



Press Contact

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Maine Food Strategy Serves Up 10 Ways to Eat More Maine Food in 2015

Portland, Maine (January 5, 2015) –The Maine Food Strategy (MFS) offers 10 ways to support our Maine farmers, fishermen and food producers. Incorporate one, two or all of these ideas in 2015!

1. Plan meals around foods that are in season.
FMI: Seasonal Food Guide
www.sustainabletable.org/seasonalguide/seasonalfoodguide.php
2. Join a Community Supported Agriculture (CSA) farm or Consumer Supported Fishery (CSF) to enjoy local, fresh food year-round while supporting Maine farmers and fishermen
FMI: Maine Organic Farmers and Gardeners
www.mofga.org

FMI: Local Catch
www.localcatch.org
3. Buy fish and shellfish with the “Gulf of Maine” label and patronize restaurants that serve locally caught or farmed fish products.
FMI: Gulf of Maine Research Institute
www.gmri.org

FMI: Maine Aquaculture Association
<http://www.maineaquaculture.com>
4. Encourage your school or college to service more Maine food.
FMI: Farm to School Program
www.farmtoschool.org
5. Join a food council to help bring more locally grown food to your community.
FMI: Maine Network of Community Food Councils
www.mainenetworkpartners.org/maine-network-of-community-food-councils

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6. Feature Maine food at your organization's meetings, conferences and events, and let participants know where it came from.
FMI: Get Real. Get Maine!
www.getrealmaine.com

7. Start a backyard garden or join a community garden this season. If you already grow food, try to add one new vegetable for more variety.
FMI: University of Maine Cooperative Extension
<http://extension.umaine.edu>

8. Use Maine honey and maple syrup to sweeten foods.
FMI: Maine Maple Producers
www.mainemapleproducers.com

Maine State Beekeepers Association
www.mainebeekeepers.org

9. Buy ag products like beeswax candles and wool to support the larger food system.
FMI: Maine Alpaca Association
www.mainealpacaassociation.com

FMI: Fiber Frolic
www.fiberfrolic.com

10. Learn more about where to find food raised and grown locally.
FMI: Maine Beef Producers Association
www.mainebeefproducersassociation.com

FMI: Maine Cheese Guild
www.mainecheeseguild.org

FMI: Maine Dairy Promotion Board
<http://drinkmainemilk.org>

FMI: Maine Wild Blueberries
<http://umaine.edu/blueberries>

FMI: Maine Winery Guild
<http://www.mainewinetrail.com>



ABOUT THE MAINE FOOD STRATEGY

The Maine Food Strategy is an initiative to create a broader and more strongly connected network of organizations and individuals contributing to the food system in Maine.

FMI: On the web at www.mainefoodstrategy.org

Email MFS at mfs@mainefoodstrategy.org

Facebook and Twitter @MEFoodStrategy

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