

## The Ottawa Valley Food Co-operative

The Ottawa Valley Food Co-operative began in March 2008 and is a networking project for local food producers and consumers. Local consumers can connect with and buy from local food producers. Local food is fresher, tastier and more nutritious than food that has travelled long distances. When buying food locally you know where your food is coming from and buying locally grown, sustainably produced foods gives us all the opportunity to create more local prosperity, food security and a higher quality of life.



Membership in the co-op is \$50 for consumers and \$100 for producers. You can enjoy in season fruits and vegetables, lamb, grass-fed beef, honey, granola, coffee, bison, preserves and much more. All products are grown or produced by the producer members in the Ottawa Valley. Each month, producer members post what they have available on the website and members have one week to place their orders. Members then pick up orders at one of the many pick-up locations across the Ottawa Valley.

For more information, or to become a member of the Ottawa valley Food Co-operative, visit their website at [www.ottawavalleyfood.org](http://www.ottawavalleyfood.org)