

## Market-Fresh and Local

For hundreds of people in central Kitchener, having access to fresh, local fruits and vegetables is now much easier, thanks to a unique neighbourhood market.

Housed in the hospital's parking lot, the market is a first for Canada and is the result of a partnership among Region of Waterloo Public Health, Opportunities Waterloo Region and St. Mary's General Hospital.



"Research indicates that neighbourhood markets like the one we have introduced at St. Mary's help to improve the health of a community by promoting nutritious food choices and walking instead of driving," said Dr. Liana Nolan.

The market also supports regional farmers, promoting and increasing the distribution network for local produce.

"Neighbourhood markets also offer countless social benefits, such as increased access to fresh fruits and vegetables for people who find it financially impossible to access the larger markets or grocery stores."

"Markets also have the potential for providing opportunities for skill development for those working at the market," said Mary MacKeigan of Opportunities Waterloo Region.

 [Learn more about the market](#)

### Related Links:

- [Read the news release](#)
- [Visit the Opportunities Waterloo Region website](#)
- [Vibrant Communities in Waterloo](#)

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