



For Immediate Release

Essential Food Items Available at Many Local Shops, Farms and Markets

Buying local will help sustain small businesses through the tough economic times ahead and provide access to essential, fresh food during the COVID-19 outbreak

Durham Region, March 13, 2020 - On the advice of medical experts, people at risk of contracting COVID-19 have been advised to stock up on food supplies, causing shortages of some essential items at major retailers across the GTA. As the body representing many small and independent farm businesses in Durham Region, Durham Farm Fresh would like to remind people that essential, fresh food items are available at local farm markets and other independent retailers.

Many farms in Durham Region remain open and offer basic staples such as meat, eggs, vegetables, maple syrup, baked goods, honey, wine and cider to name a few. Some have family-friendly activities to offer during the now extended March Break. Supporting independent restaurants is also a great way to enjoy fresh food produced locally and get out of the house, while still avoiding large crowds.

“It’s really important that people take precautions and practice proper hygiene, but also recognize that people still need to live their lives,” said Rob Alexander, Chair of Durham Farm Fresh. “We want to make sure that we all – individuals and businesses – make it through this outbreak, and the only way to insure that is to support each other and keep things in perspective.”

For more information on where to get fresh produce, fresh air, and fresh activities, visit durhamfarmfresh.ca or search Durham Farm Fresh on Facebook. Let’s work together to the benefit of everyone’s health.

Contact

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