

## ਮੈਂ ਸਥਾਨਕ ਕਿੱਥੋਂ ਖਰੀਦ ਸਕਦਾ/ਸਕਦੀ ਹਾਂ ?

ਜਦੋਂ ਵੀ ਸੰਭਵ ਹੋਵੇ ਬੀ ਸੀ ਦੇ ਖਾਣਿਆਂ ਅਤੇ ਪੀਣ ਵਾਲੀਆਂ ਵਸਤਾਂ ਦੀ ਚੋਣ ਕਰਕੇ ਸਥਾਨਕ ਲਵੋ। ਸ਼ੁਰੂ ਕਰਨ ਵਿੱਚ ਤੁਹਾਡੀ ਮਦਦ ਕਰਨ ਲਈ ਇਹ ਲਿਸਟ ਉਨ੍ਹਾਂ ਕਾਰੋਬਾਰਾਂ ਦੀ ਹੈ ਜਿਹੜੇ ਲੋਅਰ ਮੇਨਲੈਂਡ ਅਤੇ ਆਲੇ ਦੁਆਲੇ ਦੇ ਇਲਾਕਿਆਂ ਵਿੱਚ ਸਥਾਨਕ ਖਾਣੇ ਵੇਚਣ ਅਤੇ ਪਰੋਸਣ ਲਈ ਵਚਨਬੱਧ ਹਨ। ਉਹ “ਗੈੱਟ ਲੋਕਲ ਬਿਜ਼ਨਸ ਅਲਾਇੰਸ” ਦਾ ਹਿੱਸਾ ਹਨ। ਇਹ ਲਿਸਟ ਵਧਦੀ ਜਾ ਰਹੀ ਹੈ ਅਤੇ ਅਲਾਇੰਸ ਦੇ ਵਧਣ ਨਾਲ ਹੋਰ ਕਾਰੋਬਾਰ ਸ਼ਾਮਲ ਕੀਤੇ ਜਾ ਰਹੇ ਹਨ, ਇਸ ਕਰਕੇ ਇਸ ਨੂੰ ਹਰ ਹਫ਼ਤੇ ਚੈੱਕ ਕਰਨਾ ਯਾਦ ਰੱਖੋ।

ਖਾਣਿਆਂ ਦੀ ਡਲਿਵਰੀ ਦੀਆਂ ਸੇਵਾਵਾਂ:

Sliced Tomatoes - [www.slicedtomatoes.ca](http://www.slicedtomatoes.ca) (Vancouver)

ਟੇਕ ਆਊਟ ਖਾਣਾ:

Curry 2 U - [www.curry2u.com](http://www.curry2u.com) (Granville Island)

ਗਰੋਸਰੀ ਵੇਚਣ ਵਾਲੇ:

- Capers Community Markets - [www.capersmarkets.com](http://www.capersmarkets.com) (Vancouver - various locations)
- Choices Markets - [www.choicesmarkets.com](http://www.choicesmarkets.com) (Lower Mainland - various locations)
- Drive Organics (Vancouver - 1045 Commercial Drive)
- East End Food Cooperative - [www.east-end-food.coop](http://www.east-end-food.coop) (Vancouver - East)
- Edible British Columbia - [www.edible-britishcolumbia.com](http://www.edible-britishcolumbia.com) (Vancouver - Granville Island)
- Fraser Valley Farm Direct Marketing Association - [www.bcfarmfresh.com](http://www.bcfarmfresh.com) (Fraser Valley)
- Hopcott Premium Meats - [www.hopcottmeats.ca](http://www.hopcottmeats.ca) (Pitt Meadows)
- The Organic Grocer - [www.organicgrocerweb.ca](http://www.organicgrocerweb.ca) (Surrey)
- Planet Organic Market - [www.planetorganic.ca](http://www.planetorganic.ca) (Port Coquitlam)
- Small Potatoes Urban Delivery - [www.spud.ca](http://www.spud.ca) (Vancouver - Granville Island)
- Stong's Markets Ltd. - [www.stongs.com](http://www.stongs.com) (Vancouver - West)
- Terra Breads - [www.terrabreads.com](http://www.terrabreads.com) (Vancouver - various locations)
- UBC Farm - [www.landfood.ubc.ca/ubcfarm](http://www.landfood.ubc.ca/ubcfarm) (Vancouver - West)
- West Valley Market (Vancouver - 1156 Bute Street)
- Your Local Farmers Market Society - [www.eatlocal.org](http://www.eatlocal.org) (Vancouver - various locations)

ਗਰੋਸਰੀ ਡਲਿਵਰੀ:

Small Potatoes Urban Delivery - [www.spud.ca](http://www.spud.ca) (Greater Vancouver & Sea-To-Sky)

ਰੈਸਟੋਰੈਂਟ:

- Aurora Bistro - [www.aurorabistro.ca](http://www.aurorabistro.ca) (Vancouver - East)
- Beyond Restaurant & Lounge - [www.beyondrestaurant.com](http://www.beyondrestaurant.com) (Vancouver - Downtown)
- C Restaurant - [www.crestaurant.com](http://www.crestaurant.com) (Vancouver - Downtown)
- Cactus Club Café - [www.cactusclubcafe.com](http://www.cactusclubcafe.com) (Various Locations)
- Capilano Suspension Bridge - [www.capbridge.com](http://www.capbridge.com) (North Vancouver)
- Edible Planet - [www.edibleplanet.ca](http://www.edibleplanet.ca) (Vancouver - East)
- Elixir at the Opus Hotel - [www.elixirvancouver.ca](http://www.elixirvancouver.ca) (Vancouver - Downtown)
- Le Gavroche Restaurant - [www.legavroche.ca](http://www.legavroche.ca) (Vancouver - Downtown)
- nu restaurant + lounge - [www.whatisnu.com](http://www.whatisnu.com) (Vancouver - Downtown)
- Pair Bistro - [www.pairbistro.ca](http://www.pairbistro.ca) (Vancouver West)
- Raincity Grill - [www.raincitygrill.com](http://www.raincitygrill.com) (Vancouver - Downtown)
- Rocky Mountain Flatbread Company - [www.rockymountainflatbread.ca](http://www.rockymountainflatbread.ca) (Vancouver - West)
- Vij's Restaurant - [www.vijs.ca](http://www.vijs.ca) (Vancouver - West)
- West Restaurant - [www.westrestaurant.com](http://www.westrestaurant.com) (Vancouver - West)
- Wild Rice - [www.wildricevancouver.com](http://www.wildricevancouver.com) (Vancouver - Downtown)

ਖਾਣਾ ਉਤਪਾਦਕ:

- Apple Lane Orchard (Denman Island)
- Big Bear Ranch - [www.bigbearranch.com](http://www.bigbearranch.com) (Horsefly)
- Forstbauer Family Natural Food Farm - [www.forstbauer.com](http://www.forstbauer.com) (Chilliwack)
- Glenwood Valley Farms Inc. (Langley)
- Glorious Organics Cooperative (Aldergrove)
- Goat's Pride Dairy at McLennan Creek - [www.goatspride.com](http://www.goatspride.com) (Abbotsford)
- Hoodoo Ranch - [www.eatlocal.org/farm\\_vendors/hoodoo\\_ranch.html](http://www.eatlocal.org/farm_vendors/hoodoo_ranch.html) (Spences Bridge)
- Iron Maiden Seafoods - [www.wildseafoods.com](http://www.wildseafoods.com) (Sooke)
- Little Qualicum Cheeseworks - [www.cheeseworks.ca](http://www.cheeseworks.ca) (Parksville)
- Lowland Herb Farm - [www.lowlandherbfarm.com](http://www.lowlandherbfarm.com) (Chilliwack)
- Natural Pastures Cheese Company - [www.naturalpastures.com](http://www.naturalpastures.com) (Courtenay)
- North Arm Farm - [www.northarmfarm.com](http://www.northarmfarm.com) (Pemberton)
- Picked For You (Maple Ridge)
- Polderside Farms Inc. - [www.ssfpa.net/bcsfd/company-details.php?companyID=57](http://www.ssfpa.net/bcsfd/company-details.php?companyID=57) (Chilliwack)
- Poplar Grove Arbour - [www.eatlocal.org/farm\\_vendors/poplar\\_grove.html](http://www.eatlocal.org/farm_vendors/poplar_grove.html) (Agassiz)
- Raincoast Trading Ltd. - [www.raincoasttrading.com](http://www.raincoasttrading.com) (Delta)
- Silverhill Apple Orchard - [www.bcfarmfresh.com/farm.asp?id=29](http://www.bcfarmfresh.com/farm.asp?id=29) (Mission)
- Similkameen River Organics - [www.certifiedorganic.bc.ca/search/pphdetail.php?id=811](http://www.certifiedorganic.bc.ca/search/pphdetail.php?id=811) (Cawston)
- Vale Farms Grassroots Ltd. - [www.valefarms.com](http://www.valefarms.com) (Lumby)
- Yarrow EcoVillage Farm - [www.yarrowecovillage.ca/farm/index.html](http://www.yarrowecovillage.ca/farm/index.html) (Chilliwack)

ਖਾਣਾ ਤਿਆਰ ਕਰਨ ਵਾਲੇ:

- Anita's Organic Grain and Flour Mill Ltd. - [www.anitasorganicmill.com](http://www.anitasorganicmill.com) (Abbotsford)
- Naturally Homegrown Foods Ltd. - [www.homegrownfoods.com](http://www.homegrownfoods.com) (Maple Ridge)

ਖਾਣਿਆਂ ਦੇ ਬੋਕ ਦੇ ਵਪਾਰੀ:

- BC Fresh Inc. - [www.bcfreshinc.com](http://www.bcfreshinc.com) Distributing root vegetables grown in the Fraser Valley.
- Biovia Organic Link Ltd. (Sourcing local organics and more for Vancouver & Sea-to-Sky chefs. Also has short-term cold storage available in Vancouver.) 604-633-9588
- Hopcott Premium Meats - [www.hopcottmeats.ca](http://www.hopcottmeats.ca) (Pitt Meadows)
- Small Potatoes Urban Delivery - [www.spud.ca](http://www.spud.ca) (Greater Vancouver & Sea-to-Sky)

ਕਮਿਊਨਿਟੀ ਸੰਸਥਾਵਾਂ:

- FarmFolk/CityFolk Society - [www.farmfolkcityfolk.ca](http://www.farmfolkcityfolk.ca)
- Fraser Valley Farm Direct Marketing Association - [www.bcfarmfresh.com](http://www.bcfarmfresh.com)
- 100 Mile Diet Society - [www.100milediet.org](http://www.100milediet.org)