



There are many fun outdoor winter activities to try this season.

2009: The birth of the TYFPC

History was made in 2009 as the first ever North American Youth Food Policy Council was created, the TYFPC. 2009 can be remembered with the following TYFPC achievements:

4 Toronto Star articles, increase in newsletter readership, a media release, So You(th) think you can cook competition, & creation of a fundraising calendar

I am hopeful for 2010 and "hungry for change". Happy New Year!

Tips on Growing Food in a Canadian Winter

It is a common belief that Canadian winters hinder the ability to grow food, but what I have learned from Eliot Coleman, author of *The Winter Harvest Handbook*, is that it is possible to grow food in winter. Here are 4 tips to growing food in winter:

- 1) Outdoor option: plastic-covered greenhouse
- 2) Purchase an Aerogarden, an indoor gardening system (www.aerogrow.com)
- 3) Windowsill sprouting: grow fresh herbs such as: mint, basil, sage (<http://www.garden.org/ediblelandscaping/?page=indoor-herb>)
- 4) Winter Vegetables include kale, chard, beet greens and baby salad greens which can be grown in the winter in half oak barrels and large black plastic pots. (Carolyn Herriot from <http://www.gardenwiseonline.ca/gw/sustainable-gardening/2008/12/20/eating-your-winter-garden>)



Get Involved!

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Get Involved!

3 C's of Council Membership:

There are 3 areas of focus in which youth can be involved with the TYFPC depending on their availability and interests:

Council Members: become a TYFPC member, email TYFPCapplications@gmail.com to get your application, submit it along with your resume by **January 15th**

Policy Consultants: TYFPC seeks youth volunteers to participate in food policy research for the Toronto Food Strategy.

Community: we are looking for youth interested in attending meetings, and events. If you are interested in any of these areas please email TYFPCpolicy@gmail.com

Website help

The TYFPC is looking to create a navigable and useful website to keep the youth and food communities connected and up to date with the council. We are currently seeking people with website design and development skills to help bring this vision to life. If you or anyone you know might be interested, please contact Hannah at hannahortonlewis@gmail.com.

A Taste for Change

Food is tasty and valuable to our health, but it also brings cultures and people together. As a FoodShare receptionist intern I have seen an entirely different side of food. I look beyond the food itself by indulging in the smell, the color and the texture. Foodshare has taught me the vital need of knowing where our food is produced. Having the knowledge about food policies makes me feel more confident about what I eat and why I should stand up to my rights to practice these policies every day.

My Grandmother once told me, "the vegetables and fruit are just as pure as the ground they come from." I take these words of wisdom and apply it to where I purchase my produce. The Good Food Box program at Foodshare has various boxes that can contain organic and locally grown fruit. I am involving myself with more opportunities within



Mushroom are in Season
www.foodlandontario.ca

Get Involved!

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Join the Facebook Group: *Friends of The Toronto Food Policy Council*



TYFPC members Tracy & Tammara with chef Brad Long at the Royal Agricultural Winter Fair

Toronto to educate myself about food issues. This is one small step I have taken and if everyone took one small step for change we would live in a more satisfying world.

By: Nikki Jo Mattinas, Receptionist Intern at Foodshare

New Year New You

Stuck on a New Year's Resolution?, why not think about committing to a change that could help our food system and environment, here are a few suggestions

- **Eat local more often** (Tips: visit a farmer's market once a week, pick produce from Ontario or Canada, include local ingredients when cooking)
- **Get involved** in food discussions by starting a project, volunteer with a food organization, attend events, plan an event.

Featured Apple:

Our featured youth is Hudson Bernard, winner at this year's So You(th) Think You Can Cook competition. Hudson is enrolled in the French Culinary program at George Brown college. Working with Chef Jamie Kennedy has inspired his involvement with the Slow Food movement. Hudson is an on-going supporter of locally grown products. Hudson believes that, "being a young chef means having the imagination and the drive

to excel in the preparation of all foods." This is evident by his prize winning winter recipe and his dedication to cooking with local ingredients.



Winter Brussels Sprout Soup Recipe is available in the TYFPC cookbook which can be purchased at the TYFPC meeting February 1st. Photos taken at Journey To Your Good Health at the Royal Agricultural Winter Fair

Love is in the Air

Every year I look forward to Valentine's day, simply for the chocolate that is immersed throughout our city. I enjoy watching the chocolatiers stir the big copper pot of chocolate while I take in the luscious sweet smells. This year I will pick up my chocolates from Chocosol. They believe in a socially just food system, practice it and have made the loft environmentally friendly with a zero waste strategy. For great gift ideas please visit the Coco Loft located at 6 St. Joseph St., 4th floor.



Upcoming Food Ventures

Jan 18: Michael Smith and Screaming Avocado Dinner, 6.30pm, tickets \$120

Jan 18: Sorauren Winter Farmers' Market, 3-7pm, (50 Wabash Ave)

Jan 23: Youth Food Strategy Meetin, email TYFPCpolicy@gmail.com for more info.

Jan 28: Movie screening: Dirt 6.30pm-8.30pm at Bloor Cinemas, hosted by Food Cycles

Jan 28-31: 29th Annual Organic Conference, Guelph, for more info go to:

<http://www.guelphorganicconf.ca/>

Feb 1: TYFPC meeting 5:30-7:30pm Metro Hall room 308 (Presentations by: African Food Basket & The Toronto Food Strategy) TYFPC cookbook will be available to purchase.

Resources Reviewed:

<http://www.chocosoltraders.com/>

<http://www.fourseasonfarm.com/about/eliot.html>

Written by: Ashley Andrade

