

# Food Action Committee of Ecology Action Centre, Halifax

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<http://www.ecologyaction.ca/content/food>

Food is an integral part of everyday life. We eat and every food choice we make affects farm communities. We want to support efforts to become more self-

reliant in food within Nova Scotia. We also support ecological methods of food production.

## Food Action Committee Objectives

To increase individual and collective food access and self-reliance in Nova Scotia.

Specifically we aim to:

- promote the social, economic, and environmental benefits of locally-produced food; and
- promote socially, economically, and environmentally sustainable ways of growing, processing, and distributing food.

Present priorities, established by the group:

- Promote eating locally produced foods
- Research and education on the real (hidden) costs/benefits of food choices
- Connect with like-minded groups to celebrate the beauty of food production and consumption

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We meet at the EAC on the third Monday of every month at 5:30. We need new members committed to a vision of sustainability. And there is a lot to do: research, education, organizing, lobbying. Get involved today!