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| **Spring 2025 Newsletter (Volume 1, Issue 1) - FOOD POLICY NEWS****Message from the KFL&A Food Policy Council**Hello fellow food enthusiasts!Spring is here and with it, the beginnings of the growing season and more of things, food related.**Update on the Food Strategy Project: Food Strategy events this Summer and Fall**As we embark on our project to develop a food strategy for KFL&A, we are excited to connect with community and create space for dialogue and co-creation. We are still working out details, but we are planning on hosting monthly potluck gatherings from May through August. These gatherings will be casual, fun spaces to share good food, learn about some local food projects, and begin collectively thinking about how we can build a local food system that works better for everyone in our community.Following this summer event series, we will host more structured food strategy dialogue sessions in October and November. We will host sessions in Kingston, Lennox & Addington, and Frontenac, as well as virtual sessions, to ensure that we hear from a diversity of voices across our region.Keep an eye out for event dates & locations coming soon! In the meantime, if you have any ideas to share, feel free to reach out to Ayla at aylafoodpolicykfla@gmail.com.**New Food Skills Content and Videos**South-East Health Unit (formerly KFL&A Public Health) has launched a new Food Skills website section, designed to support individuals in building practical, everyday food skills. The content includes information and resources on meal planning, grocery shopping, safe food storage, using leftovers effectively, and preparing nutritious meals with simple recipes. It also includes a new video series, Cooking with Confidence: Small Steps, Big Benefits, which features short, accessible videos on topics such as:* Incorporating whole grains into your meals
* Simple ways to boost the nutrition of your plate

 Roasting vegetables for enhanced flavour and nutritionAdditional videos will be added regularly, with upcoming topics including reading food labels and grocery shopping on a budget. Follow along on social media or visit the website to explore the latest food skills resources and video content.**Get involved**We plan to release this newsletter regularly moving forward and encourage you to reach out to us at **foodpolicykfla@gmail.com**with events/announcements/resources to share.Until next time, stay safe and keep dry,KFL&A Food Policy Council.**Events and Resources**Saturday May 3: Jane's Walk at Lemoine Point Farm [Jane's Walks in Kingston](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=46819eadfd&e=a2a21dd463).Sunday May 4: First outdoor farmers' market of the season. [Special Events & Holidays | Memorial Centre Farmers' Market](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=5cb1aaf043&e=a2a21dd463).Spring & Summer: Community events at All Our Relations Land Trust[All Our Relations Land Trust | Kingston ON | Facebook](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=7b86e46299&e=a2a21dd463).Survey for the rural and urban [forest management strategy](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=bbad29ed0f&e=a2a21dd463) conducted by the city of Kingston. Deadline is May 11th.[Neighbourhood activation fund](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=ad6f4b3d1a&e=a2a21dd463) provided by the city of Kingston.Kingston Community Health Centres (KCHC) is[looking for volunteers across the city to help coordinate community gardens!](https://foodpolicykfla.us16.list-manage.com/track/click?u=f3a0c2eb906799ce53a716774&id=9114fc94c4&e=a2a21dd463) |

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