



IT'S TIME TO BACK WELSH FARMING

MAE'N AMSER CEFNOGI FFERMWYR CYMRU

#BackWelshFarming





HOW CAN YOU BACK WELSH FARMING?

Welsh farmers are proud to produce quality foods for the nation and this is how you can show your support.



Look closer at what you're buying

LOGOS – Indicating quality standards and origin of ingredients
LABELS – Indicating where products are from and how they are made
LOCATION – Welsh products should be in high-visibility areas – urge your local store to give Welsh produce pride of place.



Commit to 5 a day – but make them Welsh

Fruit and vegetables are part of a balanced diet that helps us to stay healthy, it's also an opportunity to support Welsh growers by buying locally-sourced produce.



Look for Welsh food when dining out in pubs, cafés and restaurants

Did you know: Welsh Lamb, Beef and Pembrokeshire Early Potatoes are world leading products and as a result have been awarded PGI (Protected Geographical Indication) status.



Put Welsh cheese, butter, yoghurt and other dairy products in your basket

Fact: Milk is a great re-hydrating drink post exercise – replace those sugary sports drinks with a healthy alternative.



Ask your local shop, supermarket, pub, café or hotel how they are supporting Welsh farmers



Be our eyes and ears. Tweet or email us photos of labelling that makes it unclear if the food is from Welsh farms and contact us if you think someone could be doing more to Back Welsh Farming.

We also want to hear about good practice too, so let us know when you think someone is doing their best to Back Welsh Farming.

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