

# TOP TEN REASONS TO EAT LOCAL!

## 1. Local food supports local economies

Buying products from local growers, farmers, and food artisans keeps money in the community and supports the local economy.

## 2. Local food protects the environment

Local products don't need to travel far, resulting in lower transportation costs and less reliance on fossil fuels, which contribute to air pollution and climate change.



## 3. Locally grown produce is fresher

Local produce is picked at its peak and much more likely to be in the store within a day or two.

## 4. Local food tastes better

There is a reason top chefs prefer local ingredients. Local farmers grow varieties based on taste rather than being concerned with what transports well.



## 5. Local food is often better for your health

Local food is often grown without harmful chemicals, pesticides, and preservatives. Also, nutritional value declines, often dramatically, as time passes after harvest. Because locally-grown produce is freshest, it is more nutritionally complete.



## 6. Local food creates sense of community

Eating locally connects you with the producer and the local community.



## 7. Local food often allows for more variety

Local farmers offer consumers a wider range of choices because they can grow small quantities and try out new varieties based on taste and flavor.

## 8. Local food system vs. a centralized food system

Eating local food reduces support for big food corporations that concentrate on profit rather than quality of food or farmers' rights.

## 9. Local food keeps us in touch with the seasons

Local food in season is at its peak, is usually abundant, and is less expensive.



## 10. Local food helps protect scarce farmland

Increased demand for local produce requires that agricultural land be preserved for farming and protected from being permanently lost to residential and commercial development.

