

# THE BEET



## Greetings!

The temperature dropping and the snow piling high hasn't slowed down the good work happening at Food Matters Manitoba. Our Northern team have visited Fox Lake, Cross Lake, Norway House and Shamattawa, OFHC is in the thick of planning for the next year, and the newcomer program has released a traditional food guide (that we are proud to share with you below)!

We hope that you are all enjoying the winter and and ready for another year of good food in 2017.

With gratitude,

The Food Matters Manitoba team

## harvest

### Shamattawa Buying Club

Market could not take place without tremendous community support

In the first week of December, Food Matters Manitoba put on its first food market/buying club in Shamattawa First Nation. The produce, which included broccoli, potatoes, fruit, carrots and other fresh fruits and vegetables, was sold with a subsidy to community members which made the price of the produce around the cost it is in Winnipeg.



While there were a few hiccups along the way, the community rallied to ensure that the market was possible and greatly contributed to its success. One of the many highlights was when a young child held up a head of broccoli and said "This is my favourite!"... how often do we hear that?

[Read the full story!](#)

## prepare

### Travelling with Food Matters Manitoba

The newest addition to the Food Matters Manitoba family shares her first experiences visiting two of our partner communities

I was asked to share my first trip experience with you all in this my first blog with the Food Matters Manitoba community. My first experience as part of the team has been

nothing but great positive comments and feedback from community. It is apparent that a great foundation has been established and this was the most notable and constant flow of good tones throughout the trip.



[Read the full story!](#)

## share

**Newcomer Traditional Food is Closer Than You Think**  
New guide published by FMM will help you track down newcomer traditional foods you may have trouble locating across the city

Food Matters Manitoba is proud to announce the release of the “Where to Buy Newcomer Traditional Foods in Winnipeg” guide! After months of research and coordination with almost 70 stores across the City of Winnipeg, the guide features stores from five regions of the world, and outlines the types of traditional products they typically carry, as well as where they are located in the city. This is the perfect directory for anyone looking to locate their cultural foods, as well as anyone looking to try something new.

We are really excited about the guide and we hope you enjoy it! Visit the link below to see the guide and start shopping today!



[View the guide!](#)

## celebrating generosity



**Thank you to the Manitoba Food Charter signatories!**

Food Matters Manitoba would like to take the time this month to thank the signatories of the [Manitoba Food Charter](#) for their continued commitment to good food here in the Province of Manitoba. In 2006, after consultations with over 70 food system stakeholder groups both inside Winnipeg and across Manitoba, a group of dedicated individuals, businesses and organizations drafted the Manitoba Food Charter, a document which continues to unify commitments to ensuring all people in our province have access to good food.

For over ten years, the Manitoba Food Charter signatories have worked hard to uphold their commitments to good food, and have continued to support both the Manitoba Food Charter, and Food Matters Manitoba. We appreciate their dedication and look forward to working more closely with them as we continue to grow.

**We are looking to share your stories!  
Have a community story or event you  
would like us to share?**

**Send us your story or  
event!**

**FOOD MATTERS MANITOBA  
GET INVOLVED**

*Food Matters Manitoba*  
**BECOME A  
GOOD FOOD  
CHAMPION**

Exciting news! We are closer than ever to having a Winnipeg Food Council that will work together to ensure a fair, sustainable, and vibrant food system for our city.

By donating monthly, you can help people all across Manitoba get access to the good food they deserve.

**Send a message to your  
councillor!**

**Show your support!**

*harvest.*

*prepare.*

*share.*

*foodmattersmanitoba.ca*



Food Matters Manitoba | 640 Broadway, Unit 4, Winnipeg, Manitoba R3C 0X3 Canada

[Unsubscribe](#)

[Update Profile](#) | [About our service provider](#)

Sent by [communications@foodmattersmanitoba.ca](mailto:communications@foodmattersmanitoba.ca) in collaboration with

**Constant Contact** 

Try it free today