

February 6, 2008.

News Release

For Immediate Release

Ottawa Valley Food Co-operative - Focusing on Local Food!

The newly formed Ottawa Valley Food Co-operative Inc. (OVFC) will be having its first annual general meeting on Sunday, February 17, 2008 at 2:00 pm in the auditorium at the Marguerite Centre (700 Mackay St.) in Pembroke. All interested parties and new and potential members are most welcome to attend!

Volunteers have been working for a year now to set up the OVFC's Internet-based order/delivery system for locally grown and produced food. Bob Waldrop, the man behind the Oklahoma Food Cooperative, introduced the Internet-based ordering concept to local people in a February 2007 workshop at the Marguerite Centre. The volunteers involved in OVFC are keen on promoting healthy rural communities, environmental stewardship, social justice, vibrant local economies – and the availability of good local food!

“Food that has a story” is a key Bob Waldrop phrase. Many of us would like to know more about the food we eat: where it's grown, how it's grown, and how many miles it's had to travel to reach our plates. “Localizing” the food system – by linking up local producers with local consumers – will have a number of positive impacts, from economic to environmental.

Anyone who wants to eat, buy or sell more locally produced food is encouraged to attend the OVFC AGM on February 17. Directors will be elected, new members invited to sign up, and the Web ordering system will be demonstrated.

You can contact the OVFC by calling Reuben Stone at (613) 281-2734, Janet McNeill at (613) 584-2101 or sending an email message to <info@ottawavalleyfood.org> You can also visit <<http://www.ottawavalleyfood.org>>

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For more information, call:

- **Janet McNeill at (613) 584-2101**
- **Reuben Stone at (613) 281-2734.**