

Let's cook with Olo

Fresh fruits and vegetables

- Prepackaged fruits and vegetables: Their origin must be indicated on the package.
 - › Bags of apples, potatoes, carrots, onions, beets, rutabagas.
- Fruits and vegetables sold individually: Their origin must be indicated on a sign placed near the products.
 - › Squash, cabbage, rutabagas, tomatoes, cucumbers.

Authorized designations to indicate the origin of fresh fruits and vegetables from Quebec

- Product of Québec (Produit du Québec)
- Produced in Québec (Cultivé au Québec)
- Harvested in Québec (Récolté au Québec)

The name of the fruit or vegetable followed by “of Québec” may also be used (for example, Strawberries of Québec).

Fruits and vegetables can also have the “Aliments du Québec” certification mark.

Product of Canada designation

Some companies grow and package Quebec products for sale in Quebec or Canada, or for export. As a result, products grown in Quebec may appear on the Quebec market in packages labelled “Product of Canada.”

Other food products

To identify a local product, look for the logo of one of Aliments du Québec's certification marks:



You can also read the product label to find the manufacturing address. And, if you look at the displays, many grocery stores will indicate the local origin on price signs or group local foods in dedicated areas.

Local Foods at the Grocery Store: How to Identify Them?

Cooking with local food means choosing fresh, quality food at an affordable price. It's also a concrete way of supporting local producers and processors. Here are a few tips to help you identify local fruits, vegetables and products when shopping at the grocery store.



Food	How to identify local ones
Apples	<ul style="list-style-type: none"> • “Product of Québec” label on bags • “Pommes Qualité Québec” label on bags • “Pommes Qualité Québec” sticker on apples sold individually
Potatoes, carrots, beets, rutabagas	<ul style="list-style-type: none"> • “Produced in Québec” label on bags • “Product of Québec” label on bags • “Product of Canada” label on bags
Squash, green cabbage, rutabagas, tomatoes, greenhouse cucumbers	<ul style="list-style-type: none"> • Quebec origin sticker on food product • Price sign indicating the food is from Quebec
Yellow onions	<ul style="list-style-type: none"> • Quebec origin label attached to mesh bags • Price sign indicating the food is from Quebec • “Product of Québec” label
Tofu	<ul style="list-style-type: none"> • Made in Quebec (see manufacturing address on package)
Eggs	<ul style="list-style-type: none"> • “Product of Canada” label
Milk	<ul style="list-style-type: none"> • Dairy Farmers of Canada’s Blue Cow logo

Recap

Identifying local foods is a matter of observation: read labels, look for logos and ask questions in stores. By choosing local products, you support the local economy, while enjoying quality products.

References

Gouvernement du Québec, Direction des stratégies d’inspection et de la réglementation, Sous-ministériat à la santé animale et à l’inspection des aliments, *Guide d’application - Indication de l’origine des fruits et légumes frais*, 2018, p. 9–16.

Aliments du Québec website, <https://alimentsduquebec.com>

