Farmers Care

Whether it’s helping a cow have a calf on your birthday or checking your chickens before you open up presents on Christmas morning, caring for animals has been at the core of what farmers do everyday for generations.

Farmers choose to work with animals because they enjoy it.
Feeding a Hungry World

There are 900 million people in the world who are hungry.

There are 1.6 billion people in the world who are overweight or obese.

Between 25% and 50% of the world’s food supply is wasted or spoiled! Try taking smaller portions and finish everything on your plate.

Food Freedom Day

The average Canadian family earns enough money to pay for their groceries by early February each year. In Canada, we enjoy one of the earliest Food Freedom Days in the world!
What do these things have in common?

Sweet, pop, grain, and ornamental CORN!

What is the difference?

**Sweet corn** is only used for human consumption.

**Popcorn** is what you pop in the microwave or over a flame.

**Grain corn** is fed to livestock, or used as an ingredient in processed foods.

**Ornamental corn** is used for decorations at Thanksgiving or Halloween.
How Local Can You Go?

Which fruits and vegetables are grown in Ontario?

- Peaches
- Bananas
- Grapes
- Apples
- Cranberries
- Oranges
- Zucchini
- Sweet Corn
- Kiwis
- Watermelon
- Lettuce
- Pineapples
- Nectarines
- Tomatoes
- Bok choy
- Potatoes

Answer: Everything except oranges, bananas, pineapples and kiwis! Ontario fruit and vegetable farms grow over 60 different kinds of fruits and vegetables. Since we have cold winters, all of the fruits and vegetables have a specific growing season, and not all can be produced locally throughout the year.

Farm & Food Care Ontario
www.farmfoodcare.org
How do you like your eggs?

**Free range:** Hens have access to the whole barn floor or roam outside when the weather permits.

**Free run:** Hens are housed inside barns where they have access to the whole barn floor but don’t go outside.

**Conventional:** Hens live in small groups in cages. This allows them to have equal access to fresh water and food and live in a clean facility.

Regardless of the type of housing system used the welfare of the individual birds is the farmer’s top priority.
Old MacDonald goes to school?

Many Canadian farmers have a college or university education. Their schooling doesn’t end there though! Farmers must take courses so that they can help the environment and ensure food safety.

For example, crop farmers must take the Grower Pesticide Safety course and recertify every 5 years. Dairy farmers participate in the Canadian Quality Milk program to guarantee a safe, high quality milk supply.
Are organically produced foods healthier or safer?

All agricultural products - meats, eggs, dairy, fruits, vegetables and others - must pass the same inspection and food safety standards. Conventional and organic foods are both rich in nutrients and are part of Eating Well with Canada’s Food Guide.

Organic farms make up 1.6% of Canadian farms.
Who uses the most water per day?

a. A pig
   8L the amount you use to brush your teeth

b. An average Canadian person
   329L over 41 loads in the dishwasher

c. A dairy cow
   80-160L a bathtub full of water

d. A chicken
   0.28L in winter & 0.45L in summer
   1 to 2 cups of water per day

e. A horse
   35L almost the same as what is needed to wash a load of laundry

f. A sheep
   4-9L amount you use to wash your face

Properly storing manure and fertilizer are some of the ways farmers ensure that their animals and crops have access to an abundant and safe water source.