The Parry Sound & Area Food Charter

We envision a local and sustainable food system with equal access to nutritious, safe food. To achieve this vision we will:

1. Create Economic Opportunities
   - Support regional food production.
   - Enhance market opportunities.
   - Supplement regional promotion.

2. Promote Education and Skill-Building
   - Encourage agriculture and nutrition skills.
   - Use existing education and brand options.
   - Cultivate food literacy.

3. Maintain a Healthy Ecosystem
   - Advocate for waste reduction.
   - Promote local ecology and protect water.
   - Reduce our carbon footprint.

4. Foster Residents’ Health and Well-Being
   - Recognize food as essential to well-being.
   - Adopt a food security system.
   - Increase healthy food choices.

5. Support Equal Access Opportunities
   - Recognize the right to safe and healthy food.
   - Campaign for walk-able and bike-able access.
   - Encourage sustainable harvest of wild foods.

6. Celebrate Culture and Collaboration
   - Promote celebration.
   - Increase rural-to-urban dialogue.
   - Collectively develop food policy.

Learn More

The Parry Sound & Area Food Collaborative is a group of volunteers and organizations dedicated to a sustainable, local food system with equal access to nutritious, safe food. Visit parrysoundareafood.com to learn more and find the resources you need:

Parry Sound & Area Food Charter
A food charter builds on a community’s collective voice and values which support a local food system. Created in 2015, the food charter offers a guide for shaping policy and projects.

Action Toolkits
Whether you’re an eater, grower, school, policy maker, workplace or institution, you can use these toolkits to put the principles of the food charter into practice to make a difference.

Food Access Guide
The Food Access Guide is updated multiple times each year and includes programs from several organizations. It contains local information on community kitchens, meal programs, food banks, community gardens, student nutrition programs and good food boxes.

Community Gardens
Learn where Parry Sound’s Community Gardens are located and how to apply for a plot. There is no cost and 10% of produce goes to local food banks.

Connect With Us
Sign up to receive our newsletter or follow us on Facebook to learn more about upcoming events, projects and volunteer opportunities.

Indigenous Land & Food

We are situated within Anishinaabek territory. Indigenous peoples have an inherent right to hunt, fish, and harvest plants, berries, wild rice and other foods. Maintaining cultural relationships with the plants, animals and land are inherently connected to natural law and Indigenous food sovereignty.

Ask - Is it locally grown or produced?

11 James St, Parry Sound, ON P2A 1T4
705-774-0978 info@gbbr.ca gbbr.ca

Grown by the Bay

Sustainable food systems are an important part of being a UNESCO biosphere region.
Carling
W-Ranch - Renate Waefler
Products Sold: Naturally raised beef (sold frozen)
- 15 Akes Rd. - Daily 8:30-5:00 - 705-342-7350
Season: Year-round

Thompson Valley Farm - info@thompsonvalleyfarm.ca
Products Sold: Organic vegetables, free range eggs, beef, bread, baked goods
- Appointment only - 705-744-4509
Season: Year-round

Hive Mind - Kit Harrison, kit@hivemindhoney.com
Products Sold: Honey
- Monday-Friday 9:00-5:00 - 705-774-1302
Season: Year-round

Whitestone
Rodney & Beth Matthews - elgoham@hotmail.com
Products Sold: Egg, pork, poultry, and beef
- 9 Gorham Rd., Dunchurch - 705-389-3257
Season: Eggs & poultry year-round, beef & pork in fall.

McEwan Maple Products
Products Sold: Maple Syrup
- 556 Balsam Rd., Dunchurch - Call ahead
- 705-746-9006
Season: Spring until sold out

Buy Fresh, Buy Local

Parry Sound
JB's Bees of Parry Sound
Products Sold: Local honey, beeswax candles
- Bee yards in Seguin, McDougall and McKellar townships
- 705-746-2831
Season: Available at McKellar & Parry Sound Markets, fall fairs, and Georgian Bay Whole Foods

Parry Sound & Area Community Apiary - parrysoundapiary.com
Products Sold: Local honey
- 1 College Dr., Canadore College - M-F 8:00-4:00
- 705-746-9222
Season: Year-round

East Parry Sound
Midlothian Valley Farm (Gypsy Whole Foods)
- gypsywholefoods@xplornet.com
Products Sold: A variety of organic vegetables, herbs, fruit and shiitake mushrooms.
- 981 Midlothian Rd. Burk's Falls. Also available at the North Bay Farmer's Market - Saturday and Sunday 10-4pm, farm stand by chance or appointment.
- 705-382-3561
Season: Farm stand open June to October, home delivery year-round.

Over the River Orchards - Helga Martins & Bruce Baker helgamartins@yahoo.com
Products Sold: Vegetables, tree fruit, berries, shiitake, jams, flowers (bio-dynamic farm)
- 519 Hill 14 Rd., Sundridge - Call ahead - 705-492-7977
Season: May-October

Ferrier's Maplebee Farm - freefarm@gmail.com
Products Sold: Honey
- 826 Echo Ridge Rd., Kearney - 24/7 Roadside honour system - 705-571-7083
Season: Year-round while supplies last

McKellar
Middle River Farms - Cameron and Katy Ward, middleriverfarm@hotmail.com
Products Sold: Grass and grain fed beef, pork, chicken and turkey. Eggs, fish, cheese.
- 2 Patterson Lane - Seasonal hours, refer to website.
- Thursday deliveries to Parry Sound. Alternate days by appointment or by chance. Online shopping available.
Season: Year-round - 705-393-3366

Yogafit Wellness Retreat - Theresa Gregory, info@yogafitwellness.com
Products Sold: Naturally grown and produced herbal teas, healing salves, and hydrosols.
- 86 Brownie Rd. - 705-389-1669
- Order via email or phone
Season: Plants are harvested in the summer but products available year-round.

Beaver Creek Organic Farm
Products Sold: Organic vegetables, garlic, pickles, sauerkraut
- 536 Centre Rd. - 705-773-9885
- Updated on Facebook (Message through FB page)
Season: Aspiring for year-round

Mcdougall
B. LePage Fishery - buffgirl7@gmail.ca
Products Sold: Fresh, frozen and smoked Georgian Bay fish
- 149 Nobel Rd. - Monday-Saturday 11:00-7:00p.m., Sunday 1:00-7:00p.m.
- 705-342-5825
Season: Year-round

Mrs. Wilson's Kitchen - mrswilsonskitchen.com
Products Sold: Grass fed/grass finished beef, meat pot pies, lasagna (made from own beef), beef box assortments and gluten free pizza, vegetarian and gluten free options, fruit pies, butter tarts.
- 6 Frontier Trail - Sat 9:00-3:00 or by appointment.
- 705-389-5554
Season: Year-round - contact ahead.

Muskoka
Brookland's Farm - Ken and Katy Riley, info@brooklandsfarm.ca, brooklandsfarm.ca
Products Sold: Maple syrup, strawberries, asparagus & rhubarb
- 1375 Butler & Egg Rd., Milford Bay - Call or email. Pick your own & community supported agriculture options available.
- 705-764-1888
Season: Varies seasonally

Muskoka Lakes Farm & Winery
- ontario@cranberry.ca or cranberry.ca
Products Sold: Fresh, frozen, and dried cranberries, cranberry preserves, teas, juices, wine, cider, spritzers, cheeses
- 10/4 Cranberry Rd., Bala - 10:00-5:00p.m. daily
- 705-762-3903
Season: Year-round

Muskoka Honey Bee Products
info@muskakahoneybee.com, muskakahoneybee.com
Products Sold: Honey and various honey products (candles, lip balm, etc.)
- 2840 HWY 60, Dwight - Open most days - call ahead.
- 705-783-3579
Season: Year-round

Look for local food at our stores, restaurants, farmers’ markets and roadside stands.

Does your favourite grocer or restaurant offer local food? If not, please talk to them and ask for local options.

Go to gbbr.ca/food for your map to great foods.

During harvest season, can, dry or freeze local produce to enjoy in winter.

Credit: Il Garg