



# Smart Eating Makes the Grade!

## Celebrate Food... From field to table.

### March is Nutrition Month

March is Nutrition Month across Canada. This year we celebrate food and the journey it takes to get from the field to our table. During the month of March watch for Nutrition Month activities around your community or check out [www.dietitians.ca/eatwell](http://www.dietitians.ca/eatwell).



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### Did you know...

- A food product must contain 95% organic ingredients to be a “Certified Organic” product?
- The term “locavore” refers to the trend of using locally grown or seasonally ready foods?
- Only 7.3% of Canada’s land is used for agriculture due to climate and soil quality?
- Our land used for farming represents 167 million acres, according to the Consensus of Agriculture?

### Eating Local



<b>What does eating local mean?</b>	Foods are grown or produced within 50 km of where they are sold.
<b>What is the benefit of eating local?</b>	<ul style="list-style-type: none"> <li>- Reduced packaging, waste and transportation of food</li> <li>- Greater income for area farmers</li> <li>- Better prices for consumers</li> <li>- Foods sold at peak freshness and ripeness</li> <li>- Increased flavour and taste</li> </ul>
<b>Is eating local healthier?</b>	<ul style="list-style-type: none"> <li>- Little evidence that locally grown foods are more nutritious</li> <li>- Limited evidence that certain locally produced vegetables and fruits have greater nutritional value</li> </ul>
<b>What influences the nutrient value of foods?</b>	<ul style="list-style-type: none"> <li>- Crop variety</li> <li>- How it is grown</li> <li>- Ripeness at harvest</li> <li>- Storage</li> <li>- Processing and packaging</li> </ul>

### Milk: From Farm to Fridge

Milk is produced from dairy cows that live on a dairy farm. In one day, a dairy cow will eat 30 kilograms of grass, hay and silage and drink about half a bathtub (60 litres) of water. The cow uses the energy from her food to produce 80 glasses (20 litres) of milk in one day, totalling 85 bathtubs of milk in one year!

Each cow is milked several times a day using a milking machine. After being milked, the raw milk flows through pipes and in to a large refrigerated tank. Here it waits to be picked up by the milk truck. The truck carries the milk to a dairy where it undergoes pasteurization to kill any bacteria and homogenization to prevent fat from floating on top of the milk. Some milk has the fat removed creating partially skimmed milk.

Vitamin D and calcium are then added to enrich the milk and boost the milks vitamin and mineral content.

Finally, machines package the cold milk into cartons or jugs and the milk is delivered to your local grocery store and ready for you to drink!

Source: [www.milk.mb.ca](http://www.milk.mb.ca)

## The Bottom Line

Choosing foods that are produced closer to home benefits your local community and is better for the environment. Challenge friends and families to find Manitoba made or grown foods.



## Activity Corner

Organize a farm tour with your classroom.

Farms you could visit in Central Manitoba:

1. Connery's Riverdale Farms
2. Jeffries Brothers Vegetable Growers Inc.
3. Carman Research Station



\*Visit [www.aitc.mb.ca](http://www.aitc.mb.ca) for more information or other activities.\*

## Going Organic?

Organic foods have been popping up all over grocery store shelves. From organic fruits and vegetables to organic snack products, the term "organic" has lead consumers to believe these products may taste better and be nutritionally superior.

Organic farming limits the use of synthetic fertilizers and pesticides while using environmentally friendly farming practices. Research studies have been inconsistent in determining if organically farmed products really do contain a higher nutritional content.

The decision to purchase organic food is a personal choice and may be based on personal values regarding food production and environmental issues. However, the idea that organic products are richer in nutrient value should not be the basis for this decision.



### Carrot Nut Salad



Try this recipe with as many local ingredients as you can:

3 cups	Shredded carrots
1 cup	roasted peanuts, chopped
1 tbs	onion, finely chopped
½ tsp	salt
½ cup	light mayonnaise
2 cups	raisins
1 head	Leaf lettuce
1	tomato, cut into wedges

In a large bowl, combine carrots, peanuts and raisins.  
In a small bowl, combine onion, salt and mayonnaise.  
Mix well.  
Add light mayonnaise mixture to carrot mixture. Toss evenly to coat. Serve on lettuce leaves and garnish with tomato wedges

Source: Peak of the market

