



## THINK GLOBALLY, eat LOCALLY

Did you know that our food now travels an average of 1,500 miles before ending up on our tables? The process imperils our environment, our health, our communities, and our taste buds! Eating locally is the best way to promote sustainability. Sustainability in its most general sense means eating in a way that maintains and promotes the health of the planet, the food supply and the people who steward it.

Sustainable food comes from sustainable agriculture, which does not rely on heavy use of petroleum on the farm or in distribution. Besides conserving oil, sustainable agriculture reduces carbon emissions, which are linked to global climate change and poor health. Finally, supporting local agriculture sustains the local economy.

One way you can eat locally is to visit our local Farmers Market or shop from a local produce store. You will find these types of markets only stock the season's freshest produce. An added bonus is that most of the offerings at these markets are organic or grown without pesticides. Organic soil captures and stores CO<sub>2</sub> at much higher levels than conventional farms. This helps with global warming. You will eat healthier meals, the local farmers benefit, and the sales support your community.

Think of the challenge of "eating locally" as if you're running a marathon. For most marathoners, it doesn't matter where you finish. It's the doing it that matters.

**Take a STEP AND COMMIT TO EATING LOCALLY!**