

Healthy Measures: Off to the market

Good health begins with good eating habits. One of the best ways to make sure you are eating the healthiest food available is by buying locally grown foods whenever possible.

Local foods include the foods picked or purchased at local farms and farmers' markets, as well as any *Ontario-grown* produce and foods purchased at the grocery store.

Buying locally grown foods and produce provides many benefits:

- **Food quality** - Local produce is fresher which means better taste and texture
- **Nutrition** - Local produce typically maintains a higher nutritional value than its imported counterpart
- **Food safety** - Local foods are less susceptible to large-scale food contamination outbreaks
- **Environment** - Improves air quality and greenhouse gas emissions by reducing food travel distances
- **Sustainability** - Helps sustain local agriculture and supports the local economy

Although it may be a challenge to eat local all year round, take advantage of the local harvest available in the warmer months. You can try freezing, home canning or preserving if you want a ready supply of local produce. Dairy products, eggs, meat and grain products can all be local too and are more readily available year round. Check out the [Foodland Ontario](#) web site to see what foods are in season.

In York Region there are many farmers' markets that are open on a weekly basis starting in late spring and operating until mid fall. You can also visit a local farm that offers "pick your own produce" and road-side markets. The [York Region Farm Fresh Guide](#) provides a listing of farms around the region.

Farmer Markets in York Region:

[Aurora Farmer's Market](#)

[East Gwillimbury Farmer's Market](#)

[Georgina Farmer's Market](#)

[Main Street Markham](#)

[Newmarket Main Street Farmer's Market](#)

[Stouffville Farmer's Market](#)

[Village Market - Thornhill](#)

[Click here](#) to find other farmer's markets in York Region and across Ontario.

Do you have questions on nutrition and healthy eating? Contact *EatRight Ontario* at 1-877-510-5102 to speak to a Registered Dietitian.

Healthy Measures: Eat Well, Be Active and Be Yourself!