

# The Reasons & Ways to Eat Local



## Food miles

is the distance food is transported from the time of its making until it reaches the consumer. Food miles are one factor used when testing the environmental impact of food

- The long-traveling food requires more packaging, refrigeration, and fuel—all of which produce larger amounts of pollution and waste.
- To travel long distances many foods depend on preservatives and additives.



## Reasons to Eat Local

- Locally grown food is full of flavor.
- Eating local food is eating seasonally.
- Local food has more nutrients.
- Local food supports the local economy.
- Local food benefits the environment.
- Local foods promote a safer food supply.

## Ways to Eat Local

1. Shop at Farmer's Markets
2. Visit Your Local Farms Directly
3. Join a Community Supported Agriculture
4. Learn What's in Season
5. Get Ultra-Local: Grow Your Own Food

