



Thunder Bay and Area Food Strategy
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MEDIA RELEASE

Northwest Nosh is 'Growing in the North'

Thunder Bay, ON, 21 May 2019 – Today, the Thunder Bay and Area Food Strategy is releasing the second annual edition of the Northwest Nosh magazine – with a focus on 'Growing in the North'.

“This year’s edition is bigger and better – 76 delicious pages about our region’s food system. We didn’t have a hard time coming up with story articles – the community had lots of ideas for us to include,” says Karen Kerk, Food Strategy Coordinator. “Readers will enjoy learning how to dehydrate their own food for camping trips, how to grow a fall vegetable crop, stories about innovative community programs, farmer profiles, new food-themed partnerships and more... plus an updated Get Fresh! and Markets Guide.”

“While some of the articles in this issue are about food, many of the others touch on the broader social and environmental challenges as well as opportunities to build sustainable food systems in Northwestern Ontario,” says Charles Levkoe, Canada Research Chair in Sustainable Food Systems at Lakehead University.

The Northwest Nosh will be released at the Thunder Bay Country Market from 4-6pm on Wednesday May 22nd. Patrons can scoop up a copy of the Nosh and take part in interactive displays upstairs: Roots to Harvest will be sampling some wild food preserves, the Northwestern Ontario Women’s Centre will be promoting the local Good Food Box, the Thunder Bay District Health Unit will be onsite with info about Canada’s new Food Guide and EcoSuperior will have information about composting and rain gardens.

The Northwest Nosh is produced in partnership with The Walleye magazine. “The response to the inaugural issue last year was very positive, so we were excited to help build on that momentum and create a magazine that profiles our regional food system. People love learning about the food system and we love helping to showcase it,” says Darren McChristie, Editor-in-chief at The Walleye.



“This is my favourite project to work on,” says Kerk. “It’s just so much fun to pull it all together. We are extremely grateful to The Walleye for their creativity and support, to our many contributors, and to amazing local businesses for supporting the publication. We hope you devour the *Northwest Nosh!*”

The magazine will be available starting May 22nd at Walleye locations including the Thunder Bay Country Market , area shops and restaurants, tourist information centres and online.

The Thunder Bay and Area Food Strategy works with over 40 partners across the region to build a more sustainable, healthy, and equitable food system. Visit tbfoodstrategy.ca to find out more.

If you would like more information about this topic, please contact Karen Kerk, TBAFS Coordinator, at 807-683-6129 or foodstrategy@ecosuperior.org.

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