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COMMUNITY NEWSLETTER

Hello ,

Did you catch the CBC story about nutrition and food insecurity, this week?

The story resonated with us because quality food and nutrition are some of the main reasons we do what we do. The article, by Dr. Brian Goldman, reports on a new study revealing insights into 'keys to live well' and 'why most people died prematurely'.

It's also the reason we participate in the BCAFM's nutrition coupon program, which makes nutritious, locally grown, baked and made foods accessible for some of the people who most need it, seniors, pregnant women, low-income families and newcomers to Canada. We posted more about the story with links to the full article and to the nutrition coupon program video, below.

On that note:

Burnaby Winter Market Season is restarting this Saturday!

\$50 Shopping Spree Draw!

Get there early and enter your name in the \$50 Shopping Spree Draw. One lucky visitor to Saturday's Burnaby market will win; it may just be you!

It won't be the biggest market ever, but the quality of the vendors will make up for it, as we ramp up into the season. There will be warm comfort food there, some come easy to have a nice lunch in the warming tent.

It'll be the first market with the upgraded warming tent. We've added additional walls, to provide you with a little relief from the elements, if you need it.

We'll have some awesome warm Filipino food for you to try! [Shameless Buns](#), Vancouver's funkiest Filipino food Jeepney, will be serving up Filipino inspired chow during the market hours, 10am to 2pm. It's great to see them returning to the market. Welcome back, Shameless Buns!



Below are some of the other vendors you can expect to find at the Burnaby Farmers' Market on Saturday.

Enjoy, and have a great weekend,

Bernie



Get chicken from BCSPCA certified grower, [Rockweld Farm](#). They raise certified organic fed, BCSPCA Certified, chickens and eggs. Their birds are humanely treated and non-medicated.



Baba's House specialize in old fashion European dishes like home made pierogies and delicious soups. All our ingredients are purchase locally through BC farmers markets.



Biota Fermentation produces naturally fermented products such as; Sauerkrauts, Kimchis, Pickles, Mustards and Kombucha.



[Turning the Tides](#) makes awesome handcrafted coconut bowls and compostable straws made out of rice and tapioca.

[Good Nutrition Means Longer Life, says Canadian Study](#)

Canadians can expect to live well beyond the age of 80 thanks in large part to good nutrition. A [study](#) published Monday in the Canadian Medical Association Journal looks at what happens to those who suffer from what experts call 'food insecurity.'

[Food insecurity](#) is defined as inadequate access to food because of financial constraints.

That means [four million Canadians](#) live in homes that have difficulty putting food on the table, including close to 1.2 million children.

The study found that severe food insecurity was

associated with mortality from cardiac and respiratory diseases as well as diabetes.



[VIDEO - BCAFM's Nutrition Coupon Program](#)

[BCAFM's Nutrition Coupon Program](#)

**Vendors! Come join us, and
Feel the Warmth of Winter!**



Vendor Application

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A R T I S A N



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