

Where to Find Local?

- **Direct from the farmer** at farmer's markets, CSAs, co-ops and certified roadside stands. CSA stands for Community Supported Agriculture."
- **Food cooperatives** are customer owned businesses that provide grocery items of the highest quality and best value to their members. All food coops are committed to consumer education, product quality, and member control, and usually support their local communities by selling produce grown locally by family farms.
- **CSA – Community supported agriculture.** A community of individuals ("share holders") who pledge to support a garden or farm operation. In turn they share in the costs, risks and the bounty!
- **Grow it yourself!** Gardening is a great way to stay physically active.
- Support a **school or community garden.** Kids who garden typically eat more fruits and vegetables and are willing to try new varieties.

How to get involved?

Arkansas (www.uaex.edu)

Kentucky (extension.ca.uky.edu)
Local Foods

Indiana (ag.purdue.edu/extension)
Local Food Program

Illinois (extension.illinois.edu/smallfarm)
Local Food System
Farm to School

North Carolina (ces.ncsu.edu)
localfoodnc.org
Circles of 10

South Carolina (clemson.edu/extension)
Local Foods

West Virginia (ext.wvu.edu)
Local Foods

Wisconsin (uwex.edu)
Foods System Initiatives

Other Resources:

- Food Co-op Initiative
 - foodcoopinitiative.coop
- Eat Local Challenge
 - eatlocalchallenge.com
- Circles of 10
 - go.ncsu.edu/circlesof10
- USDA -
 - ers.usda.gov/topics/food-markets-prices/local-foods.aspx
 - nal.usda.gov/afsic/pubs/csa/csaa.shtml
- Local Harvest
 - localharvest.org
- "What's on Your Plate?"
 - <http://www.youtube.com/watch?v=AQIG710-mdw>
- Eat Local Grown
 - <http://eatlocalgrown.com>

Eat Local Eat Healthy



National Volunteer Outreach Network, Inc.

Project in Common

2016-2018

Why Eat Local?



Defining Local Food

What does it mean to eat locally? Although perceptions of what makes up “local food” differ by region (due in large part to varying climates, soil types, and populations). According to the 2008 Farm Act, a product can be marketed as locally or regionally produced if its end-point purchase is within 400 miles from its origin, or within state boundaries. Most retailers, however, consider local to be on a smaller scale than the state level and the term is often defined as products produced and sold within county lines.

The local foods movement is a collaborative effort to build more locally based, self-reliant food economies. In 2007, locavore was the American Oxford Dictionary Word of the Year. A **locavore** eats food that is produced within 100 miles of their home, whether from farmer’s markets, community supported agriculture or grow your own. You, too, can become a locavore!

Economic

- When farmers sell directly to you, they retain a greater portion of the value-added costs typically captured by “middlemen.”
- When you purchase more of your food locally, more of the money you spend remains in the local community. On average, it is estimated that buying local keeps approximately 65% of your dollar within the community, whereas shopping at large chain stores keeps only 40%.
- Nationally, small businesses are the largest employer, so voting with your dollar provides more jobs in your community.
- Buying local increases our nation’s food security in the event of international conflict.

Environmental

- Eating locally helps preserve local and small-scale farmland.
- Reducing the distance food travels cuts down on associated fossil fuel consumption, air pollution, and greenhouse gas emissions.
- Supporting local food helps preserve cultivar genetic diversity.
- Farmers who engage in direct marketing are more likely to use environmentally friendly production practices.



Mental and Physical

- Local food systems are less susceptible to harmful contamination.
- Eating locally is correlated with improved nutrition, increased likelihood of making healthier food choices, obesity prevention, and reduced risk of diet-related chronic disease. This is mainly because the food is more nutritious, fresher. As a general rule, the closer the food is to how and where it came out of the ground, the better it is when you chomp it down!
- If you decide to grow your own food (the ultimate version of local), you will reap added health benefits of increased consumption of fruits and vegetables and proven greater physical activity among all ages.

Social

- One of the biggest benefits of supporting local is that knowing your food’s story through talking with the people who grew and/or made it is a powerful part of enjoying it!
- The ability to talk with producers when purchasing food allows you to ask questions about pesticides, herbicides, growth hormones, animal treatment, fertilizers, and any other queries you may have about how your food was produced.
- Getting to know your local producers gives you a stronger sense of place, relationships, trust, and pride within your community.