



ST. ANDREW'S United Church, Grafton
PRESENTS OUR 3rd

100-MILE DIET EVENT

WHAT'S IT ALL ABOUT ?

...Buying within 100 mile radius

Some products being showcased:

- * beef
- * salad sprouts
- * honey
- * apples
- * pears
- * vegetables
- * fish
- * poultry
- * cheese
- * lavender
- * lamb
- * bison/elk
- * maple syrup
- * chocolate

Why Shop Locally?

- ✓ meet the farmer
- ✓ ask how food is processed
- ✓ fewer chemicals
- ✓ less impact on the environment

Sample home grown foods

Purchase their products

Support local producers

Chef demonstrations

Check out our list of participants

on the website: : www.castletongriftonuc.com

Sunday, September 12

12 noon – 4 p.m.

**Haldimand Community Memorial Arena,
County Road 2, Grafton**

DONATIONS AT THE DOOR to Northumberland
Food For Thought School Breakfast Programme