence Filberg Centre 411 Anderton Ave Courtenay
March 13 10:00 am – 3:00 pm	Seedy Saturday	Recreation Centre Complex 5001 Joyce Avenue Powell River

Main Websites

LUSH Valley Food Action Society – www.lushvalley.org

Mt. Waddington - www.viha.ca/about_viha/community/mt_waddington.htm

Other Links of Interest

ActNow BC: www.actnowbc.ca

Dietitians of Canada: www.dietitians.ca

VIHA Food Security: http://www.viha.ca/mho/food/food_security/

Health Canada’s “Eating Well with Canada’s Food Guide” www.healthcanada.gc.ca/foodguide

Seasonal Food on Vancouver Island: www.islandfarmfresh.com

BC Farmers Market Association www.bcfarmersmarket.org

Community Kitchens in BC: www.communitykitchens.ca