

Eat Local . . . Eat Healthy

July 2016



Eat Local, Eat Healthy, is NVON's Project in Common for 2016-2018 and encourages each member state to work closely with the local foods movement at their respective Extension Service.

2016 PROJECT REPORTING

This project started in January 2016 with a reporting due date of May 1. That left little time for our member states living in colder climates to make much progress to report. This report is a culmination of reports from West Virginia CEOS and some counties of North Carolina ECA.

Local Foods . . .

- **Local Farmers Markets**
 - 500+ visits
 - 2 helped organize
 - 2 joined
- **Local farmers/roadside stands**
 - 206 visits
- **Farm to Table Restaurants**
 - 72 visits
- **CSA**
 - 24 participated
 - 6 volunteered
- **Food Co-op**
 - 8
- **School Gardens**
 - 21 volunteered

Circles of Ten . . .

We do know that most members state organizations are involved with the local foods movement in partnership with their Extension Service.

Members are also sharing information, distributing brochures, etc. but are not reporting those activities.

WV CEOS members worked with menu planners at senior centers to encourage healthy eating

- **Local farmers/roadside stands - 5**
- **Farmers Markets - 3**

Grow Your Own . . .

- **Container Gardening - 10**
- **Bed - 26**
- **Plot - 32**
- **Acreage - 15**

Eat Local . . . Eat Healthy

What's the connection between eating local food and health? You can take a positive step towards healthy eating by being more mindful about where your food comes from and who may benefit from you buying it.

Research shows that eating food grown nearby, or growing it yourself, may lead you to consume more fresh fruits and vegetables, one of the most important parts of a healthy diet.