

HEALTHY HARVEST

⇒ BERMUDA ⇐



Picked locally today at the height of ripeness, ready for eating



Picked two weeks ago, processed and preserved for shipping, travelled over 500 miles

LOCAL FOOD IS HEALTHIER, FRESHER AND IS BETTER FOR THE ENVIRONMENT

Local food has longer to ripen or grow naturally, and won't undergo any processes to preserve it. Riper fruits and vegetables have higher nutritional value and just taste better.

all natural is good, **all local** is even better

To learn more about Healthy Harvest visit www.greenrock.org

On October 16, 17, 23 & 24, Greenrock is holding two screenings (7 and 9 pm) at the BUEI of Robert Kenner's film, **Food Inc.** This alarming but entertaining documentary lifts the veil on the food industry just as Al Gore's film, **An Inconvenient Truth**, raised awareness about climate change. Free general admission - first come, first seated.

Generously paid for by donations from

BF&M

REGISTERED CHARITY No. 704

Greenrock.org

Changing the Mindset