



DR DAN POULTER MP

Member of Parliament for Central Suffolk and North Ipswich

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Content from Dr Dan Poulter MP

As I sit to write this month's article, it seems apposite to reflect upon how the COVID-19 pandemic has changed all of our lives and no one would doubt that it has been an incredibly difficult and challenging time for all of us, but it has also brought us together. Here in Suffolk we have a proud track record of coming together in our communities to help those in need and to support each other, so I would personally like to thank all of you for your efforts and resilience during this difficult time.

As we now begin to look forward, I am hopeful that we are now coming through the worst and I am looking forward to meeting as many of you as possible in person once again over the coming weeks and months. I'm especially looking forward to getting out and about to enjoy the range of local events that are starting to pop up, not to mention stocking up on our fabulous local produce.

I am particularly enthusiastic about the marvellous food and drink offering we have here and my weekends at home in Suffolk are often spent at local markets and events. I always buy my food and drink locally, where I can, to support our local businesses wherever possible.

It never ceases to amaze me the sheer diversity that we have right here on our door step – from locally produced cheeses and meats, to cordials, cider, beer and wine, and sauces, preserves and pickles, all grown, packaged and produced so creatively right in Suffolk. The success of these businesses is vital to our strong rural economy and I think we all have a part to play in ensuring that we think local and buy local whenever we can. There is so much great work going on here already to educate our children and young people on the importance of not only eating well – a healthy and balanced diet, but also eating locally and seasonally. This is vitally important in reducing the number of miles our food travels before it reaches our plate and of course, fresh produce that's in season always tastes so much better.

With the harvest season upon us, it's vital that we all continue to do our best to buy local and support local produce. I am a great supporter of our local farmers and regularly meet with the NFU and the farming community. I will continue to do my very best to support our hardworking farmers here in Suffolk and wish them all a fruitful and plentiful harvest.