

The 3N-F in Action

To take care of our health and the well-being of our planet, it would be a good idea for all of us to start using the 3N-F concept when making food choices. Here are few guidelines to assist you in choosing foods that are more healthy, environment-friendly and fair towards farmers.

Choose foods that are **NAKED**:

- Buy food items that have little or no packaging.
- Choose packaging that is reusable or recyclable (cardboard, glass, plastic, metal).

To find out if plastic is recyclable, look for the following logo with a number inside: 1, 2, 3, 4, 5, or 7 (but not 6).



Choose foods that are **NOT FAR**:

- Shop at farmers' markets and also buy directly from farms (e.g. farm kiosks).
- Buy produce that is grown and/or processed in Quebec, by looking for the logo "Aliments du Québec".



Choose foods that are **NATURAL**:

- Look for fresh food and whole items that have undergone little or no processing (then use them to make meals with your family!).
- Avoid high sugar, high fat and high salt foods by making sure that these ingredients do not appear at the beginning of the ingredient list. Remember that "fat", "salt", or "sugar" can be labelled under various other terms such as:

- Fats: shortening, oil, butter, suet (animal fat), esters, glycerides, glycerol
- Salts: monosodium glutamate, baking powder, sodium bicarbonate (baking soda), brine.
- Sweeteners: sugar, fructose, sucrose, maltose, lactose, honey, syrup, dextrose, maltitol, lactitol, sorbitol, mannitol.

- Choose foods that are grown in an environmentally-friendly way, such as organic products which you can recognize by the following logos:



Choose foods that are **FAIR**:

- Shop at farmers' markets and also buy directly from farms.
- Buy directly from farmers from the Community Supported Agriculture network: www.equiterre.org
- Choose fair trade products, which you can recognize by the following logo:

