

● The 3N's-F in Action

To take care of our health and the well being of the planet, it would be a very good idea for all of us to start using the 3N's-F principles when making our food choices. Here are few guidelines to assist us in choosing food that is healthier, more environment-friendly and fairer for the farmers.

Choose Foods that are NON-PACKAGED:

- I buy food items that have little or no packaging.
- I choose packaging that is reusable or recyclable (cardboard, glass, plastic, metal).

To find out if plastic is recyclable, I look for the following logo with a number in the middle: 1, 2, 3, 4, 5, or 7 (but not 6).



Choose Foods that are NOT FAR:

- I shop at farmers markets and I also buy directly from farms.
- I buy produce that is grown (and processed, as need be) in Quebec, by looking for the following logo:



Choose Foods that are NATURAL:

- I look for fresh food items that have undergone little or no processing (then I make meals with my family!).
- I avoid foods whose list of ingredients starts with "sugar" or "butter, etc.", because this means that it's a main ingredient of those food items.
- I give preference to foods that are grown in an environmentally-friendly way, such as organic produce grown in Quebec, which I recognized through the following logos:



Choose Foods that are FAIR:

- I shop at farmers markets and I also buy directly from farms.
- I buy directly from farmers in the Community Supported Agricultural network.
- I look for fair trade products, which I recognize by the following logo:

