SAMPLE ACTIVITY

You can adapt this activity to the amount of time available and staff interest at your workplace.

Objective:	encourage staff to purchase locally-grown food. Promote healthy eating, good conversation and fun!
Name of activity:	The 100 Mile Lunch
Time:	five lunch breaks
What you need:	support from management, email announcement, a venue large enough to accommodate your staff meals, posters (sample ahead)

STEPS FOR SUCCESS

1. Secure support from management.
2. Hook event to an actual office happening (e.g. wrap-up of a big project, seasonal celebration, a special anniversary, etc.)
3. Announce event at a staff meeting or via email.
4. Encourage staff to eat locally-grown food for an entire week. Provide information about local farmer's markets (www.farmersmarketscanada. ca/Links.cfm) and seasonal produce.
5. Wrap up with a potluck or catered lunch that celebrates local food.
6. If you are a large organization, try doing this at a team level first, and then move to larger groups.
7. Roll out the program to a weekly 100 Mile Lunch Club that lasts all year long! Once a week individuals take turns bringing meatless soups for all participants. OR everyone brings a locally-grown item (greens, chopped veggies, nuts, seeds, fruit, etc) to create a weekly salad bar (http://commonspace.typepad.com/ commonspace/2008/04/open-salad.html).
8. Share photos, stories and successes. Learn and celebrate.

RESOURCES

Community supported agriculture: Ontario – www.csafarms.ca; Quebec – http://www.equiterre.org/en/agriculture/paniersBios/index.php

Farmer's markets: www.farmersmarketscanada.ca/Links.cfm

Indoor plants:
http://www.ted.com/index.php/talks/kamal_meattle_on_how_to_grow_your_own_fresh_air.html
http://awesome.goodmagazine.com/marketplace/010/010plants_for_health.html
http://ntrs.nasa.gov/archive/nasa/casi.ntrs.nasa.gov/19930073077_1993073077.pdf

Salad club: http://commonspace.typepad.com/commonspace/2008/04/open-salad.html

Stairway to health: http://www.phac-aspc.gc.ca/sth-evs/english/index-eng.php

Sustainable seafood guide: www.seachoice.org