

Why Eat Local?

LOCAL FOOD TASTES BETTER, supports your local community, and decreases your environmental footprint. Much of the food we import is, or could be, grown in our very own Champlain Valley. Would you help us raise awareness of global and local food issues?

According to an economic study in London, for every \$10 you spend at a local farmer's market, the community receives \$25, whereas for every \$10 you spend at a chain supermarket the community receives \$14.

According to the Worldwatch Institute in 2002, the average food item now travels between 1,500 and 2,500 miles before we eat it. The average fruit and vegetable travels 2,500 to 4,000 miles by refrigerated truck or plane before we consume these perishables. The impact of transporting food from farm to table is significant. In 2001 London research showed that 40 percent of all truck freight in the UK was dedicated to transporting food.

YOU DON'T NEED to never eat bananas, avocados, and olives again, but rather become aware of your food choices and the impact they have. If the food is grown in Vermont, buy it local. If the food could be grown in Vermont but is not, we want to encourage farmers to begin planting new crops.

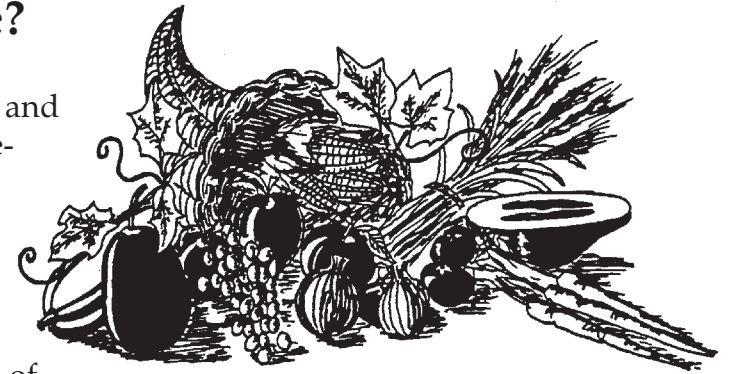
What is the Challenge?

COMMIT TO EAT ONLY local food and drink for one month. Local food is defined as food grown, harvested, and processed in Vermont, or within a 100 miles of your home.

We hope this becomes an annual event. The August summer challenge of 2006 is our first challenge. We're a new group of folks interested in raising awareness and support for local food. We hope the challenge will be a fun and rewarding experience. We do not want the challenge to be a lonely sacrifice of eating the same foods every day at your house. Rather, we want to further discover the joys of our local harvest and gain support and encouragement from each other.

Does absolutely everything have to be 100% local?

FROM THE BEGINNING of time, we humans have been searching for new foods and spices. The Americas were discovered as we tried to find a better route to the spices of the East. Theoretically everything you ate would be local and you certainly could do this. However adding some non-Vermont salt and dried spices may greatly enhance your eating pleasure during the Eat Local Challenge. Some participants may exercise the "Marco Polo Exception," choosing to continue using certain personally important imports like coffee, tea, cocoa, baking soda, etc.



Vermont Food

VERMONT is a wonderful place to live and eat locally. A wide range of vegetables, fruits, dairy products, meats, eggs, grains, and legumes are grown and harvested by our many fantastic farmers.

One of the best places to get this food in the summer is at a farmer's market. See the other side to find one near you.

Many farms have community supported agricultural (CSA) programs or a prescription purchase program, where you, the consumer, would pay money up front to enjoy a given share of the food they grow and harvest. Peruse the list of Vermont CSAs to see if one is in your area

Learn about Vermont cheeses at the Vermont Cheese Council website:
<www.vtcheese.com>

The Vermont Fresh Network
<www.vermontfresh.net> actively promotes and supports restaurants and food producers to use locally grown food in their products and services.

Cool Links

Find a Farmer's Market Near You

<www.vermontagriculture.com/farmmkt.htm>

Find a CSA Near You

<www.nofavt.org/csa-list.php>

Vermont Fresh Network (highlights restaurants that prepare food with local ingredients) <www.vermontfresh.net>

NOFA Vermont (a non-profit association working to promote an economically viable and ecologically sound Vermont food system for the benefit of current and future generations) <www.nofavt.org>

The Intervale (nearby farms, CSAs, and community gardens along the Winooski River in Burlington) <www.intervale.org>

University of Vermont (sustainable agriculture programs) <www.edu/~susagctr/>

VT Feed (a non-profit organization promoting school food system change) <www.vtfeed.org>

Local Harvest (a national grassroots organization, like us, only bigger, encouraging local food) <www.localharvest.org>

Live in the Burlington area and don't have space for your own vegetable garden in your yard? **Rent space at a community garden.** <www.burlingtongardens.org>

Cool Info—Why Eat Local?

<www.meepi.org/elfc/>

<www.eatlocalchallenge.org/website/>

<[whyeatlocal.pdf](#)>

<<http://newdream.org/consumer/farmersmarkets.php>>

WE ARE A GROUP of consumers interested in increasing the amount and diversity of local food produced in Vermont. While we live in the Champlain Valley and will be concentrating our efforts there, we hope you'll find our web site useful wherever you are. <www.eatlocalvt.org>

The centerpiece of our efforts is the Eat Local Challenge. We will eat only locally grown food for one month. Our first challenge is August 2006. (If all goes well we may host a January Eat Local Challenge.)

We hope the Challenge will become an annual event. Hopefully each year we'll have more food options and local resources as we reach our real goal of increasing the amount and diversity of locally grown food.

Join Us!

Be a "localvore" for August 2006!
Sign up for the challenge!

<www.eatlocalvt.org>

Take the Eat Local Challenge!



*Get a group of friends,
co-workers, neighbors, or
peers to all sign up for the
Eat Local Challenge
this August 2006.*

*You can help support each
other with potlucks, food
swaps, and this website:*

www.eatlocalvt.org