

Where Does Your Food Come From?

Buy
Locally Grown.
It's Thousands
of Miles Fresher.

Buy Fresh. Buy Local.





There Are Many Good Reasons To Buy Locally Grown Food

You'll get exceptional taste and freshness.

Local food is fresher and tastes better than food shipped long distances from other states or countries. Local farmers can offer produce varieties bred for taste and freshness rather than for shipping and long shelf life.

You'll strengthen your local economy.

Buying local food keeps your dollars circulating in your community. Getting to know the farmers who grow your food builds relationships based on understanding and trust, the foundation of strong communities.

You'll support endangered family farms.

There's never been a more critical time to support your farming neighbors. With each local food purchase, you ensure that more of your money spent on food goes to the farmer.

You'll safeguard your family's health.

Knowing where your food comes from and how it is grown or raised enables you to choose safe food from farmers who avoid or reduce their use of chemicals, pesticides, hormones, antibiotics, or genetically modified seed in their operations. Buy food from local farmers you trust.

You'll protect the environment.

Local food doesn't have to travel far. This reduces carbon dioxide emissions and packing materials. Buying local food also helps to make farming more profitable and selling farmland for development less attractive.

When you buy local food, you vote with your food dollar. This ensures that family farms in your community will continue to thrive and that healthy, flavorful, plentiful food will be available for future generations.

Buying local is this easy:

- Find a farmer, farmers' market, farm stand, or local food outlet near you, visit www.foodroutes.org.
- Shop at your local farmers' market or farm stand for the freshest, best tasting food available. It's easy to find local food. There are over 3,100 farmers' markets in the U.S. – one is probably near you!
- Encourage your local grocery stores and area restaurants to purchase more of their products from local farmers.



Where does your food come from? Learn more. www.foodroutes.org