

Why our Food Choices Today Affect our Region's Dependence Tomorrow

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Do you know where all your food comes from? What per cent of it is local? What would happen if this Region **became fully dependent on importing food**?

Harvey Buckley is one of the founders and current president of [Action for Agriculture](#), an organization devoted to improving and maintaining Alberta's food sustainability.

Listen as Harvey connects food sustainability and Alberta's food dependence. He explains how our province will lose its food independence if we become a net importer of food.

<https://youtu.be/HI0RImc7waE>

Harvey had some recommendations for simple solutions that can be practiced today:

1. **Buy local!** Buying food from farmers markets and checking the labels at the grocery store keep Alberta's food producers in business.
2. **Educate yourself.** Know how big your ripples are when you support food sustainability in Alberta. Learn more at www.actionforagriculture.com.
3. **Become involved.** This can be with any organization including [Food Security Alberta](#), [Green Calgary](#), [Calgary food Committee](#), [Alberta Rural Sustainable Alternative Networks](#) and many more.

"A man has made at least a start on discovering the meaning of human life when he plants shade trees under which he knows full well he will never sit."

- Elton Trueblood

With rapid growth in the province, the prediction over the next 50 years is that Alberta will be a net importer of food.

Therefore, it is so important to consider the negative impacts of being a net importer of food on our future generations.

However, food sustainability can be achieved by setting better examples to the next generation of buying local.