

# Hamilton's Edible Education Guide

Guide is managed by:

NEIGHBOUR  
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 HAMILTON  
COMMUNITY FOOD CENTRE



## What is it?

This edition of Hamilton's Edible Education Guide is for educators, administrators, and families to have a 'one stop shop' for **food literacy** programming and resources for children and youth. Programs and resources in the guide address curriculum requirements to all Hamilton schools, as well as offer resources around youth gardens, nutrition education, classroom lesson plans, community programs, camps, and more.

Hamilton's Edible Education Guide helps to collect, develop, and promote programming and initiatives that build food skills that teach how to grow, prepare, and choose healthy food as well as better understand the food system.

## Where can I access it?



**Online Guide:** [www.n2ncentre.com/edibleeducation](http://www.n2ncentre.com/edibleeducation)



**Includes an interactive map!**

## What is Food Literacy?

Food Literacy involves understanding where food comes from, the impacts of food on health, the environment and the economy, and how to grow, prepare, and prefer healthy, safe and nutritious food.

(Sustain Ontario)

For more information, or to access a printed version, please contact Neighbour 2 Neighbour's Community Food Skills Coordinator at [ccampbell@n2ncentre.com](mailto:ccampbell@n2ncentre.com) or 905-574-1334 Ext. 304.

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