



Top of the South FOOD CHALLENGE

The Challenge

For the month prior to Ecofest (from Friday 16 July 2010 to Friday 20 August 2010) the challenge is to ONLY eat and drink produce grown, baked, made or produced within the Top of the South.

How:

- Grow it!
- Make it!
- Freeze it!
- Swap it!
- Buy it! from local growers and suppliers (see www.ecofestnelson-tasman.co.nz for listings and look out for the Eco Challenge Supporter posters at participating stores).
- Support it! Form a support group – family, friends, church and community groups, your street. Hold potluck dinners.
- Eat it! See the Ecofest website for a listing of cafes and restaurants doing LOCAL menu items.
- Share it! Log-on to the Ecofest Facebook page to share your secrets to success. What have you found? How are you doing it?

Inspiration and support available from:

- www.ecofestnelson-tasman.co.nz The Ecofest website – full of listings of where to find things, links to information on support seminars and demonstrations, and much more.
- Classic Hits 89.8FM – Breakfast Show Monday-Friday with Kent and Radar for information and advice.

- Your local library. All libraries will have Eco Challenge displays with relevant books that will be useful.
- Facebook. Go to www.facebook.com join the 'Ecofest Nelson Tasman' group and share your ideas and inspiration with everyone on the discussion page.

Websites:

- www.nec.org.nz The Nelson Environment Centre. Includes Create Your Own Eden schedules.
- www.nzgardener.co.nz Join Get Growing for weekly advice for your garden. Website also includes growing tips, recipes and more.
- www.vegetables.co.nz Type in the name of the vegetable and get all sorts of recipes and tips for it.
- www.100milediet.org Check out the Mission Challenge for updates from the 100 Mile Challenge that was on Living Channel in August/September 2009.

Can't Find Something?

Wondering where to get local coffee? honey? Etc. Check out the Ecofest website www.ecofestnelson-tasman.co.nz for a full listing of participating growers, retailers, producers, and of course check FreshChoice Nelson City and Richmond.

And when it's all over...

Come to Ecofest! It's on 21 and 22 August 2010 at the Trafalgar Centre, Nelson. Programmes and information will be in Council newsletters, on the Ecofest website and at all Council offices in July 2010.

Bring your leftover produce to the PRODUCE SHWAP at Ecofest and shwap your leftover produce for seeds, seedlings and produce to kickstart your spring growing.

Get your entry form from the Ecofest website, Council newsletters, FreshChoice Nelson City and Richmond, Bunnings, or at Ecofest at a participating Sponsors' stand or at the Produce Shwap.

- To go in the draw, fill in the entry form, including in 500 words or less, a description of how you've embraced the Challenge and what particular planning and effort went into it.

The Winners will receive:

One top Nelson resident will receive a prize of \$500 in vouchers from FreshChoice Nelson City*, \$250 in vouchers from Bunnings**, and a \$50 Christmas present from NZCU South***, and

One top Tasman resident will receive a prize of \$500 in vouchers from FreshChoice Richmond, \$250 in vouchers from Bunnings, and a \$50 Christmas present from NZCU South.

Other smaller rewards will be awarded to highly commended Eco Challengers.

* FreshChoice Nelson City and Richmond both have a strong focus on supporting local suppliers. Watch out for their special logos at each store as shown below.

** Bunnings are huge supporters of the local community and local causes.

*** In an NZCU Christmas Saver account (which means the funds are available between 1 December 2010 and 31 January 2011).

Proud sponsors of the 2010 Eco Challenge



Hits of the 70's, 80's, 90's and Today



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And supported by



Ecofest 2010 – green is the new green

TRAFALGAR CENTRE, NELSON AUG 21-22 2010
WWW.ECOFESTNELSONTASMAN.CO.NZ

