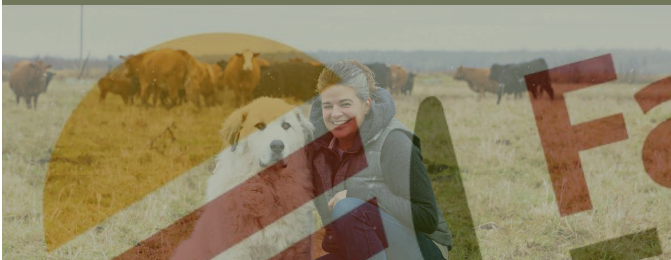


FARMERS CARE



Whether it's helping a cow deliver a calf on your birthday or checking your chickens before you open presents on Christmas morning, caring for animals has been at the core of what farmers do every day.



FEEDING A HUNGRY WORLD



Food Freedom Day

In early February, the average Canadian family earns enough money to pay for their entire year's grocery bill.

In Canada, we enjoy one of the earliest Food Freedom Days in the world!

There are 7.9 billion people in the world and 36.9 million people live in Canada.

Less than two per cent of all Canadians are farmers. That is only two people out of every 100 Canadians.

97 per cent of farms in Canada are family owned.

30.4 per cent of farms in Canada are female owned and operated.



FARMERS GO TO SCHOOL?



Many Canadian farmers have a post-secondary education. 35 per cent of farmers have an apprenticeship, trades, or college education, while 18 per cent have a university education.

Their schooling doesn't end there though. Farmers must take courses so that they can care for their livestock, protect the environment, and ensure food safety.

For example, crop farmers must take the Grower Pesticide Safety course and recertify every five years. Dairy farmers participate in the Canadian Quality Milk program to guarantee a safe, high quality milk supply.

FARMERS CONSERVE WATER



Properly storing manure and fertilizer are some of the ways farmers ensure that their animals and crops have access to an abundant and safe water source.

Fruits and vegetables need more water to grow properly than just what they get from rain. Farmers will use a process called irrigation, to make sure that their crops have enough water, and that they don't use more than they need.

In greenhouses, water used for irrigation is collected and reused, ensuring sustainable use of this important resource. Irrigation supports 40 per cent of our global food supply; in Canada, it's only used by about 8.5 per cent of all farms.

HOW DO YOU LIKE YOUR EGGS?



Enriched housing: many hens in Canada now live in enriched facilities where housing systems are furnished with items like dust baths, nesting boxes, and perches. It is a practical and clean housing system that offers benefits to the birds and farmers, and healthy eggs for us.

Free range: hens have access to the whole barn floor or roam outside when the weather permits.

Free run: hens are housed inside barns where they have access to the whole barn floor but do not go outside.

Conventional: many hens live in small groups in conventional housing systems. They have equal access to fresh water and feed, and live in a clean facility.

Regardless of the type of housing system used, the welfare of the bird is the farmer's top priority.

HOW LOCAL CAN YOU GO?



Which fruits and vegetables below are grown in Ontario?

Apples



Bananas



Watermelon

Oranges

Grapes

Cranberries

Sweet Corn

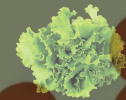
Kiwis

Lettuce

Zucchini

Pineapple

Bok choy



Peaches



Tomatoes

Nectarines

Potatoes



Answer: Everything except oranges, bananas, and pineapples! Ontario fruit and vegetable farms grow over 60 different kinds of produce.

WHAT DO THESE THINGS HAVE IN COMMON?

Sweet, pop, grain, silage, and ornamental



CORN!

What is the difference?

Sweet corn is the type of corn that people eat fresh, canned, or frozen.

Popcorn is what you pop in the microwave or over a flame.

Grain corn is corn in which the kernels on the cob are used to feed livestock, and are used to make fuels like ethanol, and as a human feed ingredient.

Silage corn involves the whole plant being harvested as feed for livestock.

Ornamental corn is used for seasonal decorations at Thanksgiving or Halloween.

IS ORGANIC FOOD HEALTHIER?



All agricultural products - meats, eggs, dairy, fruits, vegetables and others - must pass the same inspection and food safety standards.

Organic

Conventional and organic foods are both rich in nutrients and are part of Eating Well with Canada's Food Guide.

Organic operations make up two per cent of farms in Canada.

