

## How can I get involved?

1. Follow on social media and register for the various activities that might be of interest to you and share with your friends and family.
2. When you go shopping make a special effort to buy local. Look at the label, where does it come from? Is there a local equivalent?
3. Buy seasonal food, seek it out: forced rhubarb, Brussel sprouts, celery, leeks, cress – let us know if we have missed something out.
4. Enter the competitions – try and use local ingredients where possible.
5. Use your local butcher, farm shop and farmers market – find out about the person who is producing the food you are buying.
6. Book a table at a restaurant and notice when they are serving local product.
7. Join in online, send us pictures of menus promoting local produce, dishes that you have had in a restaurant or cooked at home, shop windows, shelves in shops. Tagging #angleseyfoodweek
8. Christmas is coming – buy gifts from Anglesey.