

Eat Local Comox Valley

Explore the flavours of the Comox Valley

Drop off your completed card at LUSH Valley for a chance to win a Good Food Box and tote bag!

Buy locally produced eggs	Visit a farm stand	Preserve a local food	Cook a meal using local ingredients	Buy in-season, local veggies
Cook a meal for your family using local foods	Thank a farmer	Visit the Courtenay Farmers' Market	Buy locally wild-caught seafood	Plant a vegetable seed
Visit the Cumberland Farmers' Market	U-pick fruit at a local farm	 LUSH VALLEY	Learn about traditional Indigenous foods	Cook a meal with food you grew
Try a new-to-you locally grown food	Share your new fave local food with a friend	Sign up for a CSA or LUSH Valley Good Food Box	Buy locally-raised meat	Enjoy an ethically-harvested wild food
Eat at a restaurant that supports local farmers	Enjoy locally-baked bread or treats	Work in a community garden	Visit the Comox Farmers' Market	Try a new recipe using local foods

We want to see the community in action,
tag [@lushvalleyfood](https://www.instagram.com/lushvalleyfood) as you complete your activities!

*See reverse for resources and details



Comox Valley
**FOOD POLICY
COUNCIL**

Eat Local, Comox Valley!

Enjoy these fun activities that support our local food system!

When you complete 5 squares in a row, drop your card off at LUSH Valley for the chance to win a Good Food Box, packed with goodies sourced from nearly 40 local farms, and a LUSH Valley anniversary tote!

*One winner will be selected on July 21, 2025.
Approximate value: \$55



LUSH VALLEY

2342 Rosewall Crescent,
Courtenay, BC V9N 8R9

Open from 10 - 3, Mon - Thurs



@lushvalleyfood

Name: _____

Email: _____

Phone: _____



Visit lushvalley.org/resources for a guide to buying local in the Comox Valley