

grocery store no more than once a week to reduce your chance of contracting or spreading COVID-19. Buy only what you need; there is no need to purchase large quantities of food. This will ensure everyone can get what they need. You may want to have your groceries delivered.

It is possible that travel restrictions and measures put in place to stop the spread of COVID-19 *may* impact the food supply chain in the future. I will provide an update should that happen. What can you do to ensure your own food security? See below!

Resource: Agriculture and Agri-Foods Canada

<http://www.agr.gc.ca/eng/coronavirus-disease-covid-19-information-for-industry/?id=1584732749543>

Connect with nature & build food skills

This may be a good time to learn about the medicines nature gifts us. Nettle, dandelion, osoberry and others are making an appearance! Make a virtual connection with a knowledge keeper in your community and get some fresh air and physical activity!

Many folks have recently started their own Victory or Resiliency gardens. Growing your own food is rewarding and gives a sense of accomplishment and security. Please contact me if you would like more information on plant medicines or starting your own garden.

Extra time indoors also gives us the opportunity to try things we may not have had time for. Canning is a great way to ensure your pantry is full all year round with delicious goodies. The link below will take you to FNHA's excellent canning guide.



[READ MORE ABOUT CANNING](#)